

### **Instructor**

Leslie Stager RN, LMT, NCBTMB #451910-12, is a leading, internationally recognized Pregnancy Massage educator, and author, known for her holistic, practical, and nurturing approach to supporting both students and pregnant women. Leslie has been teaching her unique and comprehensive MotherTouch™ programs at the Oregon School of Massage since 1993. Her classes are influenced by her anthropology background, and her work as a doula, nurse, and massage therapist at over 500 births. She has attended births in Uganda, the Alaskan bush, at homes, in hospitals, in water, and metaphorically in the wilderness as a rites of passage guide for women facing life transitions. Leslie also works as a Hospice Nurse and Holistic Pelvic Care™ practitioner.

### **Tuition**

Prenatal Bodywork Certification	\$695
Massage & Acupressure for Birth	\$125
Massage for the New Mother	\$185
Maternity Practicum	\$200

### **Prerequisites**

Massage & Acupressure for Birth has no prerequisite. The remaining classes are designed for advanced massage students (concurrent enrollment in Massage - Assessment & Application or equivalent) and LMTs. Other health care providers may be admitted with instructor approval.

### **Schedule**

Classes are offered two times per year, and may be taken in a two weekend series or spread out through the year. All classes and the Maternity Practicum must be completed within two years of beginning classes.

### **Certification**

Please be advised that these certificates do not supersede licensing requirements for LMTs in states where such requirements exist.

### **Contact Information**

For Letter of Intent guidelines to apply for MotherTouch™ Maternity Massage Certification (or to register for any individual pregnancy class), please call Oregon School of Massage at 1-800-844-3420. To contact Leslie Stager, please visit her website at [www.touchforbirth.com](http://www.touchforbirth.com)



Photo courtesy of Lippincott, Williams & Wilkins

revised 12/2015

9500 SW BARBUR BLVD. #100  
PORTLAND, OR 97219  
1-800-844-3420 OR 503-244-3420

2111 FRONT ST NE  
SALEM, OR 97301  
1-877-588-8912 OR 503-585-8912

[www.oregonschoolofmassage.com](http://www.oregonschoolofmassage.com)

# MotherTouch™ Maternity Massage Certifications



OREGON SCHOOL  
of MASSAGE

PORTLAND AND SALEM LOCATIONS

Oregon School of Massage is proud to partner with MotherTouch™ to offer certificates in massage for all stages of pregnancy. Gain confidence with draping and positioning, recognize the difference between pregnancy massage myths and real precautions, and offer effective deep tissue, Swedish, acupressure, myofascial, and other bodywork techniques that address the client's shifting needs from conception to birth.

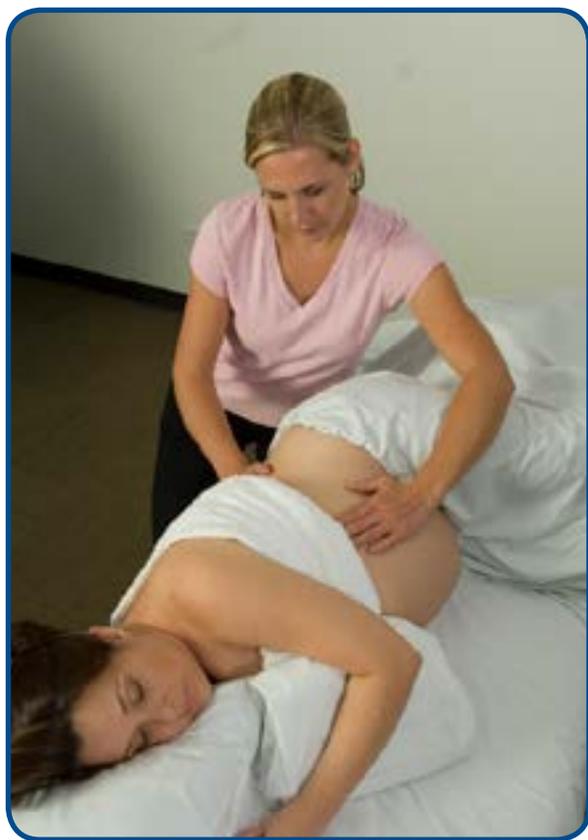


Photo courtesy of Lippincott, Williams & Wilkins

MotherTouch™

## **Prenatal Bodywork Training & Certification (32 hours)**

Increase your client base, and gain skills and effective techniques useful for ALL clients while becoming certified as a Prenatal Massage Practitioner! Pregnancy is a unique 9-month experience accompanied by adaptations of posture, pelvic floor, low back and breasts and leading to a variety of musculo-skeletal complaints. In the MotherTouch™ Prenatal Bodywork Training, you'll gain respect for this potent rite of passage, while learning advanced manual therapy techniques to address common pregnancy concerns, including sacro-iliac joint pain, leg cramps, uterine ligament spasms, and headaches. (NCBTMB)

### **Curriculum**

In this 4 day, comprehensive certification course, you'll learn skills that enhance comfort for yourself and your client!

- Sidelying techniques that create length/space
- Pelvic alignment techniques, sacro-iliac joint and pelvic floor release
- Energy assessment and acupressure flow
- Breast massage for pregnancy
- Bodywork to support impending labor and birth
- Supervised pregnancy massage clinic
- Marketing approaches and networking
- Belly massage
- "Dance your work" body mechanics
- Client intake and when to use a medical release
- Specific trimester concerns
- Traditional wisdom honoring Mother, Baby, & Family
- 1.5 hour supervised pregnancy clinic

MotherTouch™

## **Advanced Maternity Massage Certification (65 hours)**

MotherTouch™ Advanced Maternity Certification builds on the Prenatal Bodywork Training and adds skills in labor & postpartum massage. The final class is the Maternity Practicum. Students must apply to the program with a letter of intent.

### **Massage for the New Mother (8 hours - NCBTMB)**

This class addresses the concerns of the new mother who experiences numerous physiological changes and strains. Topics include "nursing neck," "new mother back ache", lactation issues & breast massage, postpartum depression, general postpartum renewal, and scar tissue work. Postpartum practices from other cultures will be included.

### **Massage & Acupressure for Birth (4.5 hours - NCBTMB)**

This class covers basic massage techniques, acupressure points, relaxation and positioning, which can help ease the pain of labor and possibly assist in a quicker and less complicated delivery. Birth practices from other cultures will be discussed, and some Mayan midwifery techniques will be included. You may bring a pregnant woman to practice with. The practical segment will be followed by a birth video.

### **Maternity Practicum (20.5 hours)**

The final step in completing the certification is the Pregnancy Practicum. To complete the Pregnancy Practicum, the student must be accepted into the program, pay the \$200 tuition, complete project and exam and submit documentation of 10 bodywork case studies: 5 pregnancy and 5 postpartum/labor. These case studies must be submitted to the instructor for review and approval within 2 years of acceptance into the MotherTouch™ Maternity Massage Certificate program before final certification is awarded.