



Washington Licensing Information

Due to a frequently-changing form system, please visit: <http://www.doh.wa.gov/LicensesPermitsandCertificates/ProfessionsNewReneworUpdate/MassageTherapist/ApplicationsandForms> to download the most up-to-date application forms.

How to obtain a License

If you are an OSM Graduate, you will apply for a license by examination and have completed a Washington State Board Approved Program. You must submit the following:

- Completed application and fee
- Complete the Washington State Jurisprudence Examination (online)
- Complete an original school completion form.
 - The form needs to be stamped and signed by the Registrar. At the time of graduation, the hours and length of the program must also match the board approved program.
- Verification of all credentials that you hold or have previously held.
 - You will need to request all US and foreign boards and jurisdictions where you have held a professional license provide verification.
 - Note: We will not accept a copy of your license.
- Official examination score report from the National Certification Board for Therapeutic Massage and Body Work (NCBTMB) or Federation of State Massage Therapy Boards (FSMTB) must be submitted directly to the Department of Health.
- CPR and First Aid Card
 - Submit a photocopy, front and back, of your current Red Cross/First Aid Card and American Heart Association CPR card (or equivalent showing the expiration dates)
- Signed Attestation on the application that you've completed the minimum of 4 hours of education in the prevention, transmission and treatment of AIDS. There is a link for this education in the application or visit: <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/HIVAIDS/Prevention/Training>

Initial Licensing Fee

Application & Initial License Fee: \$141.00

Criminal History Checks

Criminal history checks are conducted for all massage license applicants. If you answered yes to any of the personal data questions, please submit the appropriate supporting documentation as indicated on the application.

- The initial license will expire on your birthday unless the license is issued within 90 days of your next birthday. See WAC 246-12-020(3).
- You will receive a courtesy renewal notice if your license and address are kept up to date. Any renewal postmarked or given to the department after midnight on the expiration date is late.

Jurisprudence (Law) Examination

All applicants must pass the online, multiple-choice, open-book Jurisprudence (Law) Examination. You can find the examination online at: http://dohmedia.doh.wa.gov/hsqa/massageexam/massage_exam_final_2.htm

Reference Information is provided at the above link - you can open the reference information in a separate window and use it to answer the questions on the exam.



Massage & Bodywork Licensing Exam

To apply to take the MBLEx you will submit a completed application form online and fee payment. By submitting the completed application, you are acknowledging having reviewed the Examination Content Outline and has obtained education and training in the content subject areas.

Additionally, you will electronically sign an agreement to abide by and with the policies and procedures promulgated by FSMTB found in the MBLEx Candidate Handbook. This includes all policies regarding examination irregularities, cheating, and cancellation of scores.

Should you have any questions about the policies or procedures found in the Candidate Handbook, please contact the MBLEx office at your convenience.

Application Process

1. **Application:** You may apply online or by mail
 - FSMTB requires MBLEx applicants request transcripts to be sent directly to FSMTB by their massage therapy school. MBLEx applications are not complete for processing until educational records are received.
2. **Processing:** Please allow five (5) business days for FSMTB to process your completed MBLEx application. A completed application consists of the MBLEx application, and your transcripts.
3. **Authorization to Test (ATT):** FSMTB sends an ATT to you via email with instructions to schedule your examination online or by calling toll free.
 - You must test within 90 days of receiving an ATT.
4. **Confirmation:** Appointment confirmation is sent to you via email.
5. **Take MBLEx:** You will receive unofficial exam results at the testing center and FSMTB sends your results to the designated state board or agency within 24 hours.

Reminders

- If you have not received communication from FSMTB by the fifth day after submitting your application, please contact us at 1.866.962.3926 or email us at mblex@fsmtb.org.
- On the test day, you are required to bring two forms of identification to the test site. Please ensure the name on both of your identifications match the exact name provided on your application. For more information on appropriate forms of identification, please see the candidate handbook.

Taking the Exam

The MBLEx is administered on a daily basis, year-round at test sites across the United States. Once you are approved to test and receive an Authorization to Test (ATT) via your email, you will use that information to register for the exam date and testing location of your choice. For more information on finding the nearest test site to you, please visit Pearson VUE's website.

Candidates will have two hours to complete a 100-item, multiple choice examination on computer. Of this time, five minutes is allotted to a security and confidentiality agreement and five minutes to a brief survey. You should ensure you are aware of FSMTB security policies. See below.

VIDEOS: What to Expect when taking the examination: <https://www.fsmtb.org/mblex/taking-the-exam/>



MBLEx Study Guides & Practice Tests

The MBLEx Study Guide

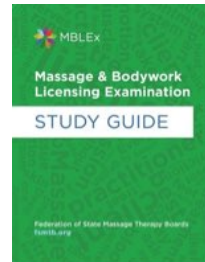
Published by the Federation of State Massage Therapy Boards (FSMTB) and designed to assist candidates to prepare to take the MBLEx.

In every section you will find:

- A description of each topic area
- Topic area study points
- Sample MBLEx questions

Also includes:

- Tips for successful studying
- Practice exam
- User-friendly workbook format



Order online at:

<https://www.fsmtb.org/media/1273/study-guide-order-form.pdf>

\$29.95 each + Shipping & Handling

ABMP Exam Coach

Students planning to continue professional liability insurance with ABMP get the best benefit from Exam Coach. It's \$75, but the fee is then applied towards your first year of professional liability coverage. Visit ABMP.com and log in using your member information for details.

tests.com/MBLEx

Practice exam kit for the MBLEx. MBLEx Practice material covers exam topics with fully explained answers. Take unlimited tests of any length. It includes free new question updates and complements any other study materials. Includes online Interactive tests - Instant scoring, review, testing history and reporting and an Ebook download Easy to print, navigate & score. \$39.95 - 100% Satisfaction or Money Back - No Renewal Fees. No Time Limit.

MassageExamAcademy.com

Unlimited MBLEx simulations, category practice quizzes, 2500 practice questions and category study guides - online or using your mobile device. Starts at \$25 for 15-day access without a pass guarantee, or \$40 for 45-day access with a pass guarantee. Comes with a 72-hour satisfaction guarantee. Includes dedicated customer service provided by Ivy Hultquist of Advanced Massage Techniques in Iowa.

Massage-Exam.com

Online practice tests with over 3000 questions, answers and rationales. Starts at 1 month for \$69.95, includes 100% pass guarantee and 100% money back guarantee.

Pearson's Massage Therapy Exam Review (5th Edition)

This expanded and updated text prepares massage therapy students for massage therapy certifying exams, including NCETMB, NCETM, and MBLEx. It supports a wide spectrum of students and learning types by providing many ways to study, including simple outlines; charts, figures, and tables; many exam related questions with answers and rationales; and video and PowerPoint in an online study component. For sale in the OSM Store or online.



FSMTB

FEDERATION OF STATE
MASSAGE THERAPY BOARDS

MASSAGE & BODYWORK LICENSING EXAMINATION CONTENT OUTLINE

<p>ANATOMY & PHYSIOLOGY (12%)</p> <p>A. System structure</p> <ul style="list-style-type: none"> • Circulation • Digestive • Endocrine • Integumentary • Lymphatic • Muscular • Nervous • Reproduction • Respiratory • Skeletal • Special Senses • Urinary <p>B. System function</p> <ul style="list-style-type: none"> • Circulation • Digestive • Endocrine • Integumentary • Lymphatic • Muscular • Nervous • Reproduction • Respiratory • Skeletal • Special Senses • Urinary <p>C. Tissue injury and repair</p> <p>D. Concepts of energetic anatomy</p> <p>KINESIOLOGY (11%)</p> <p>A. Components and characteristics of muscles</p> <p>B. Concepts of muscle contractions</p> <p>C. Proprioceptors</p> <p>D. Locations, attachments (origins, insertions), actions and fiber directions of muscles</p> <p>E. Joint structure and function</p> <p>F. Range of motion</p> <ul style="list-style-type: none"> • Active • Passive • Resistant 	<p>PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS (13%)</p> <p>A. Overview of Pathologies</p> <p>B. Contraindications</p> <ul style="list-style-type: none"> • Site specific • Pathology related • Special populations • Tools • Special applications <p>C. Areas of caution</p> <p>D. Special populations</p> <p>E. Classes of medications</p> <p>BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE (14%)</p> <p>A. Identification of the physiological effects of soft tissue manipulation</p> <p>B. Psychological aspects and benefits of touch</p> <p>C. Benefits of soft tissue manipulation for specific client populations</p> <p>D. Soft tissue techniques</p> <ul style="list-style-type: none"> • Types of strokes • Sequence of application <p>E. Hot/cold applications</p> <p>CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING (17%)</p> <p>A. Organization of a massage/bodywork session</p> <p>B. Client consultation and evaluation</p> <ul style="list-style-type: none"> • Verbal intake • Health history form <p>C. Written data collection</p> <p>D. Visual assessment</p> <ul style="list-style-type: none"> • General • Postural <p>E. Palpation assessment</p> <p>F. Range of motion assessment</p> <p>G. Clinical reasoning</p> <ul style="list-style-type: none"> • Ability to rule out contraindications • Client treatment goal setting • Evaluation of response to previous treatment • Formulation of treatment strategy 	<p>OVERVIEW OF MASSAGE & BODYWORK MODALITIES/ CULTURE/ HISTORY (5%)</p> <p>A. History of massage & bodywork</p> <p>B. Overview of the different skill sets used in contemporary massage/bodywork environments</p> <p>C. Overview of massage/bodywork modalities</p> <p>ETHICS, BOUNDARIES, LAWS, REGULATIONS (15%)</p> <p>A. Ethical behavior</p> <p>B. Professional boundaries</p> <p>C. Code of ethics violations</p> <p>D. The therapeutic relationship</p> <p>E. Dual relationships</p> <p>F. Sexual misconduct</p> <p>G. Massage/bodywork-related laws and regulations</p> <p>H. Scope of practice</p> <p>I. Professional communication</p> <p>J. Confidentiality</p> <p>K. Principles</p> <p>GUIDELINES FOR PROFESSIONAL PRACTICE (13%)</p> <p>A. Proper and safe use of equipment and supplies</p> <p>B. Therapist hygiene</p> <p>C. Sanitation and cleanliness</p> <p>D. Safety practices</p> <ul style="list-style-type: none"> • Facilities • Therapist personal safety • Client safety <p>E. Therapist care</p> <ul style="list-style-type: none"> • Body mechanics • Protective gear (masks, gowns, gloves, etc) • Self-care • Injury prevention <p>F. Draping</p> <ul style="list-style-type: none"> • Safe and appropriate • Communication <p>G. Business Practices</p> <ul style="list-style-type: none"> • Business planning • Strategic planning • Office management • Marketing • Hiring/Interviewing • Documentation and Records <ul style="list-style-type: none"> - Client records - Business records <p>H. Healthcare and business terminology</p>
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% weighting is approximate
Oregon School of Massage - 503-244-3420

www.oregonschoolofmassage.com

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Professional Massage & Bodywork Associations

About Professional Organizations/Associations

In addition to providing you with professional liability insurance, belonging to professional massage associations can offer you many benefits which can help your business grow. Additionally, belonging to recognized massage therapy associations may give you credibility with new clients. Consider asking other massage therapists whom you respect what the most reputable massage therapy associations are and which they trust.

What to Look for in a Professional Organization/Association

You may wish to consider what benefits different massage therapy associations offer you as a member. Some associations offer you the ability to obtain ongoing training and massage continuing education. Others may offer you assistance with marketing and advertising your massage therapy business. Many times these associations can be very valuable for those starting their own independent practice. This is because some association offers many resources for those massage therapists who choose this path.

Also, check into what the dues and fees are for joining a professional association or association and how frequently these expenses must be paid in order to maintain your memberships with them. Consider the value of the services they offer in comparison to the costs. You may wish to belong to more than one association, depending on your interests.

Major Massage & Bodywork Professional Associations

ABMP

Students: \$45/year, Professional: \$199/year, Certified: \$229/year

Associated Bodywork & Massage Professionals (ABMP) is a national membership association that provides comprehensive liability insurance and practice support for massage/bodywork practitioners and students. Founded in 1987, ABMP is now the largest massage therapy membership organization in the country with more than 80,000 members.

ABMP's comprehensive program of liability and business property insurance is specifically tailored to meet the needs of massage therapists and bodyworkers. They offer "occurrence form" coverage for our professional, general, and product liability program. In addition, they don't have a "shared member" aggregate. Their business philosophy is summed up by their credo: expect more.

25188 Genesee Tr Rd Ste 200 | Golden, CO 80401 | 800-458-2267 | www.abmp.com/about

AMTA

Student: \$45/yr, Graduate: \$89/yr + Chapter Fee, Professional: \$235/yr + Chap. Fee

The American Massage Therapy Association (AMTA) is the largest non-profit, professional association serving massage therapists, massage students and massage schools, with more than 56,000 members. The association is directed by volunteer leadership and fosters ongoing, direct member-involvement through its 51 chapters. AMTA works to advance the profession through ethics and standards, the promotion of fair and consistent licensing of massage therapists in all states and public education on the benefits of massage.

They offer the strongest benefits in the profession, including liability insurance, education, publications, networking opportunities and more. Learn about how AMTA helps members grow.

500 Davis St | Evanston, IL 60201 | 877-905-0577 | www.amtamassage.org/about-amta.html

OMTA

Student: \$20/year, Professional: \$40/year (no liability insurance)

OMTA is a nonprofit organization dedicated to LMTs and the massage profession.

OMTA is a non-profit volunteer organization whose activities and projects are directed by their Executive Committee (EC), whose members take an oath to follow the directives of the membership as outlined in our By-Laws. OMTA members volunteer their time for the various jobs on the EC. In their history since their founding in 1985, OMTA has accomplished many things for the benefit of their members and the public.

OMTA is self-funded, regularly schedule events around Oregon, and is well-linked to the massage community in Oregon, across the country and around the world. They respect the privacy of their members and the public. OMTA serves its members, LMTs, massage students, massage schools, the massage profession, and others involved in health care by providing information, networking, education, and encouraging quality regulation to promote the growth of the massage profession.

1710 Oakhurst Ct | Eugene, OR 97402-8002 | 971-570-5404 | www.omta.net

AOBTA

Varies from Student-Professional levels: 1st year free as a student, \$25-100 other levels

The American Organization for Bodywork Therapies of Asia is a national not-for-profit professional membership association of the practitioners, instructors, and schools/programs of the various Asian Bodywork Therapy (ABT) Forms.

The AOBTA was formed in 1989 when a number of associations and representatives of the various Asian Bodywork Therapy professions decided to unite into a single organization.

AOBTA currently has about 1,100 active members in the U.S. and abroad. Member benefits include professional credentialing; optional, low-cost professional liability insurance, disability insurance; a membership newsletter; national and regional workshops; an ABT Professional referral service; and professional development tools and resources (among many others).

AOBTA offers a number of membership levels, some professional and some non-professional. Professional membership levels require completion of well-defined educational standards and approval via a Peer Review process.

**1010 Haddonfield-Berlin Rd | Ste 408 | Voorhees, NJ 08043-3514 | 856-782-1616
www.aobta.org**