



Maternity Massage Certificate

Letter of Intent Guidelines

Thank you for your interest in the Maternity Massage Certification program at OSM. Once you have completed the Pregnancy Massage I class, you may apply for the Certificate Program and begin your Pregnancy Practicum work. The first step is to submit a letter of intent.

Prior to beginning the Pregnancy Practicum you must write a letter explaining your intention for becoming certified in Maternity Massage and covering these topics:

- Why do you want to be certified in Maternity Massage?
- Where do you plan to practice?
- What are your strengths in working with pregnant women?
- What are the challenges you foresee for yourself?
- How will you capitalize on your strengths and address your challenges?
- When do you expect to finish the Practicum work?

Submit your letter to Leslie Stager (email: Touch4Birth@gmail.com) with a copy to Oregon School of Massage c/o Lisa Barck Garofalo (lb@oregonschoolofmassage.com or 9500 SW Barbur Blvd. #100, Portland, OR 97219). Leslie will contact you with any questions or comments if necessary. Lisa will confirm your acceptance into the Maternity Massage Certificate program and send you the Pregnancy Practicum Packet. The \$200 Practicum tuition is due at that time.

Pregnancy Practicum information:

The Pregnancy Practicum requires that the student complete and submit documentation of 10 bodywork case studies: five different pregnant clients, and five different postpartum clients. Up to two postpartum case studies may be substituted with case studies of bodywork for laboring clients. Because it can take time to locate and complete 10 bodywork sessions on pregnant and postpartum or laboring women, you may begin the Pregnancy Practicum with pregnant clients anytime after completing Pregnancy Massage I (Essentials) class. Once you complete the New Mother class you may begin practicums with postpartum clients, and once completed with the Birth classes you may begin working with laboring clients.

Guidelines for the documentation required will be given once student is accepted into the Maternity Massage Certification program. These case studies must be submitted to the instructor for review and approval and all coursework must be completed within two years of acceptance into the certification program. Further practice or review may be required if the instructor deems necessary. The Practicum is 18 hours of credit and tuition is \$200 which is due upon acceptance into the Maternity Massage Certificate program.

Sample documentation for Practicum bodywork sessions:

These are a few of the questions you will answer for each session.

1. Client health intake form (with client's personal information blackened out: name/address)
2. Trimester and number of weeks pregnant
3. Description of any bodywork concerns/pregnancy risks, and how you addressed them.
4. Client's primary interest in receiving bodywork (i.e.: relaxation, relief of particular complaints)
5. Description of how you addressed the physical and emotional well-being of the client.
6. Description of bodywork techniques you used to address 1 or more of her complaints or needs.