

Advanced Practice Skills (APS)

APS Seminar requires 6 hours of class + 34 elective hours of your choice

What is Advanced Practice Skills Seminar?

This seminar refines the clinical skills taught throughout OSM's 640-Hour Program. Think of APS as your capstone class. The focus is on enhancing the communication, assessment and bodywork skills in order to create successful client-therapist relationships and treatment. Students create an individual learning plan based on the focus of their massage practice. The purpose of this class is to practice chosen modalities on people who will follow you into your practice. You will get a chance to refine your techniques, learn to explain your modalities succinctly, learn the value of follow up phone calls, and most importantly see what it's like to be separate from the class environment. Three meetings are scheduled throughout the term and students must complete 14 documented massage sessions, an oral report, and a final essay to successfully pass the seminar.

To get started → **Write a proposal and submit prior to start of the quarter.**

The APS Seminar is worth 6 hours of class credit and students are **required** to attend mandatory class meetings in weeks 1, 5 and 10 of the term. In addition, students will use one or more **past or present** OSM elective (completed by wk 3 of class) courses combined to total **at least 34 hours**. Electives designated for this class are modalities that you will use during your 14 practice sessions. Any hours over will be counted towards your program electives. Write a proposal email outlining which courses you've chosen and how those courses will support your professional goals. Use the following template to write a proposal email:

I propose to apply the following electives that I feel are applicable to my professional goals, and which I wish to develop in this class:

•Class Name: Date(s) & Class Hours
For a total of _____ hours.

•Class Name: Date(s) & Class Hours
For a total of _____ hours.

After I graduate, my professional goals are to...

I feel that developing the skills in these course selections would help me to address...

I believe that *(INSTRUCTOR NAME)* _____ would attest to my ability to meet the academic goals required by the APS Seminar.

1

REGISTER FOR SEMINAR

If you have met the prerequisite of Clinic or SF Clinic, register for the 6-hour APS Seminar **when Final Quarter Registration opens**.

2

SUBMIT PROPOSAL

Email the instructor before the end of term:

Caroll Hueller
apsatlastl@gmail.com

3

REGISTER FOR APS ELECTIVES

Once approved, your instructor will notify you and OSM by email. Register for remaining, approved APS courses.

APS Seminar - Quotes from Student Essays

"It was after I received our assignments and homework that I discovered what I believe is the true purpose of this class. You MUST be able to seek out new clients. You MUST be able to properly explain your modalities and treatment plans. You MUST be able to work with a variety of clients. You MUST be able to embody the profession and all the requirements asked of us ethically and responsibly. When putting these lesson and values into practice with total strangers I felt the total preparedness that school has instilled in me. I stood back and reflected after a successful session and closing said to myself "Wow, OSM did a wonderful job taking care to help us communicate effectively, practice respectably and represent our profession in the highest regard."

"I feel that I have had several take-aways from APS, three of which are an enhanced skillset, an opportunity to find my "massage rhythm" and a more professional mindset."

"At first I wasn't sure what to expect from this class for a few reasons. It was a little cloudy as to what we would be doing in the class and because we don't meet but three times throughout the semester, I wasn't expecting much impact. I was, however, wrong. Because of the reflections this class requires you to do around massage sessions, I feel it really makes you look inward at what you're doing, how you're doing it and how it could be better and in what ways it's not so great. I have already realized ways in which I work that aren't beneficial to me or the client and have since adjusted to make a more efficient work. It's difficult to practice reflection without a bit of a guiding hand. The class meetings are so helpful as well. Throwing ideas around and discussing how certain things work and don't work well and how to alter those habits or details to make us happier, healthier practitioners. I hope to stay connected with our community of practitioners because I have discovered so much value and camaraderie in the support of my teachers and peers."

"I feel that I am just more capable of giving a quality massage in general as a result of my APS practice sessions. Going hand in hand with enhanced skills, I also feel that my confidence as a massage therapist has increased drastically."

"This has been a great experience for modality melding. A chance to really take it all and put it together, and work on honing it even more before venturing out into the field. It has also been eye opening as far as what I still need to work on. Trying to find my own personal style has been more challenging than I ever thought it would be, and trying out all these different things together has helped to show me where my own weaknesses and insecurities lie and where I need to put more focus and energy. It has also been great practice with communication....being forced to practice, out loud, with relative strangers is both terrible and very helpful."

"I worked on eight new clients and I learned something useful from each of these sessions. I feel more confident with new client intake and exit interviews."