Massage Certificate Program Information

The home of Body | Mind | Spirit Education since 1984.

2025

Portland and Salem Campuses

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 wonderful atmosphere for me to be in."

Nina Graham, LMT and OSM graduate

"My instructor 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, LMT and OSM 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 in communications/ethics class 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, LMT and OSM Graduate

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, however, this may require the student to take classes at both campuses.

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.

Wide selection of elective offerings

Our program has an elective component that allows students to choose classes that fit their interests. The extensive array of electives includes Craniosacral Therapy, Polarity, Reflexology and many more. Students may try a variety of different electives or choose areas in which to specialize their training. These classes also serve as continuing education for licensed massage therapists.

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 curriculum is endorsed by the Commission on Massage Therapy.

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 term by term. 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 licensure as well as for many other states. OSM curriculum is endorsed by **Commission on Massage Therapy Accreditation (COMTA)**.

It is also approved by the Oregon Board of Massage Therapists and the Oregon Higher Education Coordinating Commission.

Ray Siderius, Oregon School of Massage President

Ray Siderius 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 bodywork 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.

Lymphatic Massage

Manual Lymphatic drainage is a gentle, rhythmic form of bodywork that enhances and supports the movement of fluid through the lymphatic system to support health and wellbeing. Developed by Danish therapist Emil and Estrid Vodder in the 1930's, LMD is now practiced extensively by health and wellness practitioners and is used within the medical community to treat lymphedema and post-surgical and post-traumatic edema.

Myofascial Release (MFR)

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.

Shiatsu

Shiatsu is a form of Oriental Therapy evolved from a 5000-year-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 the receiver's skin while the rest of the body is covered in a draping sheet.

640 Hour Massage Certificate Program

Massage Training at Oregon School of Massage

Our 640-hour Massage Certificate Program teaches the use of various strokes to manipulate soft tissues, engaging the muscular, cardiovascular, and nervous systems to reduce tissue tightness, enhance circulation, reduce pain, and promote general relaxation. Practitioners usually work directly on the client's skin, using various lubricants. Students are also trained in treatment-focused bodywork as they progress in the program.

Students receive a foundation in Swedish massage and an introduction to Shiatsu techniques. Additionally, students are given 119 elective hours to explore a variety of massage techniques or specialize in a specific area of interest.

Program Curriculum Overview

Health Sciences:	Hours
Anatomy & Physiology I (online)	30
Anatomy & Physiology II (online)	30
Anatomy & Physiology III (online)	30
Kinesiology Upper Body	30
Kinesiology Lower Body	30
Pathology I (online)	30
Pathology II (online)	30
Bodywork:	**Hours**
Massage Theory (online)	14
Massage Fundamentals	45
Massage Upper Body	30
Massage Lower Body	30
Massage Assessment & Application	30
Palpation Skills	15
Hydrotherapy	15
Shiatsu I	30
Practice Development:	**Hours**
Communications & Ethics	30
Business of Massage	15
Statutes (online)	6
Clinic	45
Bodywork & Business Electives	119
Advanced Practice Skills Seminar (online)	6
Total Hours:	640

Affordable Payment Options

Tuition for the 640-Hour Massage Certificate Program is $13,995. Enrollment fees, 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 at $500 (retail)
- Protects from tuition increases

Quarterly Payment

- Pay as you go for 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 (Minimum of $500)
- Loan amount is for tuition only
- Loan terms of 36-60 months
- Protects from tuition increases

Low Interest Loans - sample chart:

Duration Of Loan	$500 Tuition Deposit	$1000 Tuition Deposit
36 months	$405/month	$390/month
48 months	$311/month	$300/month
60 months	$255/month	$246/month

No Interest Monthly Payment Plan (MPP)

- Processing fee of $75
- Payment terms are from 18 to 24 months
- Tuition Deposit required (Minimum of $500)
- Payment Plan is for tuition only
- Protects from tuition increases

Monthly Payment Plan - sample chart:

Variable payments	$500 Tuition Deposit	$1000 Tuition Deposit
18 months	$750/month	$722/month
24 months	$563/month	$542/month

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 $2,090 and include:

- Admission Application Fee: $25
- New Student Registration/Enrollment Fee: $150
- Books (approximately): $700
- Massage table (approximately): $500
- Miscellaneous (including professional massages): $565

For more information, please contact an Admissions Coordinator:

Portland, 503-244-3420

Salem, 503-585-8912

admissions@oregonschoolofmassage.com

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 one-hour Zoom meeting. The registration link is on our website.
https://www.oregonschoolofmassage.com/admissions/training-previews/

How to Apply

1. Register on our website to 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. Complete the online application, pay applicable fees and upload supplemental application materials. An Admissions Coordinator will contact you about scheduling an interview.

3. Upon enrollment into the Program, you may register for classes. 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?

Medical Professional Limited Enrollment – 335 hours

Oregon School of Massage offers a limited enrollment option for professionals currently holding an Oregon license in related healthcare fields (MD, ND, DC, PT, OT, RN, LPN, LAc). These professionals usually meet health science requirements, OSM's Medical Professional Limited Enrollment (MPLE) meets the remaining massage requirements. Flexible class schedules accommodate full or part-time, and day or evening students. The applicant must take and pass the MBLEx written exam and submit all prior education for licensure.

Graduate Services

In support of OSM graduates, we maintain a Community Bulletin Board and Graduate Email 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. In 2024 we sent out over 250 job postings and heard from numerous graduates that they secured a position through this 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.

Advanced Training

LMTs often decide to specialize once they have been in the marketplace for some time. OSM offers a variety of electives, areas of specialization, and a certificate program in Shiatsu to meet professional training needs.

Launching your professional career

Licensing

Most states require some form of training and licensing, Oregon requires 625 hours. Please check https://www.abmp.com/practitioners/state-requirements to get the most current and comprehensive explanation of the requirements for other states.

Licensing in Oregon

Massage licensure in Oregon requires an application including proof of 625 hours training, CPR, a background check, Jurisprudence Exam and fees. Once approved, candidates can take a Board approved National Examination - MBLEx, NCBTMB or CESI. OSM graduates are well prepared for the Licensing Exam. When you pass the exam, you will submit a license application and fee. The time from graduating to licensure can be a few months.

For more information about regulations in Oregon, visit the Oregon Board of Massage Therapists web site at www.oregon.gov/obmt.

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 18% from 2023 to 2033, much faster than the average for all occupations. Employment will continue to 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 is 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 workplaces. 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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