

Here's what students have to say about the Master Program

"The Master Program is amazing! It has broadened the scope of my practice, and I have been able to immediately integrate my new skills into my work. I have also been offered EVERY job I have interviewed for since starting the Program, so it is definitely paying off." *Risa Haynes, clinical massage therapist*

"This has been such a beautiful program! Opening avenues and providing different approaches to treatment; there's something for everyone!" *Tammie Kneisel, licensed massage therapist*

"I feel that the program has changed me and has equipped me tremendously. I have obtained many new weapons to help treat my clients, as well as myself. I have a new approach to injuries and treatment in general." *Marin Moric, clinical massage therapist*

Course evaluations confirm an exceptional level of student satisfaction.

"[The myofascial] class was awesome, can't wait to use this tomorrow! Jenice rocks my Myofascial world"

"[Oriental Bodywork] was fantastic– I can't wait to use this on my clients and integrate into future practice"

"[Lymphatic Drainage] was amazing. I really feel like I have a new way to approach many of my clients' problems better. I have a whole new respect and interest in this 'light touch' bodywork. Thanks!"



The Soma Institute
55 East Jackson Blvd., Suite 300
Chicago, IL 60604-4110



The Soma Institute – The National School of Clinical Massage Therapy is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider



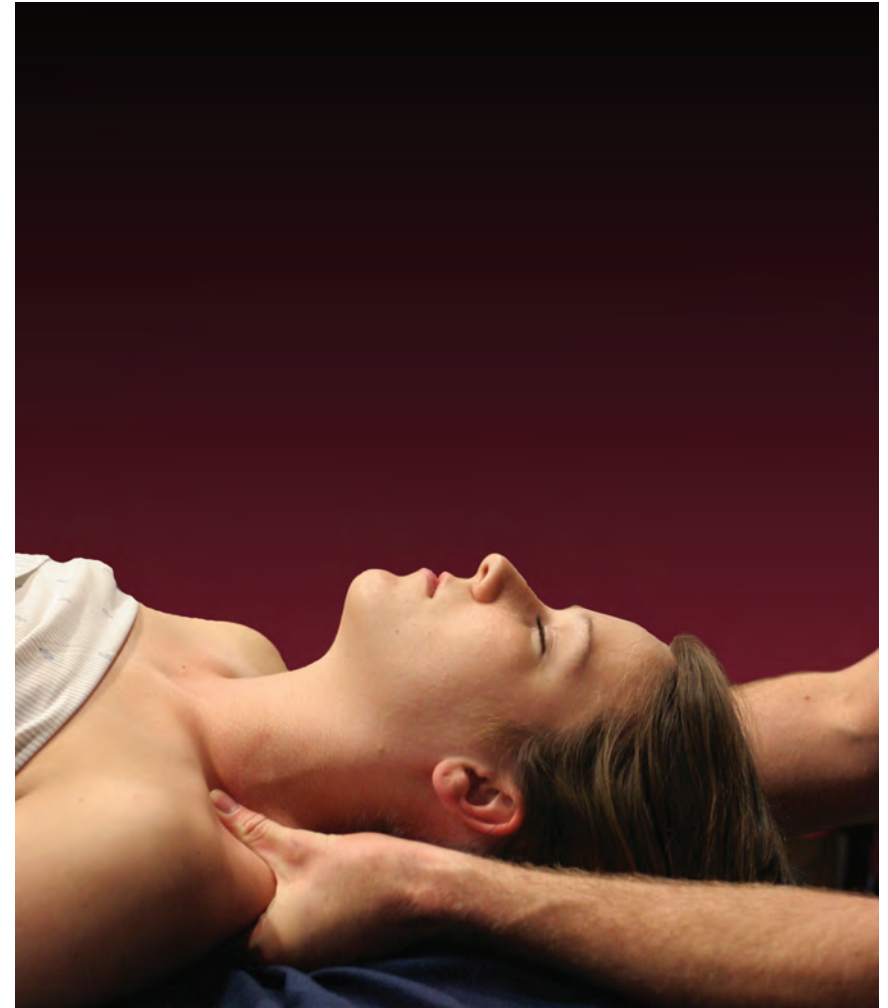
Accrediting Council for Continuing Education & Training
1722 N. Street N.W., Washington, D.C. 20036
ACCET is listed by the U.S. Department of Education as a nationally recognized accrediting agency.



Certificate of Approval to Operate issued by the Illinois State Superintendent of Education, 100 North First Street, Springfield, Illinois 62777

THE SOMA INSTITUTE

THE NATIONAL SCHOOL OF CLINICAL MASSAGE THERAPY



Master Clinical Massage Therapy Diploma Program

PROGRAM OVERVIEW

The 300 hour Master Program builds upon the skills attained in our clinical massage therapy diploma program. It introduces a different approach to the systems of the body, through the eyes of Eastern medical systems. Advanced bodywork techniques are taught to provide therapists with the skills to profoundly impact their client's health and overall well-being. The program closes with classes designed to integrate the new material to create a unique practice, and be able use the techniques safely on clients with health challenges and those in special populations.

Ayurveda: Indian Head Massage

introduces the basic theories of the Ayurvedic system of medicine. A 45 minute seated Indian Head Massage treatment will be presented, which can be used onsite, with clients who are unable to lay on a massage table, or can be incorporated into a table treatment. This course also includes 2 hours of ethics relating to working with energy & intuition. (20 Clock Hours/CEs)

Oriental Bodywork Theory provides an introduction to the basic theories of Traditional Chinese Medicine, such as yin yang theory, five element theory, the meridian and organ systems, and patterns of disharmony in the body. Qi Gong exercises will be performed to raise awareness of the flow of Qi throughout the body. (24 Clock Hours/CEs)

Oriental Bodywork teaches students specific acupressure treatments and general full body techniques, which build upon the knowledge obtained in the Oriental Bodywork Theory class. Students will continue to develop their practice of the Qi Gong exercises learned in the Oriental Bodywork Theory class. Pre-Requisite: Oriental Bodywork Theory (32 Clock Hours/CEs)

Neurology reviews the anatomy and physiology of the nervous system; and how it relates to manual therapies. Dermatomes, impingement, entrapment, nerve pathways, and the mechanism and effects of neuromuscular techniques are some of the topics that will be discussed. Muscle strength testing and hands on neurological techniques will also be introduced. (24 Clock Hours/CEs)



Master Clinical Massage Techniques I: Lymphatic Drainage provides an overview of the anatomy and physiology of the lymphatic system. It teaches students appropriate techniques to facilitate the movement of lymphatic fluid throughout the body. Recognition of indications and contraindications will be presented to the students. (40 Clock Hours/CEs)

Master Clinical Massage Techniques II: Myofascial Release introduces different approaches to fascial treatment. Incorporating the cranial and energetic aspects of fascial release, presented from a clinical viewpoint. (24 Clock Hours/CEs)

Master Clinical Massage Techniques III: Positional Release teaches students how to skillfully apply Strain Counterstrain techniques by finding, and placing the client into, a position of ease; which gently relieves pain and muscle spasm. A strong emphasis is placed on fine tuning palpation skills. (24 Clock Hours/CEs)

Nutrition provides an overview of nutrition and healthy diet as it relates to self care; and how poor nutrition can affect a client's ability to respond to treatment. (12 Clock Hours/CEs)

Clinical Aromatherapy provides a strong foundation and working knowledge of the therapeutic use of essential oils in a clinical setting. The methods of extraction, basic chemistry, functions of essential oils and how they work on the human body will also be discussed. (12 Clock Hours/CEs)

CMTIV: Massage & Medical Conditions develops further understanding of common pathologies clients may present with, discusses pertinent questions to ask during intake, and how to safely modify massage therapy techniques for these clients. (24 Clock Hours/CEs)

CMTV: Special Populations provides students with the skills to safely practice massage therapy techniques on pregnant clients, cancer & HIV patients, and elderly clients. Class time is primarily lecture and demonstration of the physiology, pathology and treatment modifications for each condition; followed by a specialty clinic. The class includes 2 hours of ethics on providing treatment for terminally ill clients, and dealing with the death of a client. (48 Clock Hours/CEs)

Professional Development discusses the concept of massage as an integrated healthcare modality, and teaches students the importance of the mind body connection. How to incorporate new techniques into a current setting, or develop a new clinical massage practice, either as a private practice or within an integrated healthcare setting, will also be presented. This class includes 2 hours of Business Ethics. (16 Clock Hours/CEs)