

Rocky Mountain Institute of Healing Arts Catalog Addendum, Volume VI, July 2009

The following information reflects changes in the Massage Therapy Program and the Heartworks Approach Program. This addendum replaces the tables on pages 3 – 5 of the School Catalog and the course descriptions on pages 6 -9.

Massage Therapy, 825 Hour Diploma Program

Courses	Hours
Introduction to Massage School	5
Developing the Healer Within	50
Anatomy & Physiology	115
Pathology	40
Structural Kinesiology	120
Swedish Massage	103
Neuromuscular Therapy	175
Deep Tissue Massage	25
Physical Assessment	25
Other Modalities	55
Business and Ethics	30
Blood Borne Pathogens	2
CPR	5
Community Service Project	25
<u>Clinic</u>	<u>50</u>
TOTAL	825

Course Descriptions:

Pathology, 40 hours

We explore basic pathology as it relates to the provision and contraindication of massage therapy.

Other Modalities, 55 hours

This course consists of a series of classes introducing various modalities taught by specialists in each. Examples include spa services, Polarity Therapy, and sports massage. In addition to lecture and demonstration, there is experiential exploration of the techniques.

Business and Ethics, 30 hours

Tools for business development, marketing, operation of a clinical practice are taught. We gain understanding of regulations, taxes, and professional associations. We explore ethical issues in bodywork.

The Heartworks Approach, 200 Hour Certificate Program

Courses	Hours
Energy Healing Techniques	70
Anatomy & Physiology of the Energetic Field	20
The Realm of the Heart	20
Psycho-emotional Health	70
Ethical Concerns	10
Student Practicum	10
TOTAL	200

Course Descriptions:

Energy Healing Techniques, 70 hours

In this course, we learn a variety of techniques to balance, connect, clear, transmute, and enliven clients' energetic systems. Students learn to maintain personal energetic boundaries and practice energetic self care. Pre-requisites: None.

Psycho-emotional Health, 70 hours

Students learn the basics of psychological and emotional health, including the concepts of ego, superego, inner child and other unintegrated parts of the psyche. We explore David Richo's 5As of psycho-emotional health and spiritual growth – Attention, Acceptance, Appreciation, Affection, and Allowing – and explore ways to relate to emotions with maturity. Mindfulness is a foundation through the entire course. Pre-requisites: None.

Combined Massage Therapy/Heartworks Approach Program, 1025 Hour Diploma Program

Courses	Hours
Introduction to Massage School	5
Developing the Healer Within	50
Anatomy & Physiology	115
Pathology	40
Structural Kinesiology	120
Swedish Massage	103
Neuromuscular Therapy	175
Deep Tissue Massage	25
Physical Assessment	25
Other Modalities	55
Business and Ethics	30
Blood Borne Pathogens	2
CPR	5
Community Service Project	25
Clinic	50
Energy Healing Techniques	70
Anatomy & Physiology of the Energetic Field	20
The Realm of the Heart	20
Psycho-emotional Health	70
Ethical Concerns	10
Student Practicum	10
TOTAL	1025