

## Introduction to Massage Therapy Weekend Workshop

### Overview and Outline

#### Overview

This workshop is held over a two-day weekend. This fun and educational workshop is designed to introduce students to the practical and theoretical content of our massage therapy program. Some of the highlights will include:

- History of Massage Therapy
- Scope of Practice and Profession of Massage Therapy in BC
- Effects, Principles, Benefits, and Contraindications of Massage Therapy
- Self-care and Therapeutic boundaries
- Draping techniques
- Introduction and Application of palpation techniques and therapeutic touch
- Basic Anatomy/Physiology Concepts
- Opportunity for Open Discussion

#### Instructor:

Elisa Peterson RMT

#### Objectives

1. Students will learn about the history and evolution of practice of massage therapy.
2. To provide a basis for the student to feel confident in his/her ability to administer an enjoyable massage at a beginner level – one that allows the receiver to feel safe, protected and relaxed.
3. To inform students about scope of practice contraindications of massage therapy.
4. Students will demonstrate mature, respectful and professional demeanor toward their lab partner during relaxation massage lab and palpation lab.
5. Students will take away an understanding of Ethical Practice of massage therapy and the Massage Therapy profession.
6. Practice and Contemplation exercises will encourage students to develop self-awareness.
7. Students will be introduced to the fundamental concepts of Anatomy and Physiology and how they relate to assessment and treatment in Massage Therapy.
8. To demonstrate appropriate dress and personal hygiene for a clinical setting.

**Date:** To Be Determined

**Where:** Upstairs 402 Baker Street

<b>FRIDAY SCHEDULE</b>	
5:00 - 5:30 pm	Introduction & Group Exercise
5:30 - 6:30 pm	Theory
6:30 - 6:45 pm	<b>BREAK</b>
6:45 - 7:00 pm	Practical Exercise
7:00 - 8:00 pm	Theory
<b>SATURDAY SCHEDULE</b>	
8:30 - 9:15 am	Massage Practical
9:15 - 10:45 am	Theory
10:45 - 11:00 am	<b>BREAK</b>
11:00 - 12:00 pm	Theory
12:00 - 1:00 pm	<b>LUNCH BREAK</b>
1:00 - 3:00 pm	Massage Practical
3:00 - 3:30 pm	Reflection / Discussion & Group Exercise
3:30 - 4:00 pm	Group Exercise
4:00 - 5:30 pm	Theory Massage Practical
<b>SUNDAY SCHEDULE</b>	
8:30 - 9:30 am	Reflection and Discussion
9:30 - 11:00 am	Massage Practical
11:00 - 11:30 am	<b>BREAK</b>
11:30 - 1:00 pm	Massage Practical
1:00 - 1:30 pm	Group Exercise & Closing

### Preparation

Please bring:

- **Indoor soft soled shoes as you need support when massaging rather than bare or stocking feet.**
- **your own sheets (two flat sheets or a fitted and flat). The sheets may get oil dripped/spilled/rubbed on them so they don't need to be fancy!**
- **Oil and face pieces will be provided but you are welcome to bring your own if you have a favorite to be used on you.**

If you have questions you may email or call the main office at (250) 352-5887

### Contact Information

[registrar@kootenaycolumbiacollege.com](mailto:registrar@kootenaycolumbiacollege.com)

Suite 2 – 560 Baker Street

Nelson B.C. Canada, V1L 4H9

## Introduction to Massage Therapy Workshop: Application Form

### 1. Personal Information:

Full name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province/State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Telephone (home): \_\_\_\_\_ Telephone (work): \_\_\_\_\_

Citizenship: \_\_\_\_\_ Email Address: \_\_\_\_\_

### 2. Related Training

Indicate if you have previous training in the massage therapy field. Please provide relevant documentation. If you are a licensed practitioner, please provide your registration number and jurisdiction.

### 3. Payment

Course fees are \$300 + GST with a deposit of \$70 payable when handing in your application form.

DEPOSIT: \$70 deposit payable when handing in application form.

Remaining balance for workshop due one week before workshop date.

Payments can be made at:

Suite 2 – 560 Baker Street

Contact: [registrar@kootenaycolumbiacollege.com](mailto:registrar@kootenaycolumbiacollege.com) or call 250-352-5887

Email transfer, Credit Card (3% transaction fee), debit, cheque, or cash

Please scan and email completed application form to [registrar@kootenaycolumbiacollege.com](mailto:registrar@kootenaycolumbiacollege.com) or hand deliver to above address with payment.

#### 4. Workshop Details

**Date of workshop:**

Workshop is held at Suite 203 - 402 Baker Street.

Workshop teaches:

- Basic therapeutic massage techniques such as: effleurage, petrissage and palpation
- Contraindication to massage (when not to use massage)
- Draping techniques
- Proper biomechanics of the therapist (how to position your body when executing massage to prevent injury)
- Basic principles of massage

Workshop preparation:

- Wear comfortable clothing
- Trim fingernails

All students entering the Massage Therapy program must complete this weekend workshop Introduction to Massage Therapy. It is an admission requirement that cannot be waived, however, we will accept intro workshops from other accredited massage schools in BC.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_