

MountainHeart



*School of Bodywork &
Transformational Therapy*

WWW.MOUNTAINHEART.ORG

CRESTED BUTTE, COLORADO

TABLE OF CONTENTS

Welcome!	4
Vision and Commitment	4
Instructors	5
Admissions	6
Admissions Requirements	6
Admissions Process	6
Enrollment	6
Course Registration	6
Certifications & Programs	7 - 9
Programs Overview	7
850 Hour Massage Therapy Certification Program	7
1000 Hour Massage Therapy Certification Program	7
Transformational Neuromuscular Therapy Certification Program	8
Somatic MindBody Therapy Certification Program	8
Ortho-Bionomy® Certification Program	8
Instructors Certification Program	9
Reflexology Certification Program	9
Spa Therapy Certification Program	9
Sports Massage Certification Program	9
Thai Massage Certification Program	9
Continuing Education / Electives	9
Courses	10 - 12
850 Hour Massage Therapy Certification Program Courses	10
Transformational Neuromuscular Therapy Certification Program Courses	10
Somatic MindBody Therapy Certification Program Courses	11
Ortho-Bionomy® Certification Courses	11
Reflexology Program Certification Courses	11
Instructors Program Certification Courses	12
Spa Therapy Program Certification Courses	12
Thai Massage Program Certification Courses	12
Sports Massage Program Certification Courses	12
Continuing Education / Electives Courses	12
850 Hr. Massage Therapy Certification Program Course Descriptions	13 - 17
Comments From MountainHeart Graduates and Students	18
School Calendar	19
CMT Program Calendar	19
Calendars For All Program	19
Class Sizes and Times	19
Holidays	19
Completion Time	19
Weather	19
Tuition, Expenses, Financial Assistance	20
Additional Expenses	20
School Policies	21 - 23
Attendance	21
Tardiness	21
Re-admittance	21
Conduct Policy	21
Grading	22
Placement Assistance	22
Life Credit - Transfer of Course Hours	22
Tuition Refund Policy	23
Student Complaints	23

MountainHeart

School of Bodywork & Transformational Therapy

Approved and regulated by the Colorado Department of Higher
Education, Private Occupational School Board

Institutional Member:
Associated Bodywork & Massage Professionals

Volume 22, July, 2011

**P.O. Box 575
719 Fifth St.
Crested Butte, CO 81224
800-673-0539
970-349-0473
970-275-1090**

school@mountainheart.org
www.mountainheart.org

MountainHeart School of Bodywork & Transformational Therapy

hereafter referred to as MountainHeart, is owned and operated by MountainHeart Inc.. The officers are; President, Craig McLaughlin.

WELCOME!

You couldn't pick a more beautiful environment or a friendlier small town to go to school in than Crested Butte, Colorado. National forests and protected wilderness areas are literally "out the back door". Hundreds of trails exist for mountain biking, hiking, and skiing. You can also enjoy fly fishing, rafting, kayaking, golf, tennis, snowmobiling, snowshoeing, ice skating, skate-skiing, & cross-country skiing. Downtown is about five blocks long. Local residents walk everywhere, ride the free local bus, or ride on low-tech "town bikes". Most people are educated, warmhearted, & friendly.

MountainHeart schedules are designed to give you time to access the beauty & charm of the Colorado Rockies & Crested Butte. Indoors, we provide comfortable classrooms & the state-of-the-art equipment & instruction.

Wherever you plan to practice massage therapy, our location & instruction offers you the perfect setting to gain these valuable skills.

MountainHeart is located in the town of Crested Butte at 719 Fifth Street.

VISION AND COMMITMENT

We created MountainHeart to be a catalyst for global transformation. We believe in a world of health, prosperity, peace, love, & fun! We know this is possible & we know our profession can help to achieve this goal one student, one client, one muscle, one spirit at a time. We are committed to:

- *Excellence & highest quality training in massage therapy & healing arts
- *A dynamic & expansive curriculum & staff program
- *Research and continuously upgraded classes
- *A stress-free, cooperative, & fun learning environment
- *Inclusion of all methods of healing as valuable
- *Honor and respect for each other's diversity & learning styles
- *Creativity, flexibility, & responsive professionalism
- *Bringing heart into our work intelligently, joyfully, & lovingly
- *Personal responsibility
- *Nurturing personal growth and self-love

***We know that spending 6 months with us here will be one of the
best and most useful adventures of your life!***

We are here to serve you in every way we can.

Come join us for a beautiful journey in a beautiful place!

INSTRUCTORS

Craig McLaughlin

Certified in Massage Therapy, BodyMind Therapy, Neurolinguistic Programming, Hypnosis, and Neuromuscular Therapy, Craig is also a Colorado credentialed massage instructor. Craig has taught over 22,000 hours of massage therapy courses including sports massage, learning skills, advanced neuromuscular techniques, and somatic mind-body therapy - to name a few! A scholar and an innovator in the field of massage therapy, Craig's classic text, The Bodyworker's Muscle Reference Guide is used by practitioners and massage schools across the country. Craig has maintained a private practice for over 27 years and worked at world-renowned athletic clubs in Vail and Denver. He has designed effective and well-researched neuromuscular techniques, internal organ massage, transformational trauma/stress therapy, somatic mind-body therapy, energy work, and metaphorical body reading. An excellent instructor, his students send thank you's and say: *"I understand that knowledge and love = wisdom, you are a very wise man."* E.H. *"You opened my eyes to the wealth of possibilities available to us both as students and as human beings. Thank you!"* H.A. *"Craig is the best facilitator I've ever seen and I've seen a lot of them."* S.D.

Mandi McCowen

Mandi is an avid skier and rock climber living in Crested Butte. She is a 2007 graduate of MountainHeart who is certified in Massage Therapy, Neuromuscular Therapy and MindBody Therapy. Mandi has a thriving local private practice. Her teaching style is very alive and fun! Her students comment: *"Excellent!"* C.R., *"She is a natural teacher!"* J.L.

Kathleen Sauter

"Kat" is a natural at Anatomy. Well educated and very thorough. She is a 2008 graduate of MountainHeart who is certified in Massage Therapy, Neuromuscular Therapy and MindBody Therapy. Kat has a thriving local private practice. Her students comment: *"Great - she made class fun and interactive!"* K.K., *"Great - very knowledgeable!"* D.D.

Our Other Instructors

MountainHeart requires all our instructors to be fully educated and experienced in their field. All instructors of our CMT courses are familiar with the entire program to ensure the quality of our highly integrated approach to learning. These instructors are also educated in the art of learning and teaching to be able to best meet each student's individual needs.

We also have highly qualified instructors for our elective courses and programs.

Caith Norton

Caith has been teaching at MountainHeart School since 2003. She is a 2002 graduate of MountainHeart who is certified in Massage Therapy, Neuromuscular Therapy and MindBody Therapy. Caith, a resident of Crested Butte since 1987, has developed a thriving local private practice. Bringing experience, enthusiasm and fun into her teaching style, her students comment: *"Caith creates an excellent learning environment through her humor and optimism"* L.D. *"Her teaching is very clear and conscience"* R.E.

ADMISSIONS

ADMISSION REQUIREMENTS

Prospective students must be at least 18 years of age, mentally and emotionally healthy, and physically able to perform and receive massage. A High School diploma or GED is preferred. All prospective students must complete an application and an interview. MountainHeart makes no discriminations regarding creed, color, sex, or national origin.

ADMISSION PROCESS

1. Submit an application, \$50 application fee, and a recent photo (for your file so we can connect your name with your face).
2. Schedule an interview appointment. The application fee is refunded if an applicant is not accepted or by a notification to withdraw within three days after notification of acceptance into any MountainHeart program.
3. Allow at least an hour for the interview and plan at that time to discuss course scheduling and payment.

ENROLLMENT

Our thorough program is designed to be a complete and integrated experience. A student may enroll at any time before the beginning of a semester. Late enrollments will be considered on an individual basis. Students may, however, take some classes as electives while awaiting the beginning of the next semester. Contact the office for details.

COURSE REGISTRATION

Register for courses through the MountainHeart office. A 10% deposit is required for each course to reserve your space. The balance is due on or before the first day of class.

CERTIFICATIONS & PROGRAMS

PROGRAMS OVERVIEW

MountainHeart offers these comprehensive, integrated, and excellent quality programs:

850 Hour Certification in Massage Therapy (CMT)

1000 Hour Certification in Massage Therapy

255 Hour Certification in Ortho-Bionomy®

222 Hour Certification in Reflexology

Life Credit

Continuing Education / Electives

MountainHeart also offers these excellent quality career enhancement programs: * (Included in the CMT Program)

* 276 Hour Certification in Transformational Neuromuscular Therapy (T-NMT)

* 204 Hour Certification in Somatic MindBody Therapy (SMBT)

42 Hour Certification in Spa Therapy

66 Hour Certification in Thai Massage

80 Hour Certification in Sports Massage Therapy

96 Hour Certification Training for Instructors

Class Assistant

850 HOUR MASSAGE THERAPY CERTIFICATION PROGRAM

MountainHeart offers one of the most current, comprehensive, and integrated Massage Therapy programs available. This program integrates the leading trends in massage therapy today; clinical neuromuscular therapy, somatic mind-body therapy, and effective Swedish massage. Our CMT program exceeds the current national average in massage therapy education in order to start the therapist at the leading edge of the profession.

Located in a sports-oriented mountain town, our CMT program offers many ways for the student interested in sports to align his/her work towards spa and sports massage. All our courses will provide time and experiences to allow the individual student to address their own areas of interest as they integrate their studies during case studies and feedback times. No prerequisites

Note: This program fully prepares you for Colorado Registration, national certification testing (NCBTMB), ABMP membership and AMTA membership.

1000 HOUR MASSAGE THERAPY CERTIFICATION PROGRAM

This Massage Therapy program encourages students to select 150 hours or more of additional course work from our other programs or continuing education courses. This can be done while in the CMT program or after graduation. No prerequisites

TRANSFORMATIONAL NEUROMUSCULAR THERAPY CERTIFICATION

Included within our CMT Program, the T-NMT program provides an in-depth understanding of the theory and application of neuromuscular therapy. These courses combine a thorough and effective clinical/medical style neuromuscular therapy with a transformational movement therapy and a mind-body approach to stress and tension reduction.

This work allows the practitioner to aid clients in therapeutic situations such as: rehabilitating from injuries, healing and diminishing chronic pain, relieving chronic postural problems, and the enhancement of athletic performance and coordination.

This combination of approaches allows the therapist to provide an integrated and comprehensive neuromuscular therapy for the whole person, when they are recovering from an accident, changing chronic pain/tension patterns, or striving for personal growth and awareness. Students may choose to concentrate on any of the combined areas of study to focus their studies towards future employment opportunities. Prerequisites: CMT program enrollment, CMT, or permission

SOMATIC MINDBODY THERAPY CERTIFICATION PROGRAM

Included within our CMT program, the SMBT program provides the information missing in many massage therapy programs. Students learn the theory and techniques of stress reduction and healing the tissue imbalances found beneath our hands.

SMBT allows the therapist to facilitate healing on a deep and lasting level while maintaining a professional rapport with clients of all walks of life. Our physiological understanding of stress, psychoneuroimmunology, and holistic healing provide a sound basis for the application of these techniques.

SMB Therapists help their clients to be on purpose in life, transform traumatic experiences, understand the communication of their symptoms, realign with their own core values, and release and reorient blocked energy in the body. These techniques are delivered with elegant communication skills in an environment of safety, support, and therapeutic relationship. Prerequisites: CMT program enrollment, CMT, or permission

ORTHO-BIONOMY® CERTIFICATION PROGRAM

This program provides all the skills & knowledge needed to begin a successful Ortho-Bionomy practice; either as a private practice or working for a business that provides massage therapy and other bodywork modalities.

Prerequisites: No prerequisites

INSTRUCTORS CERTIFICATION PROGRAM

The instructors program provides the skills, understanding, and personal experience needed to be effective, empowering, and thorough as an instructor. These courses are excellent for the therapist who wishes to become an instructor, or for the instructor who wishes to be more effective in facilitating the learning process of her/his students.

The topics covered in these courses are based on current theory, studies, and experience of the learning process, intelligence, brain function, communication skills, and facilitation skills. This information is valuable for teachers or instructors of any profession. Prerequisites: CMT, Professional certification/license, or permission

REFLEXOLOGY CERTIFICATION PROGRAM

This in-depth reflexology program provides all the theory, skill, and experience required as a preparation for national reflexology certification. Students learn reflexology for relaxation, self care, stress reduction, pathologies, posture and movement, and mind-body applications. No prerequisites

SPA THERAPY CERTIFICATION PROGRAM

The spa therapy program provides the student with up-to-date theory, skills, and techniques required in most spa settings. Students study skin anatomy, physiology, and healthful skin treatments in depth. Topics include essential oils, dry brushing, scalp massage, exfoliation, mud, and hydrotherapy treatments. Prerequisites: CMT program enrollment, CMT, or permission

SPORTS MASSAGE CERTIFICATION PROGRAM

The sports massage program provides the knowledge and skill needed to apply massage therapy to the world of sports. Students learn to work with athletes in training and in competitive events. Students focus on helping athletes to remain injury free during training or competition. They learn techniques for speed recovery in the event of an injury. Performance enhancement is explored for a variety of sports. Prerequisites: CMT program enrollment, CMT, or permission

THAI MASSAGE CERTIFICATION PROGRAM

Thai Massage, originally from India, integrates massage, stretching, acupressure, and energy work. Thai Massage is done with clients who are fully clothed on a futon, similar to shiatsu. Our Thai Massage program prepares students with the theory and techniques of traditional Thai Massage. The program is the longest and only certification of its kind in the United States.

CONTINUING EDUCATION / ELECTIVES

MountainHeart offers many excellent continuing education courses as enrollment dictates. Students may choose electives from a list of separate courses or from some of the courses in the above programs. Students should check with us on the current availability of specific courses.

COURSES

850 HOUR CMT PROGRAM COURSES

	HOURS	COSTS
Learning Strategies	32	\$296
Awareness & Transformation	32	\$296
Business & Marketing	34	\$314.50
Therapeutic Massage 1	44	\$407
Experiential Anatomy & Physiology 1	36	\$333
Therapeutic Relationships	28	\$259
Therapy Integration 1	36	\$333
Therapeutic Massage 2	44	\$407
Experiential Anatomy & Physiology 2	32	\$296
Assessment Skills	24	\$222
The Body Metaphoric	28	\$259
Experiential Anatomy & Physiology 3	32	\$296
Transformational Neuromuscular Therapy 1	52	\$481
Therapeutic Massage 3	48	\$444
Therapy Integration 2	40	\$370
Transformational Neuromuscular Therapy 2	52	\$481
Transformational Neuromuscular Therapy 3	48	\$444
Assisted Stretching	34	\$314.50
Internal Organ Massage & Balancing	38	\$351.50
The Language of Relaxation	30	\$277.50
Transforming Trauma	38	\$351.50
BodyGuide EnergyWork	32	\$296
Aligning With Purpose	16	\$148
Therapy Integration 3	20	\$185
TOTAL	850	\$7862.50

SEE: TUITION on Page 20 for DISCOUNT Information!

Note: The following courses are continuing education courses & programs. Students enrolled in the 850 CMT program receive a discount. Call for details.

T- NMT CERTIFICATION PROGRAM COURSES

	HOURS	COSTS
Assessment Skills	24	\$228
The Body Metaphoric	28	\$266
Transformational Neuromuscular Therapy 1	52	\$494
Transformational Neuromuscular Therapy 2	52	\$494
Transformational Neuromuscular Therapy 3	48	\$456
Assisted Stretching	34	\$323
Internal Organ Massage & Balancing	38	\$361
TOTAL	276	\$2622.00

SOMATIC MINDBODY CERTIFICATION PROGRAM COURSES

	HOURS	COSTS
Aligning With Purpose	16	\$152
Awareness & Transformation	32	\$304
Therapeutic Relationships	28	\$266
The Body Metaphoric	28	\$266
The Language of Relaxation	30	\$285
Transforming Trauma	38	\$361
BodyGuide EnergyWork	32	\$304
TOTAL	204	\$1938.00

ORTHO-BIONOMY® PROGRAM COURSES

	HOURS	COSTS
Intro to Ortho-Bionomy®	04	\$50
Phase 4 Spine & Shoulders	16	\$220
Phase 4 Extremities	16	\$220
Phase 4 Advanced Spine	16	\$275
Phase 5 & 6	16	\$220
Advanced Thorax	16	\$225
Advanced Pelvis & Organ	16	\$225
Chapman's Reflexes	16	\$275
Cranial	16	\$275
Demo Skills	16	\$275
Ethics & Emotions	16	\$275
Exploring Movement	16	\$275
Posture and Post-Techniques	16	\$220
Isometrics and Isotonics	16	\$275
Study Group	03	\$50
Practitioner Training	04	\$60
Successful Practice	04	\$75
Anatomy & Physiology Self Study	32	\$296
TOTAL	255	\$3745.00

SPA THERAPY CERTIFICATION PROGRAM COURSES

	HOURS	COSTS
Spa Therapies 1	14	\$129.50
Spa Therapies 2	14	\$129.50
Hydrotherapy	14	\$129.50
TOTAL	42	\$388.50

THAI MASSAGE CERTIFICATION PROGRAM COURSES

	HOURS	COSTS
Introduction to Thai Massage	4	\$38
Thai Massage One	16	\$152
Thai Massage Two	30	\$285
Thai Massage Integration	16	\$152
TOTAL (Call for Details)	66	\$627

REFLEXOLOGY CERTIFICATION PROGRAM COURSES

	HOURS	COSTS
TOTAL (Call for Details)	222	\$2053.50

INSTRUCTORS CERTIFICATION PROGRAM COURSES

	HOURS	COSTS
TOTAL	96	\$912.00

SPORTS MASSAGE CERTIFICATION PROGRAM COURSES

	HOURS	COSTS
TOTAL (Call for Details)	80	\$760.00

CONTINUING EDUCATION / ELECTIVE COURSES

	HOURS	COSTS
Class Assistant	(varied)	\$1/hr
Advanced Assessment Skills	36	\$342
Advanced Medical Massage	60	\$570
Anatomy & Physiology Self Study	32	\$304
Clinical Applications of Massage Therapy	30	\$285
Creating Therapeutic Stories	24	\$228
Creating Therapeutic Visualizations	20	\$190
Holistic Healing Through Herbs & Nutrition	20	\$190
On-Site Massage 1 & 2 (each)	20	\$190
Pathology	32	\$304
Polarity Therapy	16	\$152
Massage & Neuromuscular Therapy for the Face	20	\$190
Shiatsu	40	\$380
Tai Chi	20	\$190
Therapeutic Yoga	20	\$190
And More!		

NOTE: These courses are available based on enrollment. Many of the courses from all our programs are also available as CEUs or electives. Please contact us for information on schedules and course descriptions.

— All course prices are subject to change. —

MESSAGE THERAPY CERTIFICATION PROGRAM COURSE DESCRIPTIONS

ALIGNING WITH PURPOSE

P - 16 hours - Using several different methods of discovery, this course helps students reconnect with their sense of purpose in life and how their time at MountainHeart can best serve that purpose. Students can then align the focus of their classroom time, research projects, practice sessions, and personal growth sessions to be more purposeful for them. This course is great for anyone. No prerequisites

LEARNING STRATEGIES

LS - 32 hours - This course teaches students powerful strategies to be more effective learners. Through experiential super-learning techniques students are assisted in discovering their own learning style and how to make the best use of it. Then students learn strategies designed to enhance integration and embodiment of information. The focus includes strategies for the classroom, for test taking, and for studying outside of class. Students become very empowered, confident, optimistic, and self-motivated learners. No prerequisites

AWARENESS & TRANSFORMATION

A&T - 32 hours - This course helps the student explore and increase their intrapersonal intelligence and understanding of the process of healing. Students begin each class by exploring a new centering exercise, thus getting to know their own center while generating conscious states of relaxation. Students then spend time during each class discussing and/or being facilitated through the intrapersonal and interpersonal issues that students and massage therapists face. Students also learn journaling, inner exploration, and intuition techniques. Prerequisites: Program enrollment or permission

BUSINESS & MARKETING

B - 34 hours - This course provides the business, accounting, and records practices needed to run a successful massage therapy business. Students learn to use intake forms, soap notes, business plans, and marketing plans. Insurance billing is also covered. Prerequisites: Program enrollment or permission

THERAPEUTIC MASSAGE 1

TMI - 44 hours - This course provides the basic understanding of Swedish massage and the skills needed to perform an efficient and effective 50 minute massage. Some of the topics covered are ethics, professionalism, draping, safety issues, oils and lotions, basic Swedish style, benefits of massage, and contraindications. Prerequisites: Aligning With Purpose & Learning Strategies or permission

THERAPEUTIC MASSAGE 2

TM2 - 44 hours - This course provides additional massage techniques for stress reduction and a variety of therapeutic applications. Topics covered include tissue preparation, cross fiber techniques, massage for injuries, hydrotherapy, lymph drainage, passive stretching, client homework, reflexology, unique session packages, and others. Prerequisites: Therapeutic Massage 1 or permission

THERAPEUTIC MASSAGE 3

TM3 - 48 hours - This course provides the skills of applying massage techniques for specific settings and populations. Topics covered include limited time massages, sports massage, athletic tune-ups, on-site massage using a massage chair, chair massage techniques using regular chairs, massage for pregnancy, massage for the elderly, massage for toddlers and infants, massage for the challenged, dry massage, clothed massage and other techniques. Prerequisites: TM 2 or permission

EXPERIENTIAL ANATOMY & PHYSIOLOGY 1

AP1 - 36 hours - This course provides the knowledge of anatomical terminology, the skeletal system, the myofascial system, and the integumentary system. Students gain a thorough and applicable understanding of anatomy and physiology in relation to massage, health, pathology, and healing. Prerequisites: Aligning With Purpose & Learning Strategies or permission

EXPERIENTIAL ANATOMY & PHYSIOLOGY 2

AP2 - 32 hours - This course provides the knowledge of the rest of the body's systems, the design of the body, and the effects of stress on the body. Students finish their study of the anatomy and physiology of the body's systems in relation to massage, health, pathology, and healing. Among other topics, mind-body physiology and the tissue repair cycle are also studied. Prerequisites: Experiential Anatomy & Physiology 1 or permission

EXPERIENTIAL ANATOMY & PHYSIOLOGY 3

AP3 - 32 hours - This course provides knowledge and understanding of the principles and pathologies specific to the myofascial and nervous systems. Additional topics covered include the mechanics of healing, proprioception, the mechanics of pain, theories of pathology, neuromyopathic cycles, and muscular pathologies. Prerequisites: Experiential Anatomy & Physiology 2 or permission

THERAPEUTIC RELATIONSHIPS

TR - 28 hours - This course allows students to build professional quality therapeutic relationships that honor the client's needs, desires, perspectives, and process. Topics covered include the process of healing and change, professional boundaries, rapport skills, basic NLP skills, client outcomes, influencing with integrity, and more. Prerequisites: Aligning With Purpose & Learning Strategies or permission

THERAPY INTEGRATION 1

TI1 - 36 hours - This course introduces students to their major research projects and helps them to bring together and integrate all that they have learned at this point in the program. The focus will be on case studies, individual assessment, feedback, and integration. Prerequisites: Aligning With Purpose, Learning Strategies, Therapeutic Massage 1, Experiential Anatomy & Physiology 1, & Therapeutic Relationships

THERAPY INTEGRATION 2

TI2 - 40 hours - As the student progresses through the program, this course provides the same quality experience through individual assessment, feedback, and integration as Therapy Integration 1. Students focus on increasing professionalism and effectiveness throughout this course. Prerequisites: Therapy Integration 1, Therapeutic Massage 3, Experiential Anatomy & Physiology 3, Assessment Skills, The Body Metaphoric, & Transformational Neuromuscular Therapy 1

THERAPY INTEGRATION 3

TI3 - 20 hours - This course provides the students with their final follow up on their major research projects and helps them to bring together and integrate all that they have learned in the program. The focus will be on final case studies, final individual assessment, program feedback, and final integration. Prerequisites: All other CMT program courses

ASSESSMENT SKILLS

ASK - 24 hours - This course teaches the sensitivity and techniques needed for massage therapists to accurately sense the conditions of the body. Topics covered include palpation skills, muscle condition assessment, posture assessment, range of motion assessment, and movement and gait assessment. Students will find that this information greatly adds to their understanding of the body and what is happening beneath their hands. Prerequisites: Experiential Anatomy & Physiology 1, CMT, or permission

THE BODY METAPHORIC

BM - 28 hours - This course is based on how the energy of life is manifested and expressed through the physical body. Students learn to think and understand the body, and how we use the body, metaphorically. This meta-level of thought provides valuable information from the unconscious, through the body, to the consciousness. This information is often not available during usual conscious self-assessment and therefore requires the input of another system of thought. Participants are given a model of exploration to discover these metaphoric messages as well as lists of some of the common interpretations. Supportive learning aids are available. No prerequisites

TRANSFORMATIONAL NEUROMUSCULAR THERAPY 1

T-NMT1 - 52 hours - This course provides foundational neuromuscular theory, principles, muscle strokes, and experiences. This form of neuromuscular therapy is uniquely effective and provides the opportunity for clinical or mind-body applications. Clients find themselves releasing deep held tensions from the myofascial system as well as creating self-supportive and healing neuro-pathways of thought and movement. Topics covered include basic muscle stroke patterns, basic muscle stroke movement patterns, specific muscle strokes, and posture conditions. Prerequisites: The Body Metaphoric, Therapeutic Massage 2, Experiential Anatomy & Physiology 3, CMT, or permission

TRANSFORMATIONAL NEUROMUSCULAR THERAPY 2

T-NMT2 - 52 hours - This course continues the area of study begun in Transformational Neuromuscular Therapy 1. Additional muscle strokes and patterns are taught and pain mechanisms are reviewed in the context of muscle therapy. Students begin to explore integrated movement patterns during this class and they study additional posture conditions. Prerequisites: Transformational Neuromuscular Therapy 1 or permission

TRANSFORMATIONAL NEUROMUSCULAR THERAPY 3

T-NMT3 - 48 hours - This course enhances and integrates the area of study covered in Transformational Neuromuscular Therapy 1 and 2. In addition to more muscle strokes and patterns, students learn trigger point therapy, practical muscle testing, multiple session patterns, working with common injuries, more posture conditions, and case studies. Prerequisites: Transformational Neuromuscular Therapy 2 or permission

ASSISTED STRETCHING

AS - 34 hours - This course teaches several effective, efficient, and safe methods to stretch the myofascial system. These techniques release tensions, improve proprioception, create better balance in muscle groups and systems, and increase the range of motion. Student will know which techniques will bring the best results for the presenting symptoms of the client. This information greatly increases the massage therapist's effectiveness and ability to facilitate her/his client's myofascial healing. Prerequisites: Experiential Anatomy & Physiology 2 & Assessment Skills or CMT or permission

INTERNAL ORGAN MASSAGE & BALANCING

IO - 38 hours - This course teaches techniques for assisting the healing of the internal organs that include massaging the organs, mobilizing the organs, clearing areas that disturb or relate to the organs, and many reflexes that stimulate the physiological functioning of the organs. Concepts and techniques are explained in depth and practiced in class. Easy to follow handouts contain the class information as well as contraindications, cautions, and symptom information about each organ. This course is a must for a thorough massage therapist. Prerequisites: T-Neuromuscular Therapy 1 or CMT or permission

THE LANGUAGE OF RELAXATION

LR - 30 hours - This course teaches how to compose your language to best facilitate your client's own internal experience. These language patterns, based on the work of Milton Erickson, Dawna Markova, and the principles of Neuro-Linguistic Programming, have been molded to best fit the needs of bodyworkers and healers. The Language of Relaxation can be used during any type of bodywork session and is a necessary component of effective relaxation, inner exploration, and process work. Supportive learning aids are available. Prerequisites: Learning Strategies & Therapeutic Relationships or CMT or permission

TRANSFORMING TRAUMA

TT - 38 hours - This course teaches a safe, confidential, and effective technique for changing stressful internal relationships to traumatic events. The shift of that relationship often brings deep release of holding patterns in the myofascial system as well as a very deep relaxation. Students learn trauma theory, symptoms, and contraindications and compare several techniques. A technique of accessing the body's own knowing helps the practitioner and receiver discover the events that seem to be traumatic, and which events would be appropriate to deal with at the time. Techniques focus on safety and personal ecology as they help release the energy held by trauma and make it available for more generative personal applications. This course brings greater depth and effectiveness to the art of massage therapy. Prerequisites: Program enrollment or CMT or permission

BODYGUIDE ENERGYWORK

EW - 32 hours - This course teaches a form of energy work that is based on the body's innate powers of manifestation and expression. This technique is a graceful balance of logic and intuition that most clients can easily understand. Powerful and responsive to the client, this technique can be used in any bodywork or process oriented sessions, or may be used as a complete, stand-alone facilitation. Still allowing the therapist to explore their intuitions, it is effective at even its simplest level. Prerequisites: The Body Metaphoric or permission

COMMENTS FROM MOUNTAINHEART GRADUATES & STUDENTS

"MountainHeart School is an excellent place to learn and grow, professionally and personally. I cherish my experiences there, and am looking forward to returning for more. The material and content is very sophisticated and at the fore-front of bodywork and massage therapy." S.B.

"Last winter I researched Massage Therapy programs all over the western U.S. & after visiting about 18 of these schools, I chose MountainHeart School. I was especially impressed by the balanced presentation of both the spiritual & the scientific aspects of Bodywork & Transformational Therapy. I have also found the small classroom environment to be positive & supportive. I think the simplicity of life in Crested Butte & the peace of the surrounding peaks & forests are conducive to learning about the healing arts." K.R.

"MountainHeart has helped me see my true potential and opened up possibilities I never knew were in me." W.L.C.

"... I salute Craig's meticulous desire to meet my needs as a student of massage, respect my process of learning and provide an environment wherein I get regular massage!" M.M.

"After countless hours of research in trying to find the massage school of my choice, I feel MountainHeart fits my description of an ideal school. I am privileged to be able to be taught massage therapy from such aware and flexible people." M.A.G.

"The knowledge available at MountainHeart is vast. I've learned that massage encompasses more than just the muscles and the strokes you use. The connection between the therapist and the client is physical, emotional, and spiritual - this is a healing massage." T.S.

"Craig and crew are phenomenal teachers. They inspire us in every moment - through positive talk and reassurance of the power and love that is needed in everyday life and for our future clients. They are what massage is about!" A.C.

"MountainHeart has helped me realize my potential as a massage therapist as well as a human being. The instructors have helped me to pave a road which will allow me to live my life helping others and be on purpose." S.J.

SCHOOL CALENDAR

CMT PROGRAM CALENDAR

(Dates are approximate)

Summer - 6 Months Program ± June 1 to Nov. 20

Winter - 6 Months Program ± Dec. 1 to May 20

Enrollment open all year.

Early enrollment ends 2 month prior to class start date. (See page 20)

Late enrollment begins 1 month prior to class start date. (See page 20)

CALENDARS FOR ALL PROGRAMS

All calendars are subject to change based on enrollment, CMT calendar, and student needs. Prospective students are encouraged to call to inquire about currently scheduled classes and to request schedules.

CLASS SIZES AND TIMES

Class sizes will vary between 4 and 16 students. All times and dates are subject to change based upon student enrollment.

MountainHeart's 6 month CMT program generally meets 3 weekdays and 2 afternoons a week. (Usually Mon. & Thur. aft. - Tue., Wed., & Fri. day)

All classes will fall within the hours below.

Day classes: between 8:00 am and 6:00 pm (Usual is 8:30 to 5:00)

Afternoon classes: between 12:30 pm and 6:00 pm (Usual is 1:00 to 5:00)

Weekend classes: between 8:00 am and 10:30 pm

HOLIDAYS

New Year's Eve & Day

Thanksgiving

Memorial Day

Labor Day

Independence Day

Easter

Christmas Eve & Day

COMPLETION TIME

Students have up to 18 months to complete the 850 hour CMT training.

WEATHER

MountainHeart, being situated in a community well-prepared for varied weather conditions, will continue courses in most weather situations. We request that students call if there are uncertain weather conditions. MountainHeart will use radio public service announcements when available and appropriate.

TUITION

TUITION

850 Hour Certificate in Massage Therapy Program **\$7862.50**

NOTES:

- 1. DISCOUNT for Early Enrollment (Prior to 10 weeks before the start of your 850 Hour CMT Program) = \$212.50**
- 2. Students paying by personal check or cash receive \$0.25/hr discount.**

Payment Options

6 Month Program:

Pay Class by Class

or Pay Semimonthly (10% finance charge on tuition)

12 payments of 1/12th of (tuition plus finance charge)

Other options may exist - please contact the office with your needs.

970-349-0473 or 800-673-0539

ADDITIONAL EXPENSES

\$50	Application fee (Required for CMT)
\$45-65*	Student liability insurance (Required for CMT)
\$380*	Textbooks (Required for CMT)
\$400*	Massage Table
\$100*	Supplies (linens, oils, lotions)
\$100	Copies & Class Handouts Fee (Required for CMT)
\$0 to \$200	Receiving Professional Massages
\$25	Contract Fee - Program Students (Required for CMT)
\$10	Contract Fee - Elective Students (per semester) (Required)
\$25	Late Tuition Payment
\$50	Late Enrollment Fee
\$25	Returned Check
\$25	Change of Contract / Refinancing
\$5	Official Transcript \$10 Reprint of Certificate
\$1/Credit	Transfer of Credits

*Indicates approximate prices.

MountainHeart provides equipment (tables, etc.) for all in-class instruction.

Visa & MasterCard are accepted.

FINANCIAL ASSISTANCE

MountainHeart currently provides information regarding financial aid. For more information about financing your education, please contact the office at:

970-349-0473

800-673-0539

970-275-1090

SCHOOL POLICIES

ATTENDANCE

Students are expected to attend 100% of all courses. Students may be allowed one or two unapproved absences per course depending on the length of the course. Absences must be made up in the following ways within two weeks:

1) Private tutorials with the instructor or class assistant. Fees are determined by the tutor and administration.

2) Arrange to have the course audio-taped, listen to the tape and report on missed material. Tapes must be returned in one week.

3) Additional arrangements made by the instructor.

4) Redo the missed class the next time the course is offered.

5) Redo the whole course if the instructor determines you've missed too much material.

Note: Late makeups will accrue additional assignments from the instructor.

TARDINESS

Tardiness is expected to be kept to a minimum because it is disruptive to the other students, the teacher, and to your own learning. We understand weather can be a factor and we will honor extenuating circumstances. However, instructors will not have time to repeat information and tardy students are required to make up missed information. Chronic tardiness will be counted as absences and will accrue additional assignments from the instructor.

HOMEWORK

Students are given adequate time to complete the homework assigned. Late homework will accrue additional assignments from the instructor.

RE-ADMITTANCE

If a student drops out of a program at any time and later wishes to reenroll, she/he must schedule an interview. Re-admittance is granted individually based upon a student's past performance, education, and life experience.

CONDUCT POLICY

Actions that can be grounds for probation and/or dismissal include any behavior that might jeopardize the school, its reputation, or the massage therapy profession. Some examples include: inappropriate sexual behavior, attending class under the influence of drugs or alcohol, broken financial agreements, unsatisfactory grades, willful abuse of MountainHeart property, staff, or students.

Probation means a student may continue in a program under certain conditions monitored by the director.

Dismissal means a student may no longer continue her/his training. A dismissal notice will be sent to the student via certified mail. Dismissed students may reapply six months after the time of dismissal.

GRADING

MountainHeart grades on the PASS / REVIEW / FAIL basis described below. Students are graded on classroom activities, hands-on skills, assessments, homework, ethics, and professionalism.

P = PASS 70% or more

R = REVIEW 50% - 70%

This means a student has completed all requirements and is making a serious effort to learn but he/she needs more time and experience with the information. A student may only receive one R-Review mark in any course. The course must be retaken at the first opportunity. Review cost is \$2 per credit hour. The course may be retaken as a private tutorial (fees determined by tutor and administration) to maintain course sequence in the program.

I = INCOMPLETE

When a student has not completed the course material, homework, or class time, the missing data must be made up by a due date set by the instructor.

F = FAIL 50% or less

In the case of a failure, the student must consult with the instructor and administration and retake the course at 1/2 price.

Grace periods for R and F grades are 9 months from the last day of class, after which the course must be retaken at full price.

Grades are kept confidential, are available at any time in the office, and will be issued to the student with a transcript within one week of the successful completion of the program.

PLACEMENT ASSISTANCE

MountainHeart does not offer placement assistance. There is no promise or guarantee that completion of training will automatically secure a job in the healing arts.

LIFE CREDIT - TRANSFER OF COURSE HOURS

You may submit proof of previous training or life experience for evaluation by MountainHeart. We offer Massage Certificates or credit when such training or experience is synonymous with our curriculum. Oral, written, practical exams or assessments will be required. A \$50 examination fee per test is required. Credit approved for transfer or certificate is subject to a \$1 per hour fee.

The school does not guarantee the transferability of its hours or credits to any other institution unless there is a written agreement with another institution.

TUITION REFUND POLICY

Students not accepted by the school and students who cancel this contract by notifying the school within three business days are entitled to a full refund of all tuition and fees paid except the cancellation fee of \$ _____ (\$150 or 25% of the contract price, whichever is less). In the case of students withdrawing after commencement of classes, the school will retain a cancellation fee plus a percentage of tuition and fees, which is based on the percentage of contact hours attended, as described in the table below. The refund is based on the last date of recorded attendance. The policy for granting of credit for previous training shall not affect the refund policy.

REFUND TABLE

<u>Student is entitled to upon withdrawal - termination</u>	<u>Refund</u>
Within 10% of program	90% less cancellation fee
After 10% but with first 25% of program	75% less cancellation fee
After 25% but with first 50% of program	50% less cancellation fee
After 50% but with first 75% of program	25% less cancellation fee
After 75%	No refund

REFUND TABLE for veteran students

<u>Student is entitled to upon withdrawal/ - termination</u>	<u>Refund</u>
10% of program completed	90% less cancellation fee
20% of program completed	80% less cancellation fee
30% of program completed	70% less cancellation fee
40% of program completed	60% less cancellation fee
50% of program completed	50% less cancellation fee
60% of program completed	40% less cancellation fee
70% of program completed	30% less cancellation fee
80% of program completed	20% less cancellation fee
90% of program completed	10% less cancellation fee
100% of program completed	No refund

1. The student may cancel this contract at any time prior to the close of the third business day after signing this contract.
2. The official date of termination for refund purposes is the last date of recorded attendance. All refunds will be made within 30 days from the date of termination.
3. The student will receive a full refund of tuition and fees paid if the school discontinues a course/program within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.
4. Student complaints, which cannot be resolved by the direct negotiation between the student and the school may be filed with the Division of Private Occupational Schools of the Colorado Department of Higher Education at (303) 866-2723 or online at highered.colorado.gov/dpos. There is a two year limitation on the Division taking action on a student complaint. The Division shall not consider any claim that is filed more than two years after the date the student discontinues his/her training at the school.
5. Postponement of starting date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:
 - a) Whether the postponement is for the convenience of the school or the student, and;
 - b) A deadline for the new start date, beyond which the start date will not be postponed.If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline of the new start date set forth in the agreement, determined in accordance with the school's refund policy and all applicable laws and rules concerning the Private Occupational Act of 1981.

