

**Please Note: Underscoring all the details of our classes is an environment of positive perspective, empowerment, transformation and fun! Students find learning easy and rewarding while opening to new potentials and perspectives that facilitate their healing and that of their future clients!**

### **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**

<b>Accessing Resourceful Learning States</b>	<b>Turning Stops into Steps / Goal Strategies</b>
<b>Using Right &amp; Left Brain Learning Strategies</b>	<b>Brain Hemisphere Synchronization Techniques</b>
<b>Acupressure to Stimulate Learning &amp; Alertness</b>	<b>Intelligence Categories &amp; Their Applications</b>
<b>Strategies Excellent Learners Use</b>	<b>Diet &amp; Activities that Improve Learning</b>
<b>Advanced Classroom &amp; Home Study Strategies</b>	<b>Supporting Everyone's Learning in the Classroom</b>
<b>Visual, Auditory, &amp; Kinesthetic Learning Styles &amp; Strategies</b>	

### **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 explore centering exercises and presence exercises. Students spend time discussing and/or being facilitated through the intrapersonal and interpersonal issues that students and massage therapists may face. Students learn inner exploration, and intuition techniques. Prerequisites: Program enrollment or permission**

<b>Speakers on Allied Health Modalities</b>	<b>Oriental 5-Element Theory &amp; Practices</b>
<b>Applied Kinesiology (Muscle Testing)</b>	<b>New Concepts &amp; Theories of Healing</b>
<b>The 6 Healing Sounds</b>	<b>Facilitating the Process of School</b>

### **Business & Marketing**

**B - 34 hours - This course provides the business, accounting, and record keeping 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**

<b>Do a Basic Business Plan</b>	<b>Business &amp; Professional Ethics</b>
<b>The Attitude of Success &amp; Abundance</b>	<b>Job Interview Strategies</b>
<b>Laws Pertaining to Massage &amp; Business</b>	<b>Q &amp; A Time with an Accountant</b>
<b>Understanding Taxes &amp; Tax Forms</b>	<b>The Re-Hired / Desired Employee</b>
<b>Creative Marketing Strategies</b>	<b>Unique Treatments &amp; Packages</b>
<b>What Money "really is" &amp; How to be in Harmony with Its Energy</b>	

### **Therapeutic Massage 1**

**TM1 - 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**

**Theory, Indications, Contra-Indications & Benefits of Swedish Massage**

History of Massage Therapy	Doing a "Job Winning" Swedish Massage
The Art of Being Present	The Graceful & Flowing Massage
Oils, Lotions, Cremes & Gels & Their Uses	Therapist Ergonomics During Swedish Massage
Basic Swedish Massage Strokes	Hygiene in Massage Therapy
Ethics & Therapeutic Boundaries	Professional Draping Techniques
"Endangerment" Sites of the Body	Basic Muscle & Skeletal Anatomy
Swedish Massage for All Individual Parts of the Body	
50 & 60 Minute Swedish Massage for All of the Body	

**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

The Muscular System	Anatomical Planes & References
Bony Landmarks of the Skeletal System	Kinesiological References & Terms
Anatomy & Physiology of the Muscles of the Feet, Calf, Thigh & Abdomen	

**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

Questions for Clarity & Specificity	Listening Exercises
Understanding the Healing Response	Paradigms of Relating
Understanding Resistance	Transference & Counter-transference
Artful Disagreement	Telephone Skills & Questions
Intake Skills & Questions	Creating Client Safety
Clearly Defined Goals	Increasing Client Satisfaction
Basic Reframing Skills	Non-Verbal Communication
Pacing Skills	Rapport Building Therapy Room

**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

The Efficient & Effective Swedish Massage	Additional Swedish Stroke Options
Practice Required to Prepare for Clinics	A "Spa Style" Swedish Clinic Experience
Fine-Tuning Flow & Ergonomics	Breathing While Massaging
Creating the "Big Hands" Effect	Listening to Your Hands
"Soft Focus" to Enhance Listening & Intuition	S.O.A.P. Notes & Intake Forms

**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

**Acupressure Techniques & Styles**

The Main Styles of Massage & Bodywork

Golgi Tendon / Spindle Cell Technique

Stages of Inflammation & Massage Guidelines for Each Stage

Organizing Your Techniques - What Ones to Use in What Situations

All Techniques Designed to be Useful in the 50 or 60 Minute Swedish Massage Session

**Muscular Conditions We Facilitate**

Allied Modalities - Who & When to Referral Clients

Pin & Stretch Techniques to Release Muscles

**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, mindbody physiology and the tissue repair cycle are also studied. Prerequisites: Experiential Anatomy & Physiology 1 or permission

**Anatomy & Physiology of the Muscles of the Hand, Forearm, Arm, Shoulder & Back**

The Nervous System

The CardioVascular System

The Respiratory System

The Urinary System

The Endocrine System

The Lymphatic System

The Digestive System

The Stress Response System

**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

**Understanding the Nature & Effects of Stress**

Beliefs That Affect Health & Healing

Whole Body Readings

Basic Underlying Attitudes That Affect Health & Healing

Metaphor Lists for Areas, Systems, Organs, & Diseases of the Body

**Visualizations for De-Stressing & Relaxation**

How & What Symptoms May Communicate

Metaphors in the Posture & How We Move

**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

**Common Postural Imbalances: Lordosis, Kyphosis, Flat Back, Sway Back, Knock Knees, Bow Legs, Flat Feet, Temporomandibular Joint Dysfunction, Scoliosis, Upper & Lower Cross Syndromes, Etc.**

**Understanding the Fluid Nature & Flexibility of Posture & Range of Motion**

The Basic Intake & Assessment Flow

The 7 Minute Assessment

**Assessment Vs. Diagnosis**

**Muscle & Joint Injury Tests**

**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 mechanic of pain, theories of pathology, neuromyopathic cycles, and muscular pathologies. Prerequisites: Experiential Anatomy & Physiology 2 or permission

**Anatomy & Physiology of the Muscles of the Neck, Face & Jaw**

**Definitions & Treatment Goals of Spasm, Strain, Sprain & Tendonitis Conditions**

**Understanding Referred Pain**

**Cycles of Ischemia in Muscles Tissue**

**Reflex Arcs of the Body**

**The Vicious Pathological Cycle**

**Development of Tender Points & Trigger Points**

**The Neuromuscular Laws**

**Working with Fibrosity in Adhesions & Scars**

**How Pain Affects Health**

**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, on-site massage using a massage chair, massage for pregnancy, massage for the elderly, massage for toddlers and infants, massage for the challenged, dry massage, clothed massage and other techniques. Prerequisites: Therapeutic Massage 2 or permission

**Theory, Indications, Contra-Indications & Benefits for all Styles of M3 Massage Techniques**

**Cramp Relief Techniques**

**Practice Clinic for Sports Massage**

**Practice Clinic for Pre-Natal Massage**

**Practice Clinic for On-Site Massage**

**Practice Clinic for Elderly Massage**

**Practice Clinic for Infant**

**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 mindbody 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

**Neuromuscular Strokes for the Calf, Thigh, Pelvis, Abdominals, Diaphragm & Intercostals**

**History of T-NMT & Understanding Neuromuscular, Fascial, Myofascial, & Deep Tissue Work**

**Indications, Contra-Indications & Benefits of Transformational Neuromuscular Work**

**Correct Application of "Ecological Pressure" (Eco-Point) vs. Painful Bodywork**

**Applications of Joint Play**

**Origin & Insertion Technique**

**"Clearing" a Muscle**

**6-Walks Technique for Integration**

**Iliotibial Band Pathologies & Release**

**Posterior IT Band Drift & Correction**

**Patello-Femoral Syndrome & Correction**

**Golgi Tendon / Spindle Cell Technique in a NMT Session**

**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: T-NMT 1 or permission

### **Neuromuscular Strokes for the Back, Neck, Scapula & Shoulders**

Special Considerations for Spine Conditions	Motioning Techniques
Fascial Freeing	Fascial Lines of the Body
Nerve Entrapment & Impingement	Myofascial Release
Movement Therapy Theory	Keys to Adopting New Movement & Posture Patterns
Spinal Rotation Techniques	Figure 8s & Graffiti Techniques
Hendrick's Breathing Technique	Understanding "Metaphoric" Movement
Understanding the Rotator Cuff	Tensegrity & the Body
Including the Stretched Position in the Neuromuscular Stroke	

### **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, & T-NMT 1

Practice Required to Prepare for Clinics  
A "Spa Style" Swedish Clinic Experience  
Doing Better S.O.A.P. Notes  
Additional Case Studies Ideas  
Intake to Plan Flow Chart  
Treatment Goals for Injuries

Mid-Term Feed-Back Exchange & Discussion  
50 minute Swedish with 10 minutes of Extra Therapy  
Making Choices in the Therapeutic Session  
Refining Assessment Skills & Injury Assessment  
4 Main Areas of Work on an Injured Client  
An Injury / Chronic Pain 60 Minute Session Clinic

### **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: T-NMT 2 or permission

Neuromuscular Strokes for the Arms, Forearms, Hands, Feet, Deep Anterior Neck, T.M.J., & Face.

Neuromuscular Techniques to Release Tendons, Ligaments, & Joint Structures

Ischemic Compression Technique	4-Directional Bruise / Swelling Release
Muscle Dysfunction Overview	Towel Roll Technique
Power Exercise Release	NeuroLymphatic (Chapman's) Reflexes for Muscles
Athletic Tune-Up Strategies	Advanced Assessment Flow Chart
Postural & Phasic Muscle Types	Levels of T-NMT Muscle Strokes

### **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

Understanding PNF, Muscle Energy Techniques, Facilitated Stretching, Isolated Muscle Stretches, Etc. Isometric, Reciprocal, Concentric & Eccentric Assisted Stretching Techniques and Theory

**Stretches for Spasm, Fibrosity, Tonification & When Injuries are present**

**Session Patterns for Conditions Like Low Back Syndromes & Chronic Joint Pain**

**Organizing Your T-NMT Program Techniques - What Ones to Use in What Situations**

**Experiencing Stretches on Many Muscles of the Body**

**Combination Techniques (I.R.P. & C.R.A.C.)**

**Stretching Theory & Reflexes**

**Passive Release for Muscles**

**Passive Release for Joints**

**Integrating Stretches into a Bodywork Session**

**Assisted Stretching as Client Home Work**

**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: Transformational Neuromuscular Therapy 1 or CMT or permission**

**Understanding Organ Pain & Its Relationship to Muscular Problems**

**The Relationship of Connective Tissue Layers of Organs & Musculo-Skeletal Symptoms & Vice Versa**

**Clinically Therapeutic Medical Massage**

**Releases for Over 12 Internal Organs**

**4 Basic Releases for Overall Health**

**Organ Referred Pain Zones**

**Oriental 5-Element Theory for Organ Health**

**NeuroLymphatic (Chapman's) Reflexes for Organs**

**Hara Energy Area Work for Organs**

**NeuroVascular (Bennett's) Reflexes for Organs**

**Muscular Clearing for Organ Health**

**Basic Energy Work for Organs**

**Acupressure Techniques for Organ Health**

**The Language Of Relaxation**

**LD - 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**

**Visualization to Encourage Healing & Relaxation**

**Brain Wave States & Healing**

**Pathways Visualization**

**VAK Relax Techniques**

**Affirming & Increasing Relaxation**

**Moments of Miracles Visualization**

**Questions to Find Meaning**

**Aligning With Higher Intention Visualization**

**Visualizations During a Swedish Massage**

**Visualization for Stress Release**

**Multi-Sensory Heart-Centered Affirmations**

**State or Resource Recall for Healing or Athletic Performance Enhancement**

**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

Our Definition of "Trauma" as Deep Stress  
Deep Stress & the Fight or Flight Mechanisms  
Clearing Stress Receptors of the Head  
The Future Pace Visualization

The "Symptoms" of Deep Stress  
Massage for the Disaster / Trauma Setting  
ReScripting Stressful Events  
States of a "Trauma"

Noticing Deep Stress in the Massage Therapy Client & Athletic Performance  
How Health is Affected By Deep Stress & Patterns Imprinted in the Body's Bio-Computer  
Muscle Testing to Prioritize Treatment of Specific Muscles  
Understanding the Conscious & SubConscious Minds & Their Relationships  
The Affects of Deep Stress on Awareness, Creativity, Healing & Wholistic Thought  
Releasing the Patterns that Limit Our Success, Effectiveness, Performance & Fun

### 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

Basic Energy Theory & Models  
Basic Body Flows Clearing  
Basic Chakra Clearing & Balancing  
Theories of Energy Blockage & Energy "Cysts" & Their Return to Flow

Energizing & Sensitizing Our Hands  
Emotions Locked in the Body & Energy Patterns  
Running Energy for Injuries & Disease

Metaphoric Energy Flows for Healing & Empowerment  
Oriental 5 Element Command Point Acupressure Balance for the Meridians & Healing  
Oriental 5 Element Creation Cycle & Regulation Cycle Applications

### 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

The Concept of Being On Purpose  
How the Body Guides US to Our Purpose  
Futuring Strategies for Clarity of Vision  
Creating & Aligning Our Goals so They Connect Us to the Power & Energy of Our Purpose

Life Experiences that Teach Us Our Purpose  
Creating & Sharing a Purpose Statement  
Letting Go of Attachments & Aversions for Success

### 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

Written Final Assessment

Hands-On Final Assessment

**Final Clinic**

**Final Review & Feed-Back**