

CENTERPOINT™

Massage & Shiatsu Therapy School & Clinic

Continuing Education & Workshops 2010

May

- † East West Applications for Special Populations
- † East West Sports Massage
- † Lymph Drainage Massage
- †☉ Thai Massage I & II
- † Adult CPR and/or First Aid
- Shiatsu Basics
- † Healing with Sound & Tuning Forks
- † Introduction to the Trager Approach
- †☉ East West Bodywork for Geriatric Care

June

- †☉ East West Bodywork for HIV/AIDS
- Massage Basics
- † East West Bodywork for Pregnancy

July

- Shiatsu Basics
- †☉ Ethics, Boundaries & Archetypes
- † Jin Shin Jyutsu Self-Care
- † East West Bodywork for Survivors of Trauma & Abuse
- Shiatsu Basics

August

- † Creative Elbow Work: Save Your Wrists
- Massage Basics
- † East West Bodywork for Cancer

September

- † Spa & Resort Techniques
- † Adult CPR and/or First Aid
- Shiatsu Basics
- † Craniosacral Techniques

October

- Massage Basics
- † Traditional Barefoot Shiatsu
- † Chi Nei Tsang Abdominal Work

November

- † Carpal Tunnel Syndrome
- † Jin Shin Jyutsu Self-Care
- Shiatsu Basics

December

- Massage Basics

For more information, visit: www.CenterPointMN.com

† Approved CE Course, NCBTMB ☉ Approved NCCAOM PDA points

For more Continuing Education, Workshops, Clinic, or Career Training information, please visit:

www.CenterPointMN.com To register, call: **612-617-9090**

CenterPoint offers Excellence in Continuing Education in 2010

- Expand your practice with quality courses and earn Continuing Education credit
- Enroll now for specialty training that clients and employers appreciate
- Experience cutting-edge education to enhance your knowledge and skills
- CenterPoint is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Provider
- CenterPoint is an Approved Provider by National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) to offer Professional Development Activity (PDA) points.

Visit www.CenterPointMN.com for information and details

Experience & Membership has Benefits and Discounts*

- CenterPoint Students and Alumni Association Members receive 20% savings for eligible Continuing Education courses
- Current members of AMTA, AOBTA and ABMP receive 15% savings for eligible Continuing Education courses (please supply documentation of membership)
- Only one discount applies at a time per course

Call to Register 612-617-9090 • Visit www.CenterPointMN.com

East West Applications for Special Populations

Mondays, May 3 - August 23 • 6:00 pm - 10:00 pm
Tuition \$840 by April 23, 2010 (Reduced fee for full 60 hours)
Materials: \$18

NCBTMB: CE Hours for each unit (60 CE Hours)

Prerequisites: Human Physiology, TCM theory, and previous training in massage and Asian bodywork therapy.

Please bring: note-taking supplies, linens, loose comfortable clothing for bodywork.

Students will learn how to develop bodywork session plans using Eastern and Western techniques for an array of special populations. Pathology, etiology, indications, and contraindications will be covered. Populations include athletes, cancer patients and survivors, HIV/AIDS, pregnancy, geriatric, and survivors of trauma and abuse. Students will discover the unique and important emotional and psychological factors. Students who register for the entire course receive a discount. The modules for each specialty is listed below and can be taken individually. **Instructors:**

CenterPoint Faculty

East West Sports Massage #621

Mondays, May 3 & 10 • 6:00 pm - 10:00 pm

Tuition: \$128 Materials: \$3

NCBTMB: 8 CE hours

East West Bodywork for Geriatric Care #623

Mondays, May 17 & 24 • 6:00 pm - 10:00 pm

Tuition: \$128 Materials: \$3

NCBTMB: 8 CE hours

East West Bodywork for HIV/AIDS #612

Mondays, June 7 & 14 • 6:00 pm - 10:00 pm

Tuition: \$128 Materials: \$3

NCBTMB: 8 CE hours NCCAOM: 7.5 PDA points

East West Bodywork for Pregnancy #614

Mondays, June 21 - July 19 • 6:00 pm - 10:00 pm

Tuition: \$256 Materials: \$29

NCBTMB: 16 CE hours NCCAOM: 15 PDA points

East West Bodywork for Survivors of Trauma and Abuse #615

Mondays, July 26 - August 9 • 6:00 pm - 10:00 pm

Tuition: \$192 Materials: \$3

NCBTMB: 12 CE hours

East West Bodywork for Cancer Patients and Survivors #622

Mondays, August 16 & 23 • 6:00 pm - 10:00 pm

Tuition: \$128 Materials: \$3

NCBTMB: 8 CE hours

Lymph Drainage Massage #3305

Thursdays, May 6 - August 12 • 6 - 9 pm

Tuition: \$720 by April 24

Textbook: \$45 + tax

NCBTMB: 45 CE hours

Prerequisites: Prior bodywork training.

Please bring two twin-size sheets, one pillowcase, a bath towel, and a bathing suit or snug-fitting athletic shorts for practice time.

Lymph drainage massage is a significant health care modality in Europe and has recently received attention in the US. The techniques move excess fluid (edema) out of the body's tissues and spaces and into the lymph system, where it can be purified or eliminated. This is essential for keeping the cells and tissues clean and free of toxins and waste products.

Lymphatic massage has great benefit for many clients, including those who have had recent surgery, soft tissue injury, cancer survivors, stress and tension, "traveler's edema" and others. The course includes physiology of the lymphatic system and concepts of lymphatic massage, including watersheds, assessment, indications & contraindications, and directions of movement are introduced.

Instructor: Theresa May, LMT (AZ), NCTMB.

Thai Massage I & II #4203 A & B

Thursdays, May 6 - August 12 • 6 - 10 pm

Fee: \$960 • Register by April 24

Textbook: \$39 + tax

Part I: 28 CE Hrs, NCBTMB; 26.25 PDA Points, NCCAOM

Part II: 32 CE Hours, NCBTMB; 30 PDA Points, NCCAOM

Prerequisites: Prior bodywork training.

Please bring two twin-size sheets and one pillowcase. Wear loose, comfortable clothing and wear or bring socks.

Thai Massage has become wildly popular in the US over the past few years! Safe stretching with pressure application and massage is a winning combination! The stretching often takes the form of double or assisted Yoga.

Abdominal massage techniques, a key component of Thai Massage, will be practiced. This modality is performed on a floor mat and utilizes the thumbs, fingers, forearms, elbows, and palms for massage and pressure techniques. Students will learn to perform a full body Thai Massage. Thai Massage I includes yoga warm-ups and meditation at the start of each class. Techniques for supine, side, and prone positions are included. In the Thai Massage II course, participants will continue to learn and practice the basic sequence while adding greater depth and variety of techniques including seated position. Ayurvedic medicine, including the Doshas and energetic pathways of the body are covered. Those who complete the Thai Massage I and II including the evaluation portions of the course will receive a Certificate of Achievement.

Instructor: Attila Pegan.

Healing with Sound & Tuning Forks

#636

Saturday, May 15 • 9 am - 4 pm

Fee: \$96 • Register by May 7

NCBTMB: 6 CE hours

Prerequisites: Prior training in bodywork

Materials: \$60.00

Please bring two sheets and a hand towel.

Using sound and vibration in a bodywork session can enhance the effects of the manual work. Learn to layer relaxation and healing with the use of tuning forks. Tuning forks are precise instruments that have the ability to change our inner tuning by creating a resonance throughout our mind and body. They do this by creating a sound vibration that leads us into still point, which is a moment when everything stops and we can retune ourselves. Our nervous system, like the string of a musical instrument, vibrates to the sound of the tuning forks. Both off-the-body and direct application techniques will be taught. You will also learn the use of bells, chimes, and singing bowls to add to your practice.

Instructor: Theresa May, LMT (AZ), NCTMB

Introduction to the Trager Approach

#500E

Sunday, May 16 • 9:00 am - 4:00 pm

Fee: \$96 • Register by May 7

Materials Fee: None

NCBTMB: 6 CE hours

Prerequisites: Basic massage or shiatsu therapy training.

Please bring two sheets and a hand towel. Wear comfortable clothes and socks or flexible footwear for easy movement.

The Trager Approach is gentle and pleasurable bodywork with deep and

lasting effects. Trager is performed without lubricants. Techniques include cradling, rocking, vibrating and stretching the body to produce deep relaxation, and joint and muscle mobility. Clients seek a Trager session for relaxation, personal growth, increased feelings of joy and wellness, and to manage a wide range of health conditions and limitations. Practice of the principles can deepen personal awareness, dynamic peace, and facilitate ease, pleasure, and increased function in movement.

Participants will:

- Explore ways to move lighter, freer, and easier in their lives and bodywork practice;
- Explore self-care and movement as a way of deepening awareness;
- Learn ways to sense and release muscle holding in the body through the mind;
- Discover ways to move and work effortlessly.

Instructor: Pat Schuckert, B.A., M.P.S., NCTMB

Ethics, Boundaries and Archetypes #581

Saturday, July 17 • 10:00 am - 5:00 pm

Fee: \$96 • Register by July 9

NCBTMB: 6 CE Hours

(Meets Requirements for Standard V on Roles & Boundaries)

NCCAOM: 6 PDA Points

Are you a Seeker? A Rescuer? Are you aligned with the energy of the Magician? Or maybe you are training to be a Sage. Archetypes are universal energy patterns that influence our growth, development, emotional processing, and mental patterns. Ethics and Archetypes will help you understand how your life's experiences form the pathway to achieve your highest potential and to become a conscious, awake human being. The clients we work with are dealing with their own emotions, experiences, and events that are shaping their development. The archetypes of therapist and client interact in wonderful and mysterious ways to assist both towards their life's destiny. These interactions can facilitate personal evolution, or, if boundary violations are present, can slow the healing process. Learn how to identify your own archetypes and those of your clients! Students have described this course as "transformational", "inspirational" and "life changing".

Instructor: Sunny Cooper, M.S., M.Ed. Dipl. ABT, NCCAOM, Certified Instructor, AOBTA,

Jin Shin Jyutsu Self-Care

#619

Saturday & Sunday, July 24 & 25 • 10 am - 5 pm

Fee: \$192 • Register by July 16 or Register by Nov 5 for

Saturday & Sunday, Nov 13 & 14 • 10 am - 5 pm

NCBTMB: 12 CE Hours

Prerequisites: Previous training in a bodywork modality.

Wear loose comfortable clothing; no jeans. Bring two twin sheets and 1 pillow case.

Discover your highest potential! Jin Shin Jyutsu Self Care helps the practitioner minimize fatigue, optimize energy, maintain better balance and provides deeper understanding of the Self. Emotions, attitudes, and beliefs are stored in the Mind/Body, and release allows us to feel greater peace and freedom. Jin Shin Jyutsu provides tools to help us move beyond limiting attitudes and disharmonies into a peaceful gratitude for what is. Participants will learn a daily sequence for self-balancing and revitalizing. This includes numerous techniques that will be demonstrated and practiced in class. JSJ is gentle, pleasant to do, and highly effective for self-care and self-discovery.

Instructor: Emily Evenson, NCTMB

Creative Elbow Work: Save Your Wrists!

#539

Sunday, August 8 • 1 - 5 pm

Fee: \$64 • Register by July 30

NCBTMB: 4 CE hours

Prerequisites: This is an advanced massage technique class for those who have completed a full program of massage of at least 500 hours.

Please bring 2 sheets, one pillowcase, massage cream or lotion (no oil), and wear loose comfortable clothing.

Save your hands, your wrists and thumbs, and use your elbows! Elbows and forearms provide deep pressure to encourage a deeper awareness and facilitate release of tension. Effleurage, friction, and static pressure techniques will be demonstrated. Participants will learn the “Do’s and Don’ts” guidelines of Ease, Listen Beware, Over, Watch. Time will be provided to practice all techniques with tableside instruction. Students will work on various parts of the body with lubricant on skin.

Instructor: Emily Evenson, NCTMB

Spa & Resort Techniques I & II 3203A&B

Tues & Thurs, Sept 2 - Dec 16 • 6 - 9 pm

Tuition: \$1440 • Register by August 20

Materials: \$400 + tax (Spa Kit & Textbook)

Total Hours: 90

NCBTMB: 90 CE hours (48 CE hrs/Part I; 42 CE hrs/Part II)

Prerequisites: Training in massage including Swedish massage, draping, lubricants, and body mechanics. **Spa I is a prerequisite for Spa II.**

A list of required materials will be forwarded upon registration.

In Spa & Resort Techniques Part 1 you will experience the relaxation and healing potential of aromatherapy, heated stone massage, and reflexology. Discover the deep relaxation of heated stone massage and how foot reflexology adds simple, effective techniques for relieving pain and discomfort throughout the body. Experience how the magic of aromatherapy is integrated into heated stone massage and reflexology to create a powerfully deep and lasting effect for your clients. Spa & Resort Techniques, Part II covers an array of delightful spa techniques including wraps, clays and muds, salts, seaweed applications, exfoliation treatments, and a variety of hot and cold hydrotherapy systems. Learn to mix your own salts and muds for a client’s individual needs. Adding these techniques to your current bodywork practice will create more options for relaxing and healing sessions while you increase your employability and your income! You can incorporate spa techniques without the need for extensive equipment or special “wet room” facilities! **Instructor:** Theresa May, LMT (AZ), NCTMB

Craniosacral Techniques

#3204

WEEKEND FORMAT!

Saturdays & Sundays, Sept 25 & 26, Oct 16 & 17, and

Nov 20 & 21 • 10 am - 5:30 pm

Tuition: \$720 • Register by Sept 11

Textbook: \$22 + tax

NCBTMB: 45 CE hours

Prerequisites: Prior training in bodywork therapy.

Please bring two twin-size sheets and one pillowcase. Those who complete the evaluation portion of this course will receive a Certificate of Achievement.

Craniosacral Therapy is a gentle, non-invasive, hands-on method for assessing and releasing restrictions in the craniosacral and fascial systems

throughout the body to improve the functioning of the whole person. Craniosacral Therapy encourages the body’s natural healing mechanisms to dissipate stress and improve the body’s internal environment. CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of common problems including migraine headaches, chronic neck and back pain, learning disabilities, chronic fatigue, emotional imbalance, stress related problems, fibromyalgia, temporomandibular joint syndrome (TMJ), and other connective-tissue disorders. Participants will learn hands-on techniques to effect pain, illness, dysfunction. These techniques offer astonishing results with minimal effort.

Instructor: Eric Evaristo, NCTMB

Traditional Barefoot Shiatsu

#593

Saturday, October 9 • 1 pm - 5 pm

Fee: \$64 • Register by September 28

NCBTMB: 4 CE Hours

Prerequisites: Prior training in bodywork therapy.

Please bring a flat sheet, a pillow case, and white socks.

Experience the “earthiness” of doing Traditional Barefoot Shiatsu with your feet for a change! Shiatsu practitioners will love the ease and spontaneity of this approach to working meridians and points. You don’t need any expensive special apparatus! Barefoot shiatsu uses the foot as a pressure-application tool. Like the hand, the foot can be used in creative and imaginative ways. You can give your thumbs and wrists a rest and still provide a fabulous treatment for your client! Its easy to learn, and by the end of this workshop you will be discovering your own unique techniques. You can even do acupressure point work this way! This approach is especially appropriate for small-stature shiatsu therapists who need to work on larger clients. It’s fun, it’s creative, and it feels great!

Instructor: Sunny Cooper, Dipl.ABT (NCCAOM), AOBTA Certified Instructor

Chi Nei Tsang, Internal Organs Massage

#564C

Saturday & Sunday, Oct 23 & 24 • 10 am - 5 pm

Fee: \$176 • Register by Oct 8

NCBTMB: 11 CE Hours

Prerequisite: Prior training in bodywork therapy.

Please wear loose, comfortable clothing. Bring 2 sheets and a large towel.

Learn to create dynamic healing change all over the body, just by working with the abdomen! Chi Nei Tsang (Chinese medical abdominal massage) is a hands-on internal organ massage that is detoxifying and energizing to benefit the entire body. This massage technique can clear intestinal blockages and constipation, help digestion, improve metabolism, access and release the psoas muscle to aid in release of low-back pain, stimulate the nervous system, lymphatic system and the meridians of traditional Chinese medicine. You will learn the hidden language of the abdomen and in-depth techniques to directly affect the five major organs of the body. You will palpate and apply techniques to assist any part of the abdomen and formulate session strategies using five element theory. In addition, you will practice new self-care tools. By the end of the course, you will be able to perform a full hour Chi Nei Tsang session on your clients.

Instructors: Andrea Sullivan & Melissa Cathcart

Carpal Tunnel Syndrome #641

Sunday, Nov 7 • 10 am - 5 pm

Fee: \$96 • Register by Oct 29

NCBTMB: 6 CE Hours

Prerequisite: Prior training in bodywork therapy.

Please bring 2 sheets, a hand towel, and massage lotion or gel (please no oil).

Carpal Tunnel Syndrome is a common condition that effects millions of people in our repetitive stress, computer-driven society and also occurs frequently in the massage and bodywork community. In this one-day workshop, you will learn the detailed anatomy of this region, how to best assess this condition, and a variety of effective, anatomically-precise, hands-on techniques. Carpal Tunnel Syndrome is often confused with other soft tissue conditions that mimic its behavior or intensify its symptoms. Therefore, you will explore related conditions that add to the mix of forearm, wrist and hand pain and dysfunction. Join popular instructor Jackson Petersburg for an exciting new workshop that will guide you in adding techniques that you can use in your practice the next day.

Instructor: Jackson Petersburg

Adult CPR #301

Saturday, September 11 • 1 - 5 pm

Fee: \$60 (not eligible for discount)

Textbook: \$18.95

NCBTMB: 4 CE Hours

For more information visit www.CenterPointMN.com

Instructor: CenterPoint Faculty

First Aid #302

Saturday, September 11 • 8 am - 12 pm

Tuition: \$60 (not eligible for discount)

Textbook: \$18.95 + tax (to be read before class)

NCBTMB: 4 CE Hours

For more information visit www.CenterPointMN.com

Instructor: CenterPoint Faculty

Shiatsu Basics #506

Saturday, July 17, Sept 11 or Nov 13 • 10 am - 5 pm

Fee: \$75 (not eligible for discount)

Total Hours: 6

Please wear loose, comfortable clothing & bring one sheet and a large towel.

For those who wish to practice natural healing at home with family, friends and self, Shiatsu Basics provides an ideal introduction.

Participants learn simple yet effective finger pressure techniques to relieve and prevent chronic aches & pains and everyday ailments. Basic theories of Traditional Chinese Medicine (Qi, Yin/Yang, and Eight Principles) are taught to facilitate understanding of how and why Shiatsu works.

Learn basic Shiatsu techniques for the back, neck and feet. Discover how simple and effective Shiatsu therapy is for relieving headaches, back-aches, stiff necks and fatigue. Experience giving and receiving Shiatsu.

Instructor: CenterPoint faculty

Massage Basics #503

Saturday, June 12, Aug 14, Oct 9 or Dec 11 • 10 am - 5 pm

Fee: \$75 (not eligible for discount)

Total Hours: 6 Hours

Please wear loose clothing. Bring two twin sized sheets, a face towel, and a large blanket or towel for warmth. Massage lotion will be provided.

Learn a variety of basic massage techniques for the head, neck, back, arms and legs emphasizing continuity, completeness and confidence. Great for stress reduction, relaxation, and improved circulation.

Instructor: CenterPoint Faculty

Call to Register 612-617-9090

Visit www.CenterPointMN.com

Upcoming Winter 2011

Spa & Resort Techniques I

Lymph Drainage Massage

Thai Massage

Adult CPR/First Aid

East West Applications for Special Populations

East West Sports Massage

East West Bodywork for HIV/AIDS

East West Bodywork for Pregnancy

East West Bodywork for Cancer Patients & Survivors

East West Bodywork for Survivors of Trauma and Abuse

East West Bodywork for Geriatric Care

Please Read:

Cancellation and Refunds: Please visit CenterPointMN.com or call 612-617-9090 for CenterPoint's Cancellation and refund policy.

Policy About Disabilities Act: We welcome all people to CenterPoint. Special accommodations will be made for people with disabilities as long as they have confirmed and paid in full for the course no less than 15 days prior to the start date of the course. Registrations after this time will be processed and, although we will make an effort to accommodate special needs, we cannot guarantee accommodation.

Course Cancellation Policy: If, by the course registration date, the course does not fulfill minimum enrollment requirements, CenterPoint reserves the right to cancel the course. In the event of cancellation, registrants will receive a full refund of monies paid to CenterPoint.

* Current members of AMTA, AOBTA and ABMP, and CenterPoint alumni receive 15% savings for eligible Continuing Education course tuition (please supply documentation of membership).

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