

Serenity School of Massage Therapy

Registration Packet and Information

August 2020 - August 2021

TABLE OF CONTENTS

School Information, Location, and Staff	1
Accreditation and Licensing	2
Mission Statement/Philosophy	2
Non-Discrimination Policy	2
Educational Objectives	3
Massage Therapy: What is it?	4
The Profession of Massage Therapy	4
Enrollment Requirements	5
Attendance Policy	5
Class Size	5
Cancellation and Refund Policy	6
Academic Progress Policy	7
Housing	7
Academic Schedule	7
Curriculum Schedule and Clock Hours	8
Tuition	9
Books and Supplies	9
Student Insurance	9
Public Clinic	9
Course Descriptions	10-11
Advisor Meetings	11
Employment While in School	11
Statement of School Safety	12
Graduation Requirements	12

School Information

Serenity School of Massage Therapy is located at 120 W. 2nd St. Suite #3 in Wayne, Nebraska. The facility has 1350 square feet of space divided into one classroom, office space for staff and faculty, one break room for staff and students, and four public clinic rooms. The classroom has enough space and equipment to host seminars for continuing education. There is sufficient parking on both sides of 2nd Street and Pearl Street.

Staff

Holly Doring, LMT, is the owner and lead teacher of the school. She lives in Wayne and has been married to Brent since September, 2004. They have 4 children that keep their lives active outside of work. Holly graduated from Siouxland College of Massage therapy in May, 2011 and has been a Licensed Massage Therapist since July, 2011. She started and owned her own business in Wayne from August, 2011 until opening the school in 2019.

Joni Holdorf is the secretary and office manager. She lives in Carroll and has been married to Randy since June, 1972. She has 3 children, all married, and 11 grandchildren. Prior to working at the school, she worked as a secretary at Stadium Sports for 23 years.

Pam Siebrandt, LMT, is a teacher for Massage Technique. She lives in rural Pender and has been married to Dave since October, 2004. They have 6 kids and 4 grandkids and she does massage out of the Herman Chiropractic location in Pender.

Accreditation and Licensing

Serenity School of Massage Therapy has been approved by the state of Nebraska as an educational facility for the training and instruction of massage therapists. The curriculum, school and staff meet all requirements for an approved School of Massage.

Mission Statement

The mission of Serenity School of Massage Therapy is to adequately train our students to become knowledgeable and confident massage therapists by providing an environment that encourages students to grow in the various modalities of natural health care and encourages the commitment of students to use their education and talents to improve the quality of life for themselves and their clients.

Philosophy

Because of the quick-fix, fast-paced world we live in, people are seeking a more natural alternative for healing. Massage is becoming increasingly popular, as one of several options, people are utilizing to avoid unnecessary medications and surgeries.

Non-Discrimination Policy & Procedure

Serenity School of Massage Therapy admits academically qualified students without regard to sex, age, race, creed, color, sexual orientation, national origin or disability. This Non-Discrimination Policy applies to all employees and students. SSMT will make reasonable accommodations as needed. This institution is committed to providing all of its students, faculty and staff with equal access to its events, programs and facilities.

If a complaint is filed; prompt, fair and impartial consideration of the complaint that involves claims of discrimination on grounds of race, sex, religion, national origin, age or disability will be provided to the student. The student will not have to fear reprisal or any other actions connected with discrimination. (also see Sexual Harassment Policy & Procedures)

Educational Objectives

1. To prepare students to become knowledgeable and confident therapists.
2. To teach the principles and philosophy of natural health and wellness.
3. To give students a working knowledge of the structure and function of the human body through technical application and assigned class work.
4. To implement the theory and practice of therapeutic massage, learning various modalities through supervised, hands-on instruction.
5. To encourage strong work habits and safe techniques that will promote good health and well being for the massage therapist and client.
6. To direct students to create their own business plan, operate their own business, and work with legal issues including taxes.
7. To promote a professional attitude and ethical practices towards clients and colleagues.
8. To educate and enlighten the public on the benefits and healing aspects of therapeutic massage.

Massage Therapy: What is it?

Massage is work done on the body with pressure. Massage techniques are most commonly applied with hands, fingers, elbows, forearms, or specialized tools. The purpose of massage is to enhance muscle relaxation, reduce stress and improve circulation in the body through manipulation of the soft tissues such as connective tissue, muscle, tendons, and ligaments. A person's health and wellness is dependent upon a harmonious balance of the emotional, spiritual, mental and physical energy systems of the human body.

Massage has increasingly been recognized and sought as a form of natural healing. It is important for a therapist to conduct themselves professionally and with a genuine concern for their patients to continue the acceptance and growth of massage therapy in the medical world.

The coursework offered will be presented in a caring, supportive and accepting environment, which enhances the student's feelings of confidence and inner peace. We welcome you and look forward to having you be a part of this growing profession.

The Profession of Massage Therapy

The profession of massage therapy is growing in response to the increasing demand and the search to find meaningful work that requires talent and sensitivity related to touch. Massage therapy is emerging as a viable and valuable addition to the field of hands-on health care. As the profession develops, the therapists who have received adequate and comprehensive training have the best chance of success. Serenity School of Massage Therapy is dedicated to education that maximizes the positive effects of massage and strongly promotes continued growth in the development of the profession.

Currently, 1000 hours of training are required to be able to work in Nebraska. As the profession becomes more involved in the medical world, massage therapists are required to meet specific standards including comprehensive education, technical competency and ability to promote the future of their profession. AMTA (American Massage Therapy Association) and other body work associations took the initiative to develop a National Certification Examination which first occurred in 1992.

When a student graduates from Serenity School of Massage Therapy, he/she is issued a diploma and is prepared to take the MBLEX Exam.

Enrollment Requirements

The following criteria must be met to be enrolled in the massage therapy program.

1. Must be at least 18 years old
2. High School Diploma or GED
3. Serenity School of Massage Therapy application
4. Application fee of \$25 (check, money order or credit cards are accepted)
5. Personal or phone interview with an Admission Representative

Attendance Policy

The college's attendance policy is as follows:

1. Attendance of ALL classes in ALL courses is expected.
2. A student will be considered tardy if he/she is not in attendance at the beginning of class. For every 5 minutes a student is late, they will have to make up 15 minutes of class time after class is over.
3. Attendance and participation are part of your grade, therefore expected and mandatory. You will be given 3 days per trimester for excused absences. You will be expected to make up your assignments, papers, tests and demonstrations for time missed. If you exceed the 3 days in a trimester, you will be required to make up time by completing an extra assigned paper or additional clinical time.
4. All assignments must be made up prior to starting the next trimester.
5. A student will not graduate until all assignments are made-up.
6. Every student will sign in and out of class daily.
7. Family emergencies will be handled according to the situation as they happen.

Class Size

Class size will vary, but will be limited to 12 students per class. Student/Teacher ratio at most would be 12 students to one teacher.

Cancellation and Refund Policy

Full tuition and fees are due on or before the first day of class (see 52 Week Program Fees on page 14). Private scholarships will be accepted, but federal funds are not available at this time. There is a financing company available through SSMT, so please inquire if needed.

If a student has paid tuition and withdraws prior to the first day of class, ALL monies paid will be refunded, minus the initial application fee.

If a student has not visited the school facility prior to enrollment, they will be given the opportunity to withdraw without penalty within 3 days of the first day of class.

If a student withdraws within 72 hours of enrollment, ALL monies paid will be refunded, minus the initial application fee.

If a student withdraws within one week of the first day of class, they will receive 75% of their tuition fees and 75% of their supply costs.

If a student withdraws within two weeks of the first day of class, they will receive 50% of their tuition fees and 50% of their supply costs.

If a student withdraws within three weeks of the first day of class, they will receive 25 % of their tuition fees and 25 % of their supply costs.

If a student withdraws after four weeks of the first day of class, they will receive 0% of their tuition and fees.

*Refunds will be given within 60 days of the date of withdrawal. An official withdrawal slip is to be signed and dated by the student and administrator.

**Please note that if a student needs to withdraw temporarily, that student has up to two years to complete the courses without additional tuition fees.

Academic Progress Policy

In order to be considered making satisfactory progress, a student must maintain a 60% or higher in ALL classes. If a 60% is not maintained you will need to take the class over or do additional work to increase your final grade.

The academic requirements will be based on the following grading scale:

Grading Scale

A = 90% - 100%

B = 89% - 89%

C = 70% - 79%

D = 60% - 69%

F = 0% - 59%

Attendance/Participation

Points will be added to the final trimester grade according to attendance and participation.

You can earn up to 170 (10 per week) additional points to your final trimester grade.

Housing

The school does not provide any housing, however, there are current lists of rentals upon request. Information on students who wish to share accommodations and expenses will be provided as well.

Academic Schedule

Classes will be divided into 3 trimesters. (2 for 17 weeks each and 1 for 11 weeks) Class time consists of lecture, hands on training, guest speakers/trainers, and some out of the building experiences. Classes are counted in clock hours which includes 1 ten minute break for every sixty minutes of class time. Classes will be held as follows:

	Class Hours	Clinic Hours
Monday	8:00 a.m. - 12:00 p.m.	1:15 p.m. - 7:30 p.m.
Tuesday	1:00 p.m. - 5:00 p.m.	8:30 a.m. - 12:00 p.m.
Wednesday	1:00 p.m. - 5:00 p.m.	8:30 a.m. - 12:00 p.m.
Thursday	8:00 a.m. - 12:00 p.m.	1:15 p.m. - 7:30 p.m.
Friday	8:00 a.m. - 12:00 p.m.	No Clinic
Saturday	No Class	8:30 a.m. - 12:00 p.m.

Please Note - All class times are required but clinic hours will vary for each individual student.

Curriculum Schedule and Clock Hours

Trimester 1

<u>Class</u>	<u>Hours</u>
Basic Anatomy	60
Physiology	60
Massage	60
Hygiene	60
Health Services Management	<u>60</u>
Total Class Hours	300
Clinic Hours	30

Trimester 2

<u>Class</u>	<u>Hours</u>
Anatomy II	40
Physiology II	40
Massage II	40
Hygiene	30
Health Services Management	40
Hydrotherapy	<u>100</u>
Total Class Hours	290
Clinic Hours	150

Trimester 3

<u>Class</u>	<u>Hours</u>
Pathology	100
Hygiene	<u>10</u>
Total Hours	110
Clinic Hours	120

Additional Time as Needed

Clinic Hours	TBD
--------------	-----

52 Week Program Fees

Tuition	\$12,100
Text Books	875
Lab Fees (oils, lotions, towels, office fees, liability)	450
Aromatherapy 101	200
CPR & First Aid	75
Table & Accessories	800

Total Cost \$14,500

** Full tuition to be paid on or before the 1st day of class

Books and Supplies

The cost of equipment, uniforms, and textbooks are **all included** in the total cost. Textbooks will be given to you at the beginning of each trimester. You will receive your sheets during the third week of class and your table will be ordered during week 6 of class. There may be other items you wish to purchase such as; additional books, audio or visual cds, charts, additional scrubs, additional sheets, belt to hold oil bottle, table cover/cushion, table warmer, music cds, etc. These items will be optional and at your own additional cost.

Student Insurance

Serenity School of Massage Therapy maintains professional liability insurance on all students and staff members. This insurance is intended to pay the cost of damages or bodily injury caused by students and/or staff while they are participating in activities which are requirements of the curriculum of SSMT. Students are encouraged to become members of AMTA for future coverage.

Public Clinic

Public clinic is designed to provide each student with the opportunity to perform therapeutic massage in a supervised clinic setting. It will allow students to practice techniques by working on a variety of clients with individual needs. It also develops documenting skills while establishing professional work habits. Client evaluations help determine each student's proficiency and provide direction for further mastery of skills. Students will also learn how to take client history, review client's health history, documentation, evaluation and hygiene procedures. All students are required to wear scrubs or t-shirts with school logo during clinic, which are provided by the school. Other scrubs can be worn with prior approval.

Course Descriptions

Human Anatomy I & II

Anatomy is the science of studying the structure of plants and animals. There is a direct correlation with anatomy and massage, so the focus of this class will be to study the body structure of bones and muscles. This course is designed to teach the student a very detailed understanding of the structure and movement of the human body, which serves as the basic foundation for massage therapy.

Kinesiology is the science which investigates and analyzes human motion and will be taught as part of Anatomy II.

Physiology I & II

Physiology is the study of the functions of the human body and the interrelationships of the organ systems. This course will facilitate the understanding of all the body systems.

Basic Massage:

The following will be taught in Basic Massage:

History of Massage General Guidelines for Massage Proper Draping Techniques
Benefits of Massage Equipment and Procedure Relaxation and Visualization
Indications and Contraindications Interpersonal Client Contact
Physiology of Massage Psychology and Massage Centering and Clearing
Principles of Body Massage Establishing Client Contact

Advanced Massage

The following topics will be taught in Advanced Massage*:

Sports Massage Touch for Health Chair Massage
Reflexology (hand & foot) Intro into Neuromuscular Therapy Infant Massage
Pregnancy Massage Intro into Craniosacral & Polarity Therapy
Postural Analysis Trigger Point Therapy

*Each topic will get a brief instruction although some topics may not get fully addressed depending on time allowed.

If Possible We will also attend a study of cadavers for each student to see the muscles, tendons and ligament attachments in their natural form.

Hygiene/Health & Wellness

This class will focus on hygiene principles and practices and the importance of health of the body. The following topics will be addressed in this course:

Hygiene Principles & Practices The benefits of Aromatherapy CPR/First Aid
Equipment & sanitation procedures Nutritional Supplements Herbal Therapies
Food combining/digestion Physiology & Psychology of Exercise Nutrition

Health Service Management

This course will cover a variety of successful business practices including topics such as:

Professional Ethics Business Practices Legalities of Massage Resumes
Marketing/Promotion Insurance Coverage Networking Interview Techniques
Employment Opportunities Oral Presentations Financial Management

* Students will be required to develop a complete business plan.

Pathology

Pathology is the study of the causes and nature of diseases, especially the structural and functional changes brought about by diseases. This course will give each student a working knowledge of diseases and how massage can positively or negatively affect the nature of those diseases in each client.

Hydrotherapy

Hydrotherapy will include a detailed study of the procedures for the scientific application of water in various forms for the treatment of muscular disorders.

Hydrotherapy topics will include:

History of Hydrotherapy Spas Cryotherapy Dry Brushing
Benefits of Water Treatment Indications/Contraindications for Hydrotherapy
Body wraps, body shampoos, salt glows, hot & cold packs and steam

Advisor Meetings

Advisor time will be scheduled regularly with members of the staff to monitor student progress. These meetings are to encourage open lines of communication between staff members and students.

Employment While in School

If a student is employed while attending school at Serenity School of Massage Therapy, the employment cannot include massage in any capacity. Any student who performs massage or other related techniques either in their home or elsewhere and receives pay, donations or service in exchange, is subject to immediate dismissal.

Statement of School Safety

Students have the right to learn without fear. Learning in a safe and healthy environment is a foundational requirement for a successful education. Serenity School of Massage Therapy is committed to the protection of students from violence, exposure to weapons and threats, theft, bullying and the sale or use of illegal substances on school grounds.

Serenity School of Massage Therapy will teach, train, and use the “I love u guys” protocol in response to an emergency. These events may include; weather events, fires, accidents, intruders and other threats to student and staff safety. Local emergency personnel will be notified immediately with any safety concern from students or staff. The school will use a group text and/or email to notify staff and students of any unforeseen event.

Graduation Requirements

In order to graduate and receive your diploma you must:

1. Have all assignments, papers, projects etc. completed.
2. Maintain a 60% or higher average in ALL classes.
3. Be in good standing with attendance and participation.
4. Have completed and documented 700 classroom hours and 300 clinic hours.
5. Take and pass a final comprehensive exam with a 60% or higher.