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The Institute Student Handbook further details this catalog, and is available to students upon enrollment.

The Institute reserves the right to update this Catalog without prior notification.

Licensed by  
State of New Hampshire  
Postsecondary Education Commission



Curriculum recognized by  
Associated Bodywork  
and Massage Professionals

North Eastern Institute of Whole  
Health, Inc. is approved by the  
National Certification Board for  
Therapeutic Massage and Bodywork  
as a NCBTMB Approved Provider  
#450557-07.

## **Why Choose NEIWH?**

Our training is concentrated exclusively on the **true profession of Massage Therapy. We focus our education on all aspects of the massage as a career.**

**Unlimited flexibility** is available to those who work more than one job per week and wish to attend our Massage Program (**morning, evening, weekend, and On-line classes available**). Students also have the option to speed up their training in order to graduate earlier.

**Ongoing Student Enrollment** is available at our Institute. Students may join the Massage Therapy Program anytime on campus and Online without restrictions.

NEIWH graduates have a **99% Passing Rate** for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

Our students learn a **large variety of Western and Eastern Traditional Massage** modalities within their core curriculum (i.e. Grigorian Organic Spa Reflexology, Neuromuscular techniques, Sports massage, Acupressure, etc.), as well as additional **specialized elective courses**.

NEIWH students receive **an intense training** in Grigorian Method®, one of the most complex bodywork treatments, exclusively taught at NEIWH, by certified instructors.

**Online courses** are available for those who want to limit their commute. It also allows for flexibility so that students may **take courses any time anywhere** that will fit the student's personal needs without disrupting their lifestyle, family, and/or work schedule.

NEIWH offers an **inexpensive tuition** without sacrificing a high quality education.

An important tool to our students' education is the **School Clinic**. Here, they practice and develop their massage and business skills, by dealing directly with the general public at all levels. Students can build their future base clientele in our clinic and take it with them upon establishing their own place of work.

**Our school reputation** is well established in the hundreds of alumni successfully running their practices all over the country.

**Online Student Services®** is a state of the art tool from which our students benefit. With this new added **free service**, students can access their entire academic information from the luxury of their home (i.e. email services, class schedules, transcripts, academic records, financial records, elective courses, etc.)

The **NEIWH Faculty has professional qualifications** including Medical Doctor (MD), Doctor of Oriental Medicine (DOM), Doctor of Philosophy (PhD), Physician Assistant (PA), Chiropractic Doctor (DC), Naturopathic Physician (NP), Licensed Acupuncturist (LA), Registered Nurse (RN), Licensed Massage Therapist (LMT), and many more specialized instructors (i.e. Hydrotherapy, Hot Stone Massage, Auric Massage, Feng Shui, Hawaiian Lomi-Lomi, Lymphatic Massage, etc.).

For the students' convenience **New England Massage Tables and Chairs** our affiliated massage store is located on the school premises. Here, students may purchase at discount prices their massage supplies and equipment.

NEIWH also offers **reciprocity** with other state regulations. Our diploma and transcripts are recognized and approved for transfer country-wide.

*"[G]raduates of this school receive extraordinary training."*

—Melanie Valliere, Tower Spa Supervisor, Mountain View Grand Resort & Spa

**W**elcome to North Eastern Institute Of Whole Health: one of the largest schools of massage therapy in New England.

NEIWH occupies over 12,500 square feet of space. This space consists of:

Two lecturer rooms  
Two practicum rooms  
Computer laboratory  
Student break room

The Institute administers a clinic on premises, where students gain practical experience in massage by working on the general public. The clinic consists of:

Three treatment rooms  
Full bathroom with shower for clients,  
Reception area  
Private ½ bathroom for student use.

### ***Our Vision:***

NEIWH cares about its graduates' futures, and is exclusively focused on the Massage Therapist's education. NEIWH strongly believes in enhancing a therapists' training by providing students, Licensed Massage Therapists, and the general public with thorough knowledge and expertise in Eastern Traditional Medicine as well as Western Massage and Bodywork.

### ***Our Experience:***

In 1993, NEIWH made its presence known in Massage Therapy education and the health career arena by being the only school to train in the unique Grigorian Method®, founded by Dr. G. Grigore, MD. The Grigorian Method® is an effective body treatment that focuses on the human skeleton, and is a preventive treatment for inflammatory diseases, as well as a means of body maintenance and therapeutic recovery.

NEIWH attracts hundreds of students each year from all over the world with its curriculum, enriched with multiple hours of Eastern and Western techniques and modalities (i.e. Thai Massage, Japanese Seated Massage, Russian Table Massage, Geriatric Massage, Fibromyalgia/Myofascial Pain Syndrome, etc.)

In today's competitive health field, our successful alumni hold positions working with national sports teams, luxurious cruise ships, corporate Seated Massage, spas, resorts, health clubs, private practices, chiropractic offices, hospitals and nursing homes, and even teaching at other Massage Schools.

### ***Our Program:***

You may begin anytime online, or enroll in September or March on campus. NEIWH offers convenient morning and evening programs. In 1999, an independent survey conducted by the Yellow Trade Office recognized NEIWH as the Best School of Massage Therapy in the United States. For six consecutive years, NEIWH received the American Best Business Award and was voted "#1 School of Massage Therapy in Greater Manchester."

### ***National Approval:***

-NEIWH is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as an Approved Continuing Education Provider #450557-07.

### ***Student Visa Approval:***

-NEIWH is authorized under Federal laws to issue M-1 Vocational Student Visas to non-immigrant alien students, by the US Department of Homeland Security and by the Student and Exchange Visitor Information System (SEVIS).

### ***National Memberships:***

-NEIWH is a member of Associated Bodywork and Massage Professionals (ABMP).  
-NEIWH has been a member of the Better Business Bureau since 1995.

### ***State Licensure:***

-NEIWH is licensed by the State of New Hampshire Postsecondary Education Commission for on-campus and on-line courses.  
-The NEIWH curriculum is approved by the NH Department of Health and Human Services, Division of Education.

### ***Veterans Approval:***

-The 750-hour Massage Therapy Program offered at NEIWH is approved by the Department of Veterans Affairs for the purpose of receiving VA Educational benefits.

*NEIWH offers a high-quality education without an expensive tuition.*

*NEIWH also offers reciprocity with other state's regulations. Our diploma and transcripts are approved for acceptance nationwide.*

***Our Campus:***

Located in Manchester, in central New Hampshire, we are conveniently accessible from Northern Massachusetts, Vermont, and Southern Maine.

***Our Strengths:***

The NEIWH faculty has numerous professional degrees including Medical Doctor (MD), Doctor of Oriental Medicine (DOM), Doctor of Philosophy (PhD), Physician Assistant (PA), Chiropractic Doctor (DC), Naturopathic Physician (NP), Licensed Acupuncturist (LA), Registered Nurse (RN), Licensed Massage Therapist (LMT), and many more specialized disciplines (i.e. Hydrotherapy, Hot Stone Massage, Auric Massage, Feng Shui, Hawaiian Lomi-Lomi, Lymphatic Drain Massage, Aryurvedic Medicine, Yoga, etc.).

*NEIWH graduates have a 99% passing ratio for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).*

***Our Philosophy and Objectives:***

To give every student the necessary skills to administer a complete and professional body massage under the specific guidelines set by the State of New Hampshire.

To enhance the student's training by providing knowledge and expertise in Eastern Traditional Medicine and Western Massage and Bodywork.

To provide a curriculum that not only meets state requirements, but also prepares students to sit for the National Certification Examination for Therapeutic Massage & Bodywork (N.C.T.M.B.).

To make the student aware of his own body as a healthy being in harmony with its environment.

To prepare students to become massage therapists by acquainting them with the numerous types and specialties of Massage Therapy and Bodywork.

To allow students to explore the various therapies of bodywork such as Acupressure, Sports Massage, Craniosacral, Swedish, Oriental Therapies, Grigorian Organic Spa Reflexology®, Grigorian Method®, etc.

To inspire professionalism and sensitivity in students, which will become an integral part of their practice in the massage therapies.

To expose our students and the general community to continual improvements in the field of alternative health care.

To provide experienced and dedicated faculty, professional equipment, and quality instruction.

To serve as a source of continuing education for Licensed Massage Practitioners, by providing seminars and courses that meet most state requirements.

To provide a flexible, convenient alternative to traditional on-campus learning with our state of the art online courses.



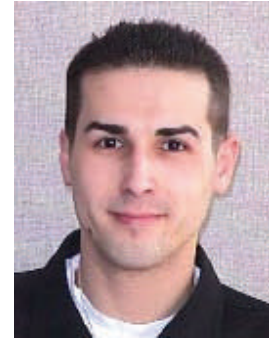
Gabrielle M. Grigore



Douglas H. DuVerger



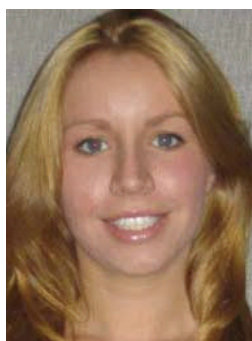
Eric W. Melcher



Sebastian Stancu



Upatham Sirichai



Britney Seward

**BOARD OF DIRECTORS**

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**DOUGLAS DuVERGER**

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**SEBASTIAN STANCU**

Store Manager

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Institute Director

**DOUGLAS H. DuVERGER**

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Registrar

**UPATHAM SIRICHAJ**

Online Program Director

**Britney Seward**

Administrative Assistant



**GABRIELLE M. GRIGORE,**  
**MD, DOM, NP, LMT**  
**INSTITUTE DIRECTOR**

Dr. Grigore completed six years of medical study at the School of Medicine in Bucharest. Being interested in a more holistic approach to health—as well as fascinated by traditional oriental medicine—Dr. Grigore traveled to Japan where she continued her studies in the disciplines of Naturopathic and Traditional Oriental Medicine. She graduated from the School of Oriental Medicine of Tokyo as a Doctor of Oriental Medicine, specializing in Acupuncture, Reflexology, Moxabustion, and Acupressure. Dr. Grigore also trained in Shiatsu, and received the degree of Shiatsu Master. Arriving in the United States, Dr. Grigore founded a school of massage therapy and became a Licensed Massage Therapist. She is now the Founder and President of North Eastern Institute of Whole Health and has been recognized by Who's Who among Executives and Professionals. Always concentrated on educating the public in holistic health and bodywork, Dr. Grigore has taught many workshops across Europe and the United States, training people how to resist and prevent illness. Dr. Grigore has researched and combined modern western science with traditional oriental arts into a unique, preventive, and recuperative medical approach.

Her beliefs in the benefits of massage therapy for the physical, emotional, and mental health of the body persuaded her, over a number of years, to create and copyright two new techniques under the immense umbrella of massage therapy:

The Grigorian Method® imparts a higher skill of treatment that focuses on bone/joint movement, range of motion, and the nervous system

Grigorian Organic Spa Reflexology® is a complex treatment involving foot, hand, and face reflexology techniques combined with the use of vegetables, fruits, herbs, and their byproducts.

These two methods are exclusively taught at North Eastern Institute of Whole Health. Those wishing to become certified practitioners and/or instructors of these modalities are encouraged to contact the Institute.

**DOUG DuVERGER**  
**ACADEMIC DIRECTOR**

Mr. DuVerger is responsible for admissions, student services, faculty coordination, and also serves as the Institute's Treasurer. He has worked to bring a school of value and integrity to the massage therapy profession. Mr. DuVerger holds a business degree with a double major in Marketing and Management. With more than fifteen years experience in business, he has taught classes in marketing, advertising, and management. His expertise is enforced by the philosophy that education enables a therapist to enter the profession with greater concern, respect, and care for people. In conjunction with his duties at the Institute, he is the owner and President of New England Massage Tables and Chairs, the Institute's official store.

**ERIC W. MELCHER**  
**REGISTRAR**

Eric W. Melcher attended the University of Massachusetts at Amherst where he majored in Polymer Chemistry and Computer Programming. As a laboratory engineer, Mr. Melcher has worked for companies such as Ford, GM, and Chrysler as well as creating and maintaining an ISO 9000 quality control system for a research and development lab. Mr. Melcher came to the Institute in 1999.

**SEBASTIAN STANCU**  
**STORE MANAGER**

Mr. Sebastian arrived in the US in 1991. He graduated with honors from Central High School in Manchester, NH, and earned a Bachelor's degree in Art History from St. Anselm's College. As manager of New England Massage Tables and Chairs, Mr. Sebastian has discovered the importance of massage as a therapy, and has made himself the quintessential source for information regarding the tools of this rapidly growing field. He is happy to share his extensive knowledge of massage products—including tables, chairs, oils, lotions, gels, aromatherapy and more—and strives to make every purchase an informed one.

**BRITNEY SEWARD**  
**ADMINISTRATIVE ASSISTANT**

Ms. Seward attended college at New Hampshire Technical Institute where her majors were General Studies and Dental Hygiene. Her four years of Front Desk and customer service experience is a welcomed asset, here at N.E.I.W.H. Ms. Seward finds the field of Massage Therapy, exciting and important to the overall health of the person.

**UPATHAM SIRICHAJ**  
**ONLINE PROGRAM DIRECTOR**

Mr. Sirichai was born and raised in Yala, Thailand. His interest in computer programming later led him to Mahanakorn University of Technology in Bangkok, where he received a Bachelor's degree in Computer Engineering. His desire to learn more brought him to the United States at Southern New Hampshire University, SNHU. There he would earn a Master's degree in Information Technology. While at SNHU, Mr. Sirichai joined North Eastern Institute of Whole Health as an intern, and ultimately became hired full-time after his graduation in 2005. He currently acts as the Institute's Online Program Manager and Software Engineer.



Grigorian Organic Spa Reflexology ©

**W**ith more than twenty well-trained and highly skilled instructors, North Eastern Institute of Whole Health is dedicated to teaching and producing professional Massage Therapists. Our staff actively keeps in mind the ideals set forth in the Institute's philosophies and objectives when working with students. Each instructor's qualifications are outlined and approved by the NH Postsecondary Education Commission as follows:

**LECTURE COURSES:**

*Bachelor of Arts or Science Degree with a major in his or her course of study or related field, Associate's Degree with two years experience, or suitable combination.*

**PRACTICAL COURSES:**

*Must have professional qualifications in area of expertise, advanced education, 3 years' experience, license or certification in field of study (if applicable), and/or a suitable combination.*

*N.E.I.W.H. is proud to present to you our full complement of highly skilled and dedicated instructors.*

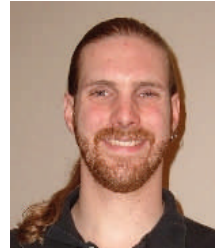
**FACULTY**

**SANDRA ACQUAVIVA, N.C.M.T., L.M.T.**



Ms. Acquaviva is a Licensed Massage Therapist in New Hampshire and Cambridge, Massachusetts. Ms. Acquaviva's practices, since 1989, encompass babies' health to self-healing of all peoples using Yoga Therapy, self-healing exercises, Visualization, Movement Re-Education, and traditional massage. She has been an apprentice of the School of Self-Healing since 1994, following Meir Schneider's methods of self-healing for muscular dystrophy, multiple sclerosis, muscular degeneration, and vision problems. In 1998, she became certified as a Color Light Therapist.

**STEVE BAROODY, D.C.**



Dr. Baroody graduated from Hartwick College in 1999, with a bachelor's degree in Sociology. He received his Doctorate of Chiropractic from New York Chiropractic College in 2004. A martial artist for nearly twenty years, he became a certified practitioner of Active Release Technique® to specialize in the treatment of martial arts injuries. Dr. Baroody is in private practice in Manchester, NH.

**MATTHEW BECKLEY, D.C.**



Dr. Beckley graduated from Cedarville University in 1999 with a B.S. in biology. He is a 2002 graduate of New York Chiropractic College, and is currently in private practice in Derry, NH. Dr. Beckley's area of expertise is the treatment of low back, neck and shoulder complaints, and he frequently relies on myofascial techniques such as Active Release Techniques® to treat his patients.



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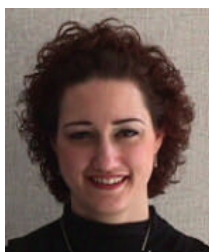
### **SUZANNE BLACKBURN**



Suzanne Blackburn received her Advanced Lomi Lomi training from Susan Pa`iniu Floyd at Aloha International. Ms. Blackburn has studied Lomi Lomi in many other parts of world as well including Germany. Suzanne is certified and endorsed by

Aloha International as a Lomi Lomi instructor. Ms. Blackburn's work and teachings are a door to the "Aloha Spirit". "Aloha Spirit" is the attitude of friendly acceptance for which the Hawaiian Islands are famous. It can be a powerful way to resolve problems, to reach a certain state of mind, or achieve a goal.

### **KAREN BUSH, L.M.T.**



Ms. Bush is a Licensed and Nationally Certified Massage Therapist and a graduate of North Eastern Institute of Whole Health. Working independently in Concord, NH at Magick Touch Massage Therapy, she also teaches

Introduction to Touch Therapies here at N.E.I.W.H. She has attained the Master/Teacher level in both Reiki and Shamballa Reiki with training in Guided Mediation and Essential Oil Therapy. Ms Bush is a graduate of the Dale Carnegie program and has a background in psychology, metaphysics, and karate.

### **LEE CHAFFEE, NH L.M.T., L.P.N.**

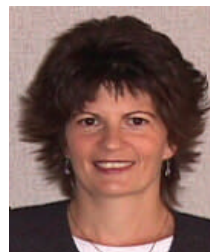


A Licensed Practical Nurse for more than ten years, Ms. Chaffee is also a NH Licensed Massage Therapist, having attended the NH Institute of Therapeutic Arts in Hudson, NH. She is certified in several Japanese and Russian techniques for table and chair,

as well as being one of the rare few to be a Certified Instructor of AMTA. Ms. Chaffee also enjoys the honor of being one of only eight therapists in NH who is a Certified Sports Massage Therapist. She currently serves as a Director of the Western NH Division of the National Sports Massage Team. Being the innovator of Chair Massage in NH as well, Ms. Chaffee has developed a training video of her Chair Massage Sequence. This sequence has been taught exclusively at N.E.I.W.H. since its inception. In addition to these skills, Ms. Chaffee has

also received Advanced Clinical Certification in Hypnotherapy through the National Guild of Hypnotherapists.

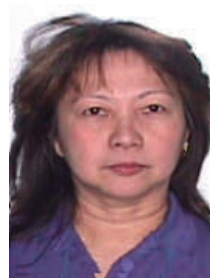
### **COLLEEN D. CHAUSSE, RN, L.M.T.**



Ms. Chausse has been a health care practitioner for more than 12 years and is a graduate of N.E.I.W.H. She is also a Certified Instructor of the LaStone Therapy®. Ms. Chausse has a passion for holistic health and knew she

wanted to touch peoples' lives other than in a conventional medical way. Her love of travel, nature and a healthy lifestyle have enabled her to gather such treatments as LaStone Therapy, Raindrop Therapy, Hawaiian Lomi Lomi, Foot Reflexology, Thai Yoga Massage, Therapeutic Touch and Ear Coning and to lovingly offer them to others. Ms. Chausse has a natural enthusiasm to pass on and teach what she has learned.

### **SUE DAY, L.M.T.**



Suntaree, a native of Thailand, moved to the United States with her husband in 1984. Here she started her own holistic health business, Image Beyond in Weare, NH as a Certified Master Teacher of Reiki in the Usui system and Master Karuna Ki of Reiki. Ms.

Day is also a certified Aromatherapist specializing in personalized aromatherapy essence oils for daily use. She studies privately in the art of Acupressure, acts as a mentor for several students of the holistic arts and donates her Reiki skills to patients of local hospitals. Ms. Day's specialized modalities are back pain, muscle spasm, sinus/allergies, ear disorders, and meditation for mind and body.

### **DIANA DOW, C.M.T., L.M.T.**



Ms. Dow is a Licensed Massage Therapist, esthetics instructor, and esthetician. She has been involved in education since 1989, covering skin care and body treatments. For the last five years, she has traveled

throughout the United States teaching classes and demonstrating facial and body treatments at

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massage/skin care conventions and spas/resorts for Divi International Company. Her specialty is the Parafango Body Spa Treatment.

### **ERIKA DUFFY**



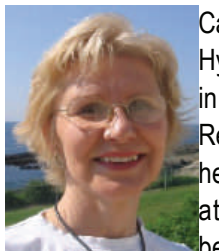
Ms. Duffy is a Doctor of C.O.R.E.T Education, a Certified Holistic Health Counselor, a Certified Enneagram Counselor, and a Certified Usui and KarunaT Reiki Master/Teacher. She is registered with the Center for Reiki Training and is a member of the American Society of Alternative Therapists. She has been featured on Health New Hampshire and local talk radio. She hosts "Thinking with Spirit," a local television health show. She has traveled throughout the country teaching and lecturing about the power of the mind. She has studied alternative health modalities with Master Teachers across the country and holds Usui and KarunaT Reiki Certification classes locally on a continuous basis, along with group and individual counseling sessions.

### **LINDA LADD FIFE, L.M.T., C.D.T.**



Ms. Fife has had a love of health care alternatives for her entire life. She traveled in Europe and across the United States and Canada taking classes and workshops in a variety of techniques which includes Meditations, Fire walking, Neck Massage and other modalities. Ms. Fife is also certified as an Instructor Practitioner of Grigorian Organic Spa Reflexology® and Grigorian Method®. Ms. Fife is a graduate of N.E.I.W.H. and has enjoyed the ongoing interaction between teaching and the new ideas and techniques of massage therapy.

### **CAROLE FREEMAN, L.M.T.**



Carole Freeman graduated from Wood Hygiene Institute in Kissimmee Florida in 2002 for Massage Therapy. Studied Reiki, 'Body Talk' and other energy healing modalities for 3 years prior to attending Massage School. Upon becoming a licensed massage therapist, retired from a long career as a Registered Respiratory Therapist. Began a massage career in medical massage but has enjoyed specializing in Spa Technologies for the

last few years. She loves teaching and has developed and taught several courses in massage therapy including Lypossage, Shell Massage, Stone Massage, Designing Healing Spaces and Spa Technologies. Recently completed writing 3 books on Massage with Seashells; Basic Shell Massage, Advanced Shell Massage and Facial Shell Massage.

### **JULIA GREENSPAN, N.D.**



Dr. Julia Greenspan received her Doctorate of Naturopathic Medicine in 2006 from the National College of Naturopathic Medicine. She received her undergraduate degree from Portland State University in Psychology and worked as a social worker for a number of years, with a focus on crisis counseling, before returning to school to pursue a medical degree. Dr. Greenspan has a strong interest in environmental medicine and intravenous therapy. Dr. Greenspan works at a private practice, Greenhouse Naturopathic Medicine, LLC, located in Hollis, NH.

### **KARA HAYES, B.A., N.H.D.**



Ms. Hayes graduated from, Clayton College of Natural Health with a doctorate degree in Natural Health in 2003. She continued her studies to earn her national certification in Iridology in 2004 and continues her membership with International Iridology Practitioners Association. Ms. Hayes is a private consultant offering education in the benefits of whole foods, nutrition, herbs, homeopathy, and relaxation therapy.

### **JANE E. KING**



Ms. King is a graduate of Barbara Brennan School of Healing with a Certificate in Brennan Healing Science. She works with the human energy field (the electromagnetic field that surrounds and penetrates the human body), to assist clients on a path to health and healing. Ms. King has a private healing practice in Warner, New Hampshire.

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### **RICHARD KING, N.C.H.**



Mr. King is a practicing Hypnotherapist with a private practice in Sutton, NH. He has received his advanced certification from the National Guild of Hypnotists. His practice is based on individual behavior modification for people with a variety of needs. The areas that he has experience in are treating clients with fears and phobias, smoking addiction, stress, weight problems, pain management and control, learning difficulties and insomnia.

### **MORGAN LLEWELYN, M.S., L.M.T.**



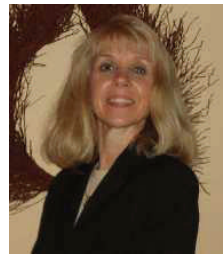
Morgan Llewelyn earned his B.S. degree in Sports Medicine and Athletic Training at West Chester University in Pennsylvania where he received an in-depth education in the anatomy and physiology of the body at optimum performance and recovering from injury. Mr. Llewelyn went on to earn a M.S. degree in Exercise Physiology at the University of Colorado. Mr. Llewelyn has worked as a high school athletic trainer, teacher, and a personal fitness specialist. As a graduate of N.E.I.W.H., Mr. Llewelyn has applied all of his knowledge to the profession of massage therapy and bodywork.

### **LINDA MADORE, N.D.**



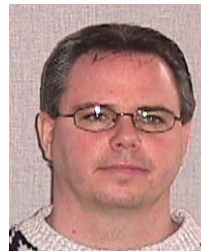
Dr. Madore is a board certified Naturopathic Doctor specializing in women's health and eating disorders with a focus on nutritional counseling, botanical medicine, homeopathy, and hydrotherapy. She also offers adjunct care for breast cancer patients. A 2005 graduate of Bastyr University where she received her doctorate, taught minor surgery and tutored anatomy. She received her B.S. in Nutrition from the University of New Hampshire in 2000, Magna Cum Laude. Before receiving her doctorate, she was an herbalist lecturing on botanical medicine. Her private practice in Newton, NH will open February, 2006.

### **DEBORAH MONFETTE, B.A.**



Ms. Monfette is an Independent Anti-Aging and Wellness Educator, a Lifestyle Weight Management Coach and an Independent Distributor through Market America. In addition she is also a member of the American Academy of Anti-Aging Medicine. Ms. Monfette's goal is to educate the public on issues and advancements in the Anti-Aging and Wellness Technologies. Another facet of her anti-aging background includes her certification as an Independent Anti-Aging Skincare Consultant. During college she completed preliminary work in Medical Illustrations at the Pennsylvania State University and the Philadelphia College of Art. She graduated from Carnegie Mellon University and received a Bachelor of Arts degree with a concentration in Computer Graphics.

### **JOHN J. MURPHY, JR., B.A.**



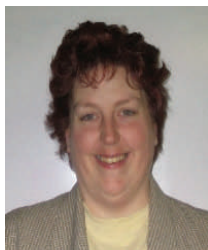
Mr. Murphy received a Bachelor's Degree from the University of Massachusetts in 1987 and remains an active member of the Phi Theta Kappa Society. He worked with clients with a wide variety of pathologies including: Cerebral Palsy, Autisms (including Rett's Syndrome), Prader-Willi, Sturge-Weber, PKU, Down's Syndrome, Pica, Epilepsy, Alzheimer's Disease, Hydrocephaly, Poliomyelitis, Traumatic Brain Injury, Acquired Brain Disease, Bipolar Disorder, and Schizophrenia. His interests include Physiology, Pathology, Neurology, and Psychology. He has taught seminars including "The Etiologies of Mental Retardation," "Autism," and has instructed a course entitled "Physiology of Developmental Disabilities." Mr. Murphy has taught Human Biology at New Hampshire Technical Institute. He has tutored nursing students, exercise physiology students, as well as other students in Anatomy and Physiology and Biology at New Hampshire Community Technical College. He teaches Anatomy and Physiology and Hygiene and Pathology at N.E.I.W.H.

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### **SUSAN PAGE, L.M.T.**



Ms. Page is a graduate of the New Hampshire Institute of Therapeutic Arts in Hudson, New Hampshire. Since her graduation, Ms. Page has worked as an independent contractor doing various house and business calls. Ms. Page has worked in various spas in the area, most currently, she can be found at the Serendipity Day Spa in Concord, New Hampshire. Ms. Page works with clients that have various soft tissue injuries that were referred to her by chiropractors, physical therapists, and physicians. Ms. Page is known by her clients as a "Deep Tissue Practitioner" using her wide array of modalities to achieve the desired results. Ms. Page has a strong interest in Pregnancy massage. Ms. Page has had Doula training and will be working with a mid-wife assisting in labor massage. Ms. Page also has a passion for Canine massage, which she utilizes with her own dog.

### **CHRISTOPHER PENCZAK**



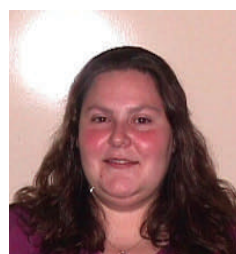
Mr. Penczak is a spiritual healer, using a wide range of tools in his healing and teaching practice. Trained in European shamanism, flower essences, energy healing, intuitive reading, guided meditation and the Western Mystery Traditions of Wicca, he incorporates the wisdom and healing found all over the world. His work focuses on the connection between the mind, emotions, body, and spirit, and how to use tools found in nature to return us to balance. Mr. Penczak is a Reiki Master/Teacher in the Usui-Tibetan and Shamballa traditions, ordained minister, ceremonial leader, and holds a Bachelor Of Music Degree from the University of Massachusetts. He is currently the owner of *HelioLuna Flower Essences* and publisher of *The Second Road Newsletter of Alternative Spirituality*. Along with his teaching and healing practice, Mr. Penczak is an accomplished writer, with articles in national magazines such as *Green Egg* and *Genre*, local magazines such as *Kaleidoscope* and *Horns and Crescents*, and his first book, *City Magick*, was released in June 2001 through Samuel Weiser, Inc., and has been well received.

### **ROSLYN REED, A.S., L.M.T.**



Ms. Reed is a Certified and Licensed Massage Therapist, a Certified Grigorian Method® Instructor/Practitioner—Level 1, an Integrated Energy Therapy (IET) Master-Instructor, an Usui Enhanced Reiki Master-Instructor, Certified Instructor of Magnified Healing, Level 4 Aroma-Genera Practitioner, a reflexologist, a massage instructor and a member of the American Massage Therapy Association. Ms. Reed is certified by the Bancroft School of Massage Therapy in Worcester, MA, and has been in practice since 1993. Ms. Reed has a private practice in Peterborough, NH, and is available for workshops and seminars.

### **SAMANTHA ROSS, L.M.T.**



Ms. Ross is a New Hampshire licensed and Nationally Certified Massage Therapist. She graduated from McIntosh College and has been a successful, self employed massage therapist for several years. Ms. Ross specializes in Corporate Chair Massage, she also gets rave review on her hot stone and relaxation massages. Ms. Ross's experience and enthusiasm goes above and beyond the regular call of duty. She is very expressive and eager to share her passion for massage therapy with the students of NEIWH.

### **JEFFREY A. SAGER, M.A., N.D.**



Dr. Sager is a Board Certified and NH Licensed Doctor of Naturopathic Medicine. In addition, he has a graduate degree in Counseling Psychology. Dr. Sager is clinically trained to blend natural and non-toxic therapies with current advances in the study of health and human systems, covering most aspects of family health from prenatal to geriatric care. Dr. Sager is on-staff at the Cancer Treatment Centers of America's hospital (Eastern Regional Medical Center) in Philadelphia. PA.

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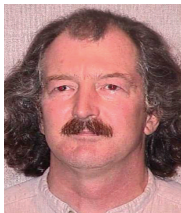
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**KIM SOWLES, B.A., L.M.T.**



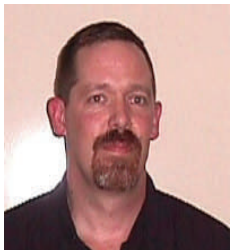
Ms. Sowles is a NH Licensed Massage Therapist and one of the first certified LaStone® therapists in the State of NH. Her background includes a Bachelor's Degree in Art History (Carleton University, Canada), Dale Carnegie assistant teaching, and fifteen years experience lecturing on the history and spirituality of early New England gravestones. A student of life and spirit, Ms. Sowles spent the past twenty years in sales and business management, culminating with five and one half years involvement with Saturn Corporation, where she was selected out of one hundred applicants to participate in Saturn's prestigious "Mindshare" program. Her ongoing education with Saturn included training in Management and Culture/Values, Team Building, Customer Enthusiasm, and more. When not searching for new stones or exploring old graveyards, Ms. Sowles runs a successful massage therapy practice in Boscawen, NH.

**GARY STILES, L.M.T.**



Mr. Stiles has been actively involved with healing for over twenty years. He has certifications from DoveStar Alchemical Institute in Massage, Ortho-Bionomy, Rebirthing, Acupressure and Craniosacral Therapy. After receiving his massage license, he completed advanced Level 2 training in Craniosacral Therapy with the Upledger Institute. This included advanced training in somato-emotional release and dialoguing. He has practiced Aikido for seventeen years and has taught this martial art for the past five years.

**JOHN SWENSON, L.M.T.**



Mr. Swenson started looking into Massage Therapy career after working as a nursing assistant. He pursued his interest and graduated from NEIWH in 2003. Mr. Swenson has been working at Rejuvenations for a year and a half until he opened his own business in 2006. He currently teaches Neuromuscular Technique at NEIWH.

**GEORGANNE R. VERIGAN, Ph.D., L.M.T., Inductee,  
World Martial Arts Hall of Fame**



Dr. Verigan graduated from Southwest University with a Doctorate in Educational Psychology and from North Eastern Institute of Whole Health with a certification in therapeutic massage. At N.E.I.W.H, Dr. Verigan completed intensive training in both the Grigorian Method® and Grigorian Organic Spa Reflexology®. She is both nationally certified and New Hampshire state licensed. Dr. Verigan has an in-depth understanding of eastern concepts and philosophy and recently completed an internship at the Training Center of Traditional Chinese Medicine in Beijing, China. She has dedicated her life to training in the martial arts and has attained a Masters Level in Karate, Kung Fu, and Tai Chi. In 1998, she was recognized by the Martial Arts community for her dedication to the promotion of traditional martial arts instruction and was inducted into the World Martial Arts Hall of Fame. Dr. Verigan is a member of the Associated Bodywork and Massage Professionals, the International Kuosho Federation, the Pai Lum (White Dragon) Association, and is the leader of the Kajukenpo Pai Lum Federation.



Grigorian Method®



## **PROGRAM INFORMATION**

### **UNITED STATES STUDENTS**

The Institute offers **flexible schedules** for those who want to become Massage Therapists.

Students may attend the school on campus **Full-time, Part-time**, as well as taking **On-Line** courses.

### **INTERNATIONAL STUDENTS**

N.E.I.W.H. is authorized under federal law to issue M-1 Visas to non-immigrant, alien students by the Homeland Security Department and by the Student and Exchange Visitor Information System (SEVIS).

**Non-immigrant, alien students must attend a minimum of 18.0 class hours per week, and they must be fluent in the English language.**

Non-immigrant, alien students may also take online courses.

Non-immigrant, alien students must show means of financial support for the academic term.

### **TRANSFER STUDENTS**

Students from out of state are welcome to our Institute. They have the ability to take individual courses on campus and/or On-Line to meet the requirements of the state of New Hampshire and other states.

### **ON CAMPUS PROGRAMS**

New enrollment starts every **March** and **September**.. **Ongoing enrollment** is also available.

The **500-Hour Massage Therapy Program** is offered to students who are looking to obtain a Massage Therapy License in the states of Massachusetts, Maine, Vermont, Rhode Island, and Connecticut.

The **750-Hour Massage Therapy Program** is offered to students who are looking to obtain a Massage Therapy License in the state of New Hampshire.

**To enroll full-time**, the student must attend school a maximum of **3 times per week**. A full time student attending 3 times per week will complete the program in 13 months. (Total hours: 13.5 hours per week).

**To enroll part-time**, the student must attend school a minimum of **1 time per week**.

A part-time student attending a minimum of **1 time per week** will complete the program in approximately 34 months. (Total hours: 4.5 hours per week)

A part-time student attending a minimum **2 times per week** will complete the program in approximately 20 months. (Total hours: 9 hours per week)

Students have the option to change their attendance status at anytime during their enrollment . For example, a full-time student may drop down to a part-time and vice versa.

The Institute offers convenient morning or evening classes as well as On-Line courses.

Morning classes run from 8:30 A.M. to 1:00 P.M.

Evening classes run from 5:30 P.M. to 10:00 P.M.

**Important Note:** All students have the potential to accelerate their program in order to graduate earlier.

There are **3 programs** on campus that students may choose from in order to attend school. Please see below the schedule for each one.

#### **PROGRAM 1**

Monday, Tuesday, Wednesday 8:30 AM–1:00 PM.

#### **PROGRAM 2**

Monday, Tuesday, Wednesday 5:30 PM–10:00 PM.

#### **PROGRAM 3**

Tuesday, Thursday, Friday 8:30 AM–1:00 PM.

Each program is limited to a maximum of thirty students.

Availability of programs is dependent each semester upon enrollment demand.

## ON-LINE PROGRAM

### Available Online Courses:

Anatomy & Physiology:	150 hours
Hygiene & Pathology:	42 hours

Complete your Massage Therapy studies by taking “hands-on” bodywork courses on campus and lecture courses over the internet.

Save money on gas, tolls, and parking, as well as mileage.

There is no extra cost for taking online courses.

Courses are offered in lecture segments with a quiz following each lecture in an easy to use format..

Lectures are available 24 hours a day, seven days a week.

All online courses must be completed at a minimum of one lecture per week.

Questions during the course? Contact the instructors by e-mail.

The Hygiene & Pathology online courses can only be taken once a student completes the Anatomy & Physiology online course.

Confidentiality and security of student data is essential for protecting student rights so our systems are well protected with a personal username and password. In addition, data-encryption is used to prevent the unauthorized use of private information.

### **VACATION DAYS—NO CLASSES/ CLINIC**

Memorial Day .....	Last Monday in May
Independence Day .....	July 4 <sup>th</sup>
Labor Day .....	1 <sup>st</sup> Monday in September
Thanksgiving Break .....	Last Thursday In November plus one day
Christmas/New Year’s Break ...	December 24 <sup>th</sup> –January 1 <sup>st</sup>

## CORE REQUIREMENTS FOR THE 500-HOUR MASSAGE PROGRAM

<u>Core Courses</u>	<u>Hours</u>
Anatomy and Physiology	150
Ethics and Professionalism—HSM	50
Hygiene and Pathology	42
Introduction to Touch Therapies	45
Swedish	54
Sports Massage	30
Seated Massage	22
Practicum	100
<u>Elective Courses</u> (your choice*)	
Minimum elective hours required	7
<b>TOTAL:</b>	<b>500</b>

## CORE REQUIREMENTS FOR THE 750-HOUR MASSAGE PROGRAM

<u>Core Courses</u>	<u>Hours</u>
Anatomy and Physiology	150
C.P.R. and First Aid	8
Ethics and Professionalism—HSM	50
Hygiene and Pathology	42
Hydrotherapy	18
Massage Career and Equipment	18
Introduction to Touch Therapies	45
Swedish	54
Sports Massage	30
Eastern Traditional Medicine and its Philosophies	18
Grigorian Method®	54
Neuromuscular Technique	32
Grigorian Organic Spa Reflexology®	24
Acupressure	20
Seated Massage	22
Practicum	125
<u>Elective Courses</u> (your choice*)	
Minimum elective hours required	40
<b>TOTAL:</b>	<b>750</b>

*\*Refer to Elective Course Descriptions*

**N**orth Eastern Institute of Whole Health offers a 750 hour Diploma Program in Massage Therapy, which not only prepares students for the National Certification Board for Therapeutic Massage and Bodyworkers (NCBTMB) exam, but also meets or exceeds New Hampshire and/or other State Licensing/Certification requirements. It is the Institute's goal to provide courses and a learning environment which will enhance individual skills to create Professional Massage Therapists.



Seated Massage

## **CORE COURSES**

### **ANATOMY AND PHYSIOLOGY**

Length of Course: 150 hours

This course is divided into four different units (listed below). Within each unit, student testing is an ongoing process. A mid-term exam after the first two units and a final test of all units is given at the end of the term. An overall passing grade of 75% is required in order to complete the course.

#### **Anatomy and Physiology** (Introduction to...)

An introduction to Anatomy & Physiology, giving the student a foundation for more specific subject knowledge areas. The course covers a brief description of the systems of the body and covers the cell, cellular metabolism, tissues, skin and integumentary systems.

#### **Support and Movement**

In-depth studies of the muscular and skeletal systems, giving the student an understanding of Kinesiology. Major muscles are studied, and origins and insertions are emphasized. The bones of the skeletal system are learned as well as their cellular makeup, sizes, functions and points of attachments for muscles and tendons. The body is viewed as a continuous lever system in motion and the ossification process of bones is explained.

#### **Nervous System**

Covers the central and peripheral nervous systems and their three functions: sensory, integrative and motor. A study of nerve cells, nerve pathways and reflex arc are incorporated along with study of the brain, spinal cord and peripheral and autonomic nervous systems. An understanding of the somatic senses of touch, pressure, temperature and pain in conjunction with the special senses of smell, taste, hearing, equilibrium and vision is provided. Because of its close relationship with the nervous system, the endocrine system is reviewed at this time.

#### **Body Systems**

The other systems of the body such as respiratory, cardiovascular, lymphatic, digestive and urinary systems

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are studied. Along with these systems, the students will be given a knowledge of nutrition and metabolism. The makeup of blood, water and electrolyte balance are covered.

### **ACUPRESSURE**

*Length of Course: 20 hours*

This course will cover basic Chinese medical theory. The fourteen major meridians and key acupressure points will be studied. Diagnostic methods will be introduced; these include looking at the tongue and feeling the pulse and palpating the Hara (abdomen). If time permits, point combinations for common symptoms and adductive therapies such as cupping, moxabustion, and gua sha will be covered.

### **ADULT C.P.R.**

*Length of Course: 4 hours*

This course in cardiopulmonary resuscitation will result in a two-year New Hampshire Safety Council Certification. Although a Core Course, students are required to sign up on their own for attendance.

### **BASIC FIRST AID**

*Length of Course: 4 hours*

This course will cover the fundamental principles and skills of first aid including such topics as bandaging, shock, and wound care.

### **EASTERN TRADITIONAL MEDICINE AND ITS PHILOSOPHIES**

*Length of Course: 18 hours*

Students will learn the history of various traditional healing methods and the basis of Oriental thinking about life beyond science. The concept of *Yin* and *Yang*, meridian lines, pressure points, origins of the five phases—all related to the human body and its natural way of healing—will be presented. Comparative analyses between Eastern and Western medicines and how to powerfully combine the two will also be studied.

### **ETHICS AND PROFESSIONALISM—HEALTH SERVICE MANAGEMENT**

*Length of Course: 50 hours*

This course has a two-fold purpose—familiarizing the students with New Hampshire law regarding Massage Therapy (RSA 328-B), boundary issues, etc., and the successful management of a Massage Therapy practice. The latter is concerned with the effective realization of the former, and all forms of communication (verbal, bodily, clinic ambience, etc.) are explored. The course is divided into three parts: first, presenting the students with the principles of management (including client interview, state/local rules and regulations, etc.); second, offering the student practical experience in dealing with specific clientele (handicapped, elderly, children, etc.) and the general public; and third, developing skills by independently researching areas of personal interest in massage therapy as a career. Each part of the course will be separately scheduled, as follows:

Lecture and classroom time	27 hours
Public Awareness Event (Sponsored and approved by NEIWH)	10 hours
Independent Project / Business Plan	13 hours

### **GRIGORIAN METHOD® - The Basics**

*Length of Course: 54 hours*

Grigorian Method®, created and trademarked by Dr. Gabrielle Grigore, is an effective, unique body treatment that focuses on the human skeleton. The Method® employs a systematic treatment using joint movement and range of motion in combination with pressure points exercised upon a fully-relaxed, passive client. This Method® facilitates the release of restrictions and increases the body's flexibility and resiliency. It is a preventive treatment for inflammatory diseases as well as a useful means of body maintenance and therapeutic recovery. The Grigorian Method® treatment forms a bond of trust between client and therapist due to its safe, holistic nature.

The Grigorian Method® course is an introduction to this complex and fascinating technique. Students will be taught the most basic applications with an emphasis on exercise and body mechanics so that the therapist will

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have a greater understanding of body limitations with respect to age, weight, height, predispositions, environmental factors and lifestyle. Students will learn a step-by-step protocol of these basic technical procedures.

“Grigorian Method®” is a federally registered trademark owned exclusively by Dr. Gabrielle Minea-Grigore. Unauthorized use of this trademark is strictly prohibited. For student usage, please refer to N.E.I.W.H. Student Handbook trademark policies.

### **GRIGORIAN ORGANIC SPA REFLEXOLOGY®—The Basics**

*Length of Course: 24 hours*

Discover the hidden secrets of nature’s way of healing through the application of fruits, vegetables and organic products to the feet, hands and face. Created and trademarked by Dr. Gabrielle Grigore, this spa treatment uses new hand techniques and additional means to achieve precise levels of pressure. This pressure, applied to related reflex zones, influences the functions of one or more organs of the body and stimulates the body’s natural capacity to heal itself. The students will be able to administer a full 1¼-hour treatment session!

“Grigorian Organic Spa Reflexology—The Basics®” and “Grigorian Organic Spa Reflexology—Beyond Basics®” are federally registered trademarks owned exclusively by Dr. Gabrielle Minea-Grigore. Unauthorized use of these trademarks is strictly prohibited. For student usage, please refer to N.E.I.W.H. Student Handbook trademark policies.

### **HYGIENE AND PATHOLOGY**

*Length of Course: 42 hours*

The main focus of this course is the proper hygiene for massage practitioners when dealing with the general public and the ability to recognize and deal appropriately with diseases and clinical pathologies as they are presented to the professional.

### **HYDROTHERAPY**

*Length of Course: 18 hours*

This course includes all aspects of hydrotherapy: the effective use of ice, cold and hot water modalities. The application of hydrotherapy internally and externally for various disease and pain processes is covered. Special emphasis is placed on hydrotherapy application for pain relief, improvement of strength and endurance, and

improvement of balance. The course includes hands-on experiences designed to familiarize the student with current techniques, and all equipment used in hydrotherapy settings. Theory, benefits, history and contraindications are included.

### **MASSAGE CAREER & EQUIPMENT**

*Length of Course: 18 hours*

This course is divided up into four classes that will be offered periodically throughout a student’s enrollment. As such, the classes within this course will not take place in consecutive order.

#### **Institute Orientation**

The students will learn the policies of N.E.I.W.H., and what is expected of them on and off-campus. Students will receive a *Student Handbook* and class schedule. The students will also learn how to use their online services.

#### **Equipment for Massage Therapy**

The class gives the students an opportunity to learn about the equipment that is used within the massage therapy profession such as tables, chairs, oils and creams.

#### **Clinic Orientation**

After completion of the Swedish Massage course, students may now work on clients. This class will introduce students to the details of working off-campus and in the on-campus Clinic of Massage Therapy.

#### **Exam & Licensing Information**

This class will instruct students on what N.E.I.W.H., the National Board, and the State of NH expects of a student when taking their Final Practical and Final Theoretical exams. This class will inform students on how to apply to take the National and State Practical Exams.

### **INTRODUCTION TO TOUCH THERAPIES**

*Length of Course: 45 hours*

This course serves as students’ introduction to the current methods, trends and theories in the therapy field. Covered are various histories and origins of numerous modalities along with classes in tools and resources for the professional. Indications and contraindications of massage are explained before hands-on techniques are demonstrated.



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## **NEUROMUSCULAR TECHNIQUE**

Length of Course: 32 hours

Neuromuscular Technique is a form of deep-tissue massage that relieves pain, reduces muscle spasms and increases circulation to the inner part of muscles. Students learn various techniques using elbows, thumbs, knuckles and fingers.

## **PRACTICUM**

Length of Course: 125 hours\*

There are two aspects for completing the Practicum hours for the N.E.I.W.H.

1) A minimum of sixty-five hours served in internship at the Institute's on-site Student Therapy Clinic, after attending the mandatory Clinic Orientation. Students will work on real clients from the surrounding community in a real clinical atmosphere. Time is spent on refining massage techniques already completed and sharpening business and public relations skills so that the student will develop his/her own individual massage therapy style. These hours will be documented in-house.

2) A maximum of sixty hours of the Practicum may be completed off-campus. Students are encouraged to build their future Client base with these hours. All off-campus treatments provided will be verifiably documented, in full compliance with State of NH He-P 905.01. Students will be provided instruction on these submittals during the mandatory Clinic Orientation.

\* The course length is 100 hours for students enrolled in the 500-Hour Massage Therapy Program.

## **SEATED MASSAGE**

Length of Course: 22 hours

Instruction in a sequence of Swedish and Russian strokes to relax the entire body without oils while seated in a massage chair is the focus of this course. This is an excellent modality for introducing massage for a first-time client in an office setting when time is short and in situations where clients cannot lie horizontally.

## **SPORTS MASSAGE**

Length of Course: 30 hours

Sports massage technique and application will be introduced. Students will learn how to apply the techniques to pre - and post - event situations. Contraindications will be discussed in the context of first aid for athletes at events. While 24 hours will be held on campus, 6 hours will be utilized working on athletes at various public sporting events. (examples: Boston Marathon, Health Source Road Race, Portsmouth's Tour de Cure, Heart to Heart Road Race, etc.)

## **SWEDISH MASSAGE**

Length of Course: 54 hours

Students learn a brief history of Swedish Massage, then students are given "hands-on" instruction of the five basic strokes; effleurage, petrissage, friction, tapotement and vibration. Students will also learn the basics in proper body mechanics, correct use of massage oil and proper draping techniques. Through individual instruction and practice with fellow students, the student learns to give a full-body, 1-hour Swedish massage treatment.



Seated Massage

**W**ithin the core program, the student will have a minimum of 40 hours of electives to complete. The student has freedom of choice over which electives to take. The following is a listing of our current elective courses, most of which are available throughout the year. New Elective Courses are constantly being added to our program.

Elective courses will be held dependent upon student sign-up. Students are required to sign-up for each Elective Course chosen on an individual basis. We require a minimum of 10 students to conduct each Elective Course.

Elective courses are not required to fall within the parameters of the Core Program chosen.



## **ELECTIVE COURSES**

*The successful completion of the 54-hour Swedish Massage course (with a passing grade of not less than 75.0%) is the prerequisite for scheduling elective courses and clinical practical hours.*

*Other prerequisites may be required where indicated.*

### **2-SECOND UPPER-BODY STRETCHING IN CHAIR**

Length of Course: 8 hours

This technique is based on Tim Agnew's Active Isolated Stretching and will enhance your seated massage practice allowing you to teach your clients how to do these stretches on their own.

### **ACUPRESSURE II**

Length of Course: 22 hours

Prerequisite: Acupressure & Eastern Traditional Medicine

Acupressure II offers a more in-depth understanding of the fourteen main meridians, and introduces the other extraordinary meridians. In contrast to Acupressure I, more emphasis will be placed upon treatment strategies for a wide array of health conditions.

### **ACUPRESSURE FOR TENSION HEADACHES**

Length of Course: 6 hours

Tension headaches are the most common type of headache, and 90% of adults have experienced one at some point in their lives. Tension headache is also very responsive to massage. A review of the causes of tension headaches will be provided as well as the differences between tension, migraine, and cluster headaches. Specific acupressure points for tension headache relief will be taught, with a focus on the head, face, neck, shoulders, hands and feet.

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*(Continued from page 20)*

### **ADVANCED FOOT MASSAGE**

*Length of Course: 3 hours*

Did you know that a great foot massage seals the deal in your bodywork session? Most people love having their feet rubbed yet some therapists just glaze over the feet. In this fun and hands-on class, you will learn so many things about the feet such as: techniques to give an awesome foot massage while your client is supine and prone; stretches and ROM for the feet; foot anatomy and how to do a foot scrub within a full body massage. We will also briefly explore foot reflexology.

### **ADVANCED SPORTS MASSAGE FOR BI-ATHLETES AND TRI-ATHLETES**

*Length of Course: 8 hours*

Due to body positioning in swimming, cycling, and running, there is a need to learn shoulder and neck release with extensions to help these athletes in their recovery. Learn how to apply, feel, and use Aaron Mattes Active Isolated Stretches on the upper body muscles that are used during these events to help prevent future injury. For hard to stretch muscles, you will learn to isolate specific muscles to perform PNF /Stretches of the Latissimus dorsi, Teres, Q L, and TFL/IT Tract. Passive stretches of the Adductors and Abductors in the lower body and upper legs will be covered as well.

### **AMMA—FULL BODY, LEE'S METHOD OF**

*Length of Course: 32 hours*

A 1,500 year old Japanese form of bodywork, Amma is what Shiatsu was based on. Ms. Chaffee studied at the former AMMA Institute in San Francisco and this technique is not taught elsewhere in New England! Don't lose out on this ancient, beautiful massage with its rhythmic use of thumbs. Learn how to walk on people. Your client remains fully-clothed.

### **AMMA—ADVANCED, LEE'S METHOD OF**

*Length of Course: 8 hours*

*Prerequisite: Lee's Method of Amma—Full Body*

Be critiqued in Prone and Supine Amma. Learn how to walk on peoples' backs—with your knees. Walk on their legs and feet with your feet. Learn how to use your elbows on your client's back!

### **ANATOMY AND PHYSIOLOGY REVIEW**

*Length: 5 hours*

*Prerequisite: Anatomy & Physiology*

This review is designed for students who have completed or are well into a formal human biology/A&P class. Topics presented will include skin, skeletal & muscular systems, special senses, cardiovascular & lymphatic systems, respiration, endocrine glands, and urinary system. Recommended text: Frederic H. Martini, *Anatomy and Physiology, 6th Edition* (Pearson Education).

### **AROMATHERAPY IN PRACTICE**

*Length of Course: 8 hours*

This course will help you select essential oils to add to your carrier oil that will be most helpful for your client. Essential oils for the Musculoskeletal, respiratory, nervous and gastro-intestinal systems will be discussed. Have you wondered what areas of the body are most receptive to aromatherapy, or how to use aromatherapy with scent-sensitive clients? What about safety? Do you know enough about applying oils to people as it relates to their health history? This class will further your understanding of aromatherapy and energetic healing.

### **AROMATHERAPY, INTRODUCTION TO**

*Length of Course: 8 hours*

We will present the history of aromatherapy and several essential oils. A good portion of the class will be devoted to blending oils. Students will get to prepare one blend of oils and take it home. The instructor will stress matching personalities with scents in this creative, hands-on course.

### **ARTHRITIS, INTRODUCTION TO**

*Length of Course: 2.5 hours*

This course is designed to provide students with an overview of arthritis, with particular attention to osteoarthritis, rheumatoid arthritis, and fibromyalgia. In addition, bursitis and tendonitis will be discussed.

### **ARTHRITIS, UNDERSTANDING**

*Length of Course: 4 hours*

The course will begin with a review of synovial joint and spine anatomy. An overview of arthritis, including bursitis and tendonitis, will be presented, with particular attention to osteoarthritis, rheumatoid arthritis, fibromyalgia, gout,

*(Continued from page 21)*

and ankylosing spondylitis. Selected X-rays will be presented, and there will be an opportunity for questions and answers.

### **ASIAN BODYWORK TECHNIQUES FOR CHRONIC PAIN**

*Length of Course: 8 hours*

This introduction to Asian bodywork focuses on simple, effective treatments for common chronic illnesses. Techniques from Acupressure, Tui-Na, Joint Manipulation, Fire-Cupping, and Moxibustion will be demonstrated and taught in details for treating these conditions: allergies, asthma, back pain, digestive disorders, fibromyalgia, sciatica, frozen shoulders, insomnia, headaches, pneumonia, arthritis, tendinitis. The students will also learn self-maintenance applying fundamental theories of Asian medicine (pressure point, meridians, and herbs) and the basics of Asian diagnosis methodology—SLAP (Seeing, Listening, Asking and Pulse-Taking).

### **AURIC MASSAGE, INTRODUCTION TO**

*Length of Course: 7 hours*

Matter is a form of energy. This has been proven by the “man of the century,” Albert Einstein. Massaging the aura or human energy system is a matter of clear, positive intention and practice. In this introductory class, the human energy system will be dissected and inspected. Participants will learn how the human electromagnetic field, the aura, is directly linked to the endocrine system and the body’s immune system. The seven major chakras and seven levels of the human energy field will also be reviewed. The student will have hands-on practice charging their own energy system, perceiving the aura, scanning the aura of another, and learning simple techniques to massage a client’s aura during a regular massage session. Participants will come away with an understanding of the mechanics of the human energy system and the benefits massage has on it.

### **BACK PAIN, INTRODUCTION TO**

*Length of Course: 2.5 hours*

This course is designed to provide students with a general understanding of back pain from an orthopedic point of view, with particular focus on spondylogenic back pain. Review of back and spine anatomy will be included.

### **BACK PAIN, UNDERSTANDING**

*Length of Course: 5 hours*

This course will begin with a review of the anatomy of the human spine and back region. The clinical presentation of various types of back pain will be discussed, focusing on underlying etiologies and the approach to back pain from an orthopedic point of view. Some exercises used in the management of back pain will be presented. Students will have the opportunity to participate in an exercise practice session.

### **BALNEOTHERAPY FOR CHRONIC MUSCULOSKELETAL ISSUES**

*Length of Course: 4 hours*

This course gives an introduction to a simple hydrotherapy combined with therapeutic Balneo peat. Balneotherapy treats numerous conditions with few contraindications. For persistent chronic musculoskeletal complaints, this treatment can be done in office or taught to the patient as an in-home procedure. A modality that can be used effectively as an inexpensive, therapeutic tool to reduce pain and chronic aches. This course will address the specific indications, contraindications and hands-on application of Balneotherapy.

### **BETWEEN HEAVEN & EARTH**

*Length of Course: 8 hours*

*Prerequisite: Basic Stone Massage*

This takes Stone Massage to a whole new level! Mix the heavenly vibrations of essential oils with the earthly grounding of stone, and connect your clients to new levels of bliss with deeper relaxation. You will also be able to do even deeper work while still saving your hands. Use of video, lecture, and hands-on time will allow participants to fully explore Raindrop therapies, muscular tension, inflammation and more. Open the door to truly unlimited potential in healing for yourself and your client, Please note that mint essential oils will be used, which might negate homeopathic remedies. Pregnant women, be advised that although we have never found any problem using essential oils with pregnancy, for health safety please provide written medical clearance prior to attending this class.

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### **BEYOND EFFLEURAGE**

*Length of Course: 8 hours*

*Prerequisite: Intended for seniors, new graduates, or LMTs*

Do you want to really succeed in your massage practice? Do you want to do really excellent work—give your clients more than their money's worth? Then this motivational hands-on workshop is for you! Learn from a successful, seasoned LMT how to: 1) consistently grow your practice, 2) find your niche in this competitive field, 3) give a truly awesome massage (many massage strokes—ROM will be explored), 4) keep your batteries charged, and much, much more . . .

### **BEYOND EFFLEURAGE WITH CRYSTALS**

*Length of Course: 8 hours*

*Prerequisite: Best for senior students, new graduates, and/or LMTs*

Nearly everyone loves a deep tissue massage and the benefits are so great: reduced muscle strain, improved range of motion and circulation, and a general sense of relaxation. But at what cost do we as therapists do deep tissue work? In this dynamic workshop, you will learn from a seasoned therapist how to do deep tissue work without burning out your thumbs / wrists. We will be using a variety of crystals including clear-rose quartz. No prior crystal knowledge is necessary. Crystals will be available for class use / purchase.

### **BOTANICAL MEDICINE, INTRODUCTION TO**

*Length of Course: 3 hours*

This course will review the scientific research and early eclectic uses for some of today's most common herbs, including St. John's Wort, Kava Kava, Ginseng, Echinacea, Golden Seal, Astragalus, Saw Palmetto, Black Cohosh, Ephedra, Garlic, Licorice, Milk Thistle, and Sarsaparilla. Pharmacology, clinical applications, energetics, toxicities, and drug interactions will be discussed for every herb. Other herbs, which students have questions about, will also be discussed.

### **BREAST MASSAGE FOR WOMEN BY WOMEN**

*Length of Course: 4 hours*

This class has been designed for the comfort of you, the practitioner, and your female client who may have had a mastectomy, implants (or removal of), or is getting over other chest-area surgery. It is also a way to ask questions and do hands-on work in an environment that is just women.

### **CALF INTENSIVE**

*Length of Course: 4 hours*

When a person is trapped by the limitations of an injury to their calf muscles or distressed from the lower leg functioning due to chronic or fatigue syndrome, it is important to be able to release the discomfort and get on with life. This four-hour class will let the practitioner find ways to handle difficult and unpredictable muscle behavior such as lower leg association with the anterior and posterior leg compartments. This class will also address the insertion as well as the origin attachments for the lower legs.

### **CANINE MASSAGE**

*Length of Course: 4 hours*

You know that massage reduces stress, improves circulation, aids in healing, and flexibility. How about your dog? By giving your dog the gift of massage, you are rewarding him or her for a lifetime of companionship and loyalty. In older pets, massage is an excellent modality for joint problems and decreased range of motion. Canine massage is a complement to traditional medical care. We will discuss basic canine anatomy, how to watch for and work with behavior signs, and learn basic massage techniques, which will help you bond with your dog. Please note that the State of New Hampshire will not accept the CEUs from this class for the purposes of obtaining or renewing a Massage Therapy License. However the NCBTMB will accept these CEUs. Therefore, this class is not offered to currently-enrolled students. Please do not bring a dog. Therapy dogs will be available for hands-on practice.

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## **CELLULAR LEVEL CLEANSING**

*Length of Course: 6 hours*

The latest scientific research shows that many diseases are a result of a toxic large intestine, liver and kidneys. A very toxic large intestine can cause breast cancer. A toxic large intestine and liver can cause allergies. Depression and mental disorders are difficult to treat without cleansing the body. This course will teach you rough cleansing, Ideomotor cleansing of the internal organs, as well as removing negative thoughts from your mind and abdominal massage. Please note that this course will not be offered for currently-enrolled students. Due to travel conditions, reservations will have a deadline of one month prior to the start date.

## **CHAKRA SYSTEM, THE**

*Length of Course: 8 hours*

In this introductory course, you will learn about an exciting system of energy: the seven primary Chakras. Discover what these “whirlpools of rainbow energies” major purposes and functions are. Together, we will uncover the secrets of releasing potentially related illnesses by clearing and restoring balance to specific chakras as well as the entire chakra system, learn the use of associated chakra colors, and much more! Working to harmonize the chakra system can bring about a greater connection, vitality, and enjoyment of your inner and outer worlds! Delight and relax into a guided meditation as you clear and restore balance to your chakra system, release stress, let go of tension in your body and mind, and bask in the luminous rainbow of color while you travel through your own prismatic energy system.

## **CHAMPISSAGE**

*Length of Course: 8 hours*

Champissage or “Indian Head Massage” is a unique, interesting massage that has been performed for centuries among families in India. In this hands-on class, you will learn a brief history of Champissage as well as how to perform a head, neck, and shoulder massage the way Indians have for generations. Prepare to be relaxed, rejuvenated and inspired.

## **CHINESE CRANIOSACRAL AND VISCERAL MANIPULATION**

*Length of Course: 16 hours*

Chinese Craniosacral Therapy and Visceral Manipulation is a non-confrontational, safe, and indirect approach to the body’s physical and psychological imbalances. We use a subtle blend of Chinese Acupressure Meridian Therapy and Psychophysiologic Craniosacral Therapy. Together we get a self-regulated and self-regulating system of energy medicine. The body is guided and taught to harness its own bio-electric immune system or “Inner Intelligence.” By working on the mind and para- and sympathetic nervous systems first, we turn inflammation around and lay the groundwork for further myofascial release as well. The body is a holograph! You can treat the left side with the right and the bottom of the body with the top. Please note that this workshop will not be offered to currently enrolled students. Due to travel constraints with the instructor, a minimum of 30 people will be needed to run this workshop and it will be decided three weeks prior to the start date whether it will run.

## **CLEANSING BODY WRAPS**

*Length of Course: 8 hours*

*Prerequisite: Salt Glow & Body Polish or permission of instructor*

This course will introduce you to the body-salt rub and hot oiled body-wrap therapy. An amazing body treatment to help your patients get rid of toxins and help them cope with everyday stress. A whole-day, hands-on spa experience and education!

## **CRANIOSACRAL THERAPY, INTRODUCTION TO**

*Length of Course: 16 hours*

The history of *Craniosacral Therapy*, what the Craniosacral system is and how it relates to our overall health will be presented in this course. With hands-on practice, we will palpate the Craniosacral rhythm and begin to see how it influences and is influenced by the rest of the body.

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## **CRANIOSACRAL THERAPY WORKSHOP**

*Length of Course: 8 hours*

*Prerequisite: Intro to CranioSacral or permission of Instructor*

This course is a unique opportunity for individuals to further their skills from their current level of expertise. Questions about specific techniques and general principals will be discussed. The practice sessions will unfold as a result of the needs and experience of the individuals involved.

## **CRYSTAL HEALING**

*Length of Course: 6 hours*

Crystal healing is an age old art tracing its practices to the ancient civilizations of Egypt and Greece. The properties of minerals were used to bring balance and harmony.

Explore the fundamentals of crystal healing, including choosing, cleansing, charging, and laying on of stones; chakra balancing, aura energizing, crystal grids and gem elixirs. Learn which stones resonate with each body part and how to use them safely for healing, particularly in the context of a bodywork session or creating a treatment room.

Crystal Healing can be used alone, or in conjunction with other healing modalities. Learn to use the power of stones to heal your own body, your clients' bodies, and create a sacred, protective space around your home and workspace.

## **CUPPING MASSAGE**

*Length of Course: 4 hours*

Cupping massage is a modified version of cupping therapy used in traditional Chinese medicine. Through the use of suction and negative pressure, cupping massage releases rigid soft tissues, drains excess fluids and toxins, loosens adhesions, lifts connective tissue, and brings blood flow to stagnant skin and muscles.

## **DEEPENING YOUR CLIENTS POSITIVE MESSAGE**

*Length of Course: 8 hours*

Some of the techniques you use send your client to a state of deep relaxation or joy. There are certain treatments or methods which we use in specific body area for our clients about which they often comment as

making their massage experience. In this hands-on course, learn the techniques from which the instructor's clients have benefited and enjoyed in more than twenty years of practical experience. Do you have a client favorite? Bring it to class. Leave the course with the ability to enhance your client's massage experience in your next session.

## **DIETS, NUTRITION AND HEALTH**

*Length of Course: 16 hours*

Low-fat or Atkins? South Beach or The Zone? Sadly, the American public is very confused when it comes to the right way to eat and healthily fuel the human body. In this course, several different approaches to weight loss and their effects on health will be examined. The basics of a moderate and healthy diet will also be explored. Students will learn and apply tools which allow them to evaluate and critique diets or styles of eating. They will leave the course able to explain to their clients the principles of various diets, their advantages and disadvantages, and the elements of a truly healthy diet.

## **ELDER MESSAGE**

*Length of Course: 8 hours*

Thirty five million Americans are over age 65, the average American lives to be 76. By the year 2025, Americans over the age of 65 will out number all other age groups! There is a great need to know how to properly communicate and massage this age group. Isolation is one of the biggest concerns for them, and massage will help reduce this. Not only will you learn how to safely massage the elderly, you will be able to experience how they feel with actual role-playing. Introduction to Circulatory Massage and Figure Eight Massage with safe joint movement will also be covered.

## **ENNEAGRAM**

*Length of Course: 8 hours*

We have six components that make up our lives, along with beliefs and attitudes that are handed down to us from our parents, society, teachers, and what we unconsciously believe about ourselves. These beliefs and attitudes create thoughts and emotions we store in our unconscious mind. These thoughts and emotions influence our choices and decisions which create the kind

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of income, job, health, and relationships that exist in our lives. How can we make better lives for ourselves if we are unaware of our unconscious programming? The Enneagram maps out our personality drives of human nature and tells us our programming. This mini-workshop will give you insight and ideas on how to change any stress-filled area in your life, feel more in control, stop negative patterns, and consciously create a better life for yourself now.

### **ESOTERIC MESSAGE TECHNIQUES—USING NATURE'S GIFTS**

*Length of Course:* 16 hours

Enhancing your client's experience of massage keeps you fresh and brings them new experiences in healing. In this hands-on class, we will explore working with tools other than our hands to enhance the experience and healing. Integrating aromatherapy and interdisciplinary healing principles and practices along with natural materials found in the environment, we will play and experience taking your massage work to a new level.

### **FACIAL MASSAGE WITH EYE EXERCISES**

*Length of Course:* 5 hours

Learn facial massage to increase relaxation of the eyes. Improve overall vision with eye exercises.

### **FENG SHUI, FUNDAMENTALS OF**

*Length of Course:* 8 hours

*Feng Shui* is the Chinese art of placement. It is the art and science of enhancing the energy in our living spaces and work environments with the intent of creating positive changes in our lives. *Feng Shui* is based on the knowledge that *chi*, or energy, flows through everything and is ever-changing. Our environment acts as a mirror of our inner state and impacts us deeply on a conscious and subconscious level.

This course is designed to introduce students to the fundamental principles of *Feng Shui* and to provide practical business applications for Massage Therapists and other healers. We will focus on applying the *bagua* (symbolic map), to business and office space so that students may learn how to apply the principles to their own businesses.

This course will be taught from an *Essential Feng Shui*™

perspective. *Essential Feng Shui*,™ developed by Terah Kathryn Collins (Western School of Feng Shui), is a very straightforward and practical approach to *Feng Shui*. It applies the eastern philosophies very well to our western way of life.

By the end of this course, students will better understand how our space mirrors our inner-self and also how to set up their office space for success!

### **FIBROMYALGIA / MYOFASCIAL PAIN SYNDROME**

*Length of Course:* 8 hours

This course is designed to help the participants understand and work with the fibromyalgia/myofascial pain syndrome patient. This syndrome affects approximately five million people, eighty to eighty-five percent of whom are women. You will learn to identify the eighteen diagnostic FMS tender points, distinguish between FMS and MPS, identify flare-ups and their possible causes, learn trigger-point release techniques that are tolerable to the patient, address the needs of the patient that is pregnant, learn massage techniques that will help to relieve the physical and emotional pain of the patient and learn ways to support the patient in managing self-care with the use of pain management exercises, meditation and other available resources.

### **FLOWER ESSENCES, HEALING WITH**

*Length of Course:* 5 hours

Learn about the fascinating realm of flower essences and healing through the natural properties of flowers, plants and trees. Flower essences are remedies designed to heal on the mental, emotional and spiritual levels, working well in conjunction with body work and other forms of therapies. Hear the modern history of flower essences, starting with the pioneering work of Dr. Bach.

Explore case studies from a flower essence consultant. Experiment and sample essences for yourself. Discuss how flower essences work and how to choose essences for your own healing, through deduction and intuitive methods and used in conjunction with other healing modalities. Understand the language of the plant world, and how the plant's own shape and form, called its signature, can give you clues to its healing properties. Become a part of this exciting frontier in healing.

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## **FOREARM RELIEF**

*Length of Course: 4 hours*

How do you release the forearm's muscle, tendons, and relieve overuse of hands? Attention LMTs that have been overusing your forearms and have been giving them little care: this class will show how to stretch tight muscles and give sore attachment sites less stress. Four hours of release and relief!

## **GERIATRIC MASSAGE, INTRODUCTION TO**

*Length of Course: 16 hours*

Blends knowledge of personal experience with intuitive, hands-on experience. Gives the student more confidence when working with the elderly. Diagnostics and contraindications are discussed. Some aromatherapy tips included.

## **GRIGORIAN METHOD®—Beyond the Basics**

*Length of Course: 16 hours*

*Prerequisite: Grigorian Method® - The Basics*

The student will venture beyond basic joint movements and learn more advanced joint movement and range of motion with stretching techniques to add to his/her treatment. Experience how to evaluate the body's skeletal system and the organs' function in order to treat inflammatory conditions and internal disorders.

"Grigorian Method—Beyond the Basics®" is a federally registered trademark owned exclusively by Dr. Gabrielle Minea-Grigore. Unauthorized use of this trademark is strictly prohibited. For student usage, please refer to N.E.I.W.H. Student Handbook trademark policies.

## **GRIGORIAN ORGANIC SPA REFLEXOLOGY®— Beyond the Basics**

*Length of Course: 16 hours*

*Prerequisite: Grigorian Organic Spa Reflexology® -  
The Basics*

This advanced course is designed to go beyond the basics of the Grigorian Organic Spa Reflexology® session that the student has previously studied. A treatment using pressure on the reflex points of the feet, hands, face, and ears is demonstrated as the student continues to learn this unique method developed by Dr. Grigore through lecture and hands-on practice. This exclusive treatment combines the application of raw,

organic fruits, vegetables, and other natural products directly to the skin in a relaxing and comfortable spa setting.

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## **HEALING MEDITATIONS**

*Length of Course: 3 hours*

The power of intention, affirmation, and guided journey is a powerful technique to not only help heal the body of all imbalances, but to learn the root of such imbalances on the mental, emotional and spiritual levels. Learn how to easily relax and get into a meditative state. Explore journeying into your body to discover parts in need of healing. Understand your body's own language and messages. Create healing meditation images and experiences to transform the situation. Learn to guide yourself and others through powerful healing meditation, alone, or as part of a more traditional body work session.

## **HEALING WITH FLOWER ESSENCES**

*Length of Course: 5 hours*

Learn about the fascinating realm of flower essences and healing through the natural properties of flowers, plants, and trees. Flower essences are remedies designed to heal on the mental, emotional, and spiritual levels, working well in conjunction with bodywork and other forms of therapies. Hear the modern history of flower essences, starting with pioneering work of Dr. Bach. Explore case studies from a flower essence consultant. Experiment and sample essences for yourself. Discuss how flower essences work and how to choose essences for your own healing through deduction and intuitive methods used in conjunction with other healing modalities. Understand the language of the plant world, and how the plants own shape and form—called its "signature" - can give you clues to its healing properties. Become a part of this exciting frontier in healing.

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## **HEART AS A HEALER**

*Length of Course: 8 hours*

How does your heart heal? The human heart is a miraculous organ. Rollin McCraty PhD states, "The heart generates the body's most powerful and most extensive rhythmic electromagnetic field. Compared to the electromagnetic field produced by the brain, the electrical component of the heart's field is about 60 times greater in amplitude, and permeates every cell of the body. The magnetic component [of the heart field] is approximately 5,000 times stronger than the brain's magnetic field . . ." The healing implication of this information is enormous. We will explore this phenomenon and its potential for health, healing, and love, through our relationship to ourselves and in the client/healer relationship. You will learn heart and heart chakra anatomy and physiology along with heart healing protocols. Since you have been drawn to the healing arts chances are your heart is what drew you here. Come explore your own healing power, your own beautiful heart.

## **HERBAL MASSAGE**

*Length of Course: 6 hours*

Discusses the use of herbs, massage and skin care. Learn how using herbal-infused oils and creams to influence and enhance body functions and/or skin conditions. We will also learn how to create massage oils and creams. Items to bring along will be posted.

## **HERBAL MEDICINE—HOW PLANTS HEAL**

*Length of Course: 8 hours*

An introduction to the art and science of western *herbal medicine*. We will review the principles by which the world of plant medicine has been viewed from the western perspective. This will cover both spiritual aspects of healing with plants as well as the physical attributes of various plant groups and their application to physical symptoms. We will cover basic herbal preparations for use at home.

## **HIV / AIDS**

*Length of Course: 8 hours*

In this course, the pathology and spread of HIV will be

explained. The student will learn how to safely treat and HIV-positive patient. Standard HIV / AIDS treatments will be covered, including the side-effects and special concerns for patients on treatment. The benefits these patients can receive from massage therapy will be taught. The student will also learn about managing care and treating patients with serious chronic illness, including AIDS.

## **HYPNOTIC TECHNIQUES FOR BODYWORKERS**

*Length of Course: 15 hours*

Hypnosis - what is it? How can it be incorporated into your practice? Learn hypnosis and hypnotic techniques that will enable you to combine the tactile (massage and other hands-on modalities) with the verbal/ non-verbal (hypnosis) altered state for the ultimate benefit of the client. Learn to improve rapport, reduce stress and pain, and ensure treatment success.

## **INFANT MASSAGE**

*Length of Course: 4 hours*

Come to learn the sacred art of massaging babies. In this four-hour course, you will discover how to increase the sensitivity of your touch. Components of working with parents, as well as increased awareness of infants' needs, will be taught. A wonderful experience, do not miss it!

## **INTERNAL ORGAN MASSAGE**

*Length of Course: 6 hours*

This course will use diagnostic and therapeutic techniques. You will learn to identify problems, clear stagnation, bring renewed vitality to the abdominal organs, and their processes by putting them in normal position. You will also learn preventive self-massage. Please note that this course is not offered for currently-enrolled students. Due to travel considerations, reservations for this course will have a deadline of one month prior to start date.

## **INTUITION FOR BODYWORKERS**

*Length of Course: 16 hours*

Enhance your presence with clients. Gain deeper insights

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into their cellular holding patterns. Learn how to clearly, intuitively “read” your clients for profound deep healing. In this experiential workshop, you will gain visceral hands-on understanding of intuitive hearing, knowing, seeing, and feeling. True guidance, false guidance, and what keeps you from connecting to your guidance will be explored. You will leave with tools to continue to open your centers of intuition. This workshop will help you understand which of the four methods of intuition you already use naturally and practical methods to enhance your natural abilities.

### **JAPANESE SEATED MASSAGE (I)**

*Length of Course: 16 hours*

Learn the Ancient Art of Japanese massage as it applies to the seated position. During this course, you will learn a 15-minute Kata treatment session. Seated Massage is an excellent technique to introduce first-time clients or to simply promote your own business.

### **JAPANESE SEATED MASSAGE (II)**

*Length of Course: 16 hours*

*Prerequisite: Japanese Seated Massage (1)*

Learn the Ancient Art of Japanese massage as it applies to the seated position. The student will review Japanese Massage I and learn an additional ten-minute Kata based on Amma Technique. Seated Massage is an excellent technique to introduce first-time clients or to simply promote your own business.

### **LaSTONE THERAPY®**

*Length of Course: 16 hours*

LaStone Therapy® is a multi-faceted technique designed to benefit client and therapist at once. The therapeutic potential of this treatment goes beyond measure. The physiological benefits of alternating hot and cold to the body have long been scientifically and medically proven. LaStone Therapy® capitalizes on these traditional practices with a current approach. Basalt and marble stones are the medium, and hot and cold temperatures are the massage. This “vascular gymnastics” of the circulatory system assists the body in self-healing. LaStone Therapy® administers this principle with unerring elegance.

For the therapist: Discover how the stress and strain of your hands, wrists and arms are virtually eliminated by using this technique. The stones and thermal variation do all the heavy work for you and you are able to work more efficiently for longer periods of time.

### **LYMPHATIC DRAINAGE MASSAGE**

*Length of Course: 16 hours*

This massage focuses on strengthening the body’s immune system. The course will teach the dynamics of the lymphatic system and how stimulating lymphatic drainage will aid in reducing congestion from colds, allergies, arthritis, edema and other immune-system disorders. Included are indications and contraindications.

### **LYMPHATIC MASSAGE**

*Length of Course: 16 hours*

This hands-on course presents a unique approach to lymphatic massage. This technique is effective in dealing with congestive and inflammatory disorders including allergic symptoms, arthritis, colds, colitis, edema, sinusitis, benign lymphadenopathy, and psoriasis. Participants will learn the full hour technique, how to tailor the technique to specific conditions and how to set up treatment plans for ongoing care. Anatomy and physiology of the lymphatic system will be reviewed. Positional releases for the lymphatic system will also be introduced.

### **MASSAGE FOR PATIENTS WITH CANCER**

*Length of Course: 14 hours*

This course will familiarize the student with the special needs of the cancer patient. Information on metastasis, lymphedema, and cancer treatments and their side effects will be covered. Students will learn about the needs of clients who are undergoing radiation or chemotherapy, or who have undergone surgery. The benefits of massage for people with cancer will be examined.

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## **MENTAL RETARDATION, UNDERSTANDING**

*Length of Course: 6 hours*

This course is designed for the Massage Therapist to become familiar with a mentally-retarded patient. In a conversational format, topics will include spasticity, autism, psychology (cognitive, socioeconomic, behavioral, biological), mental illness, case studies, etc. Stories will add to the discussion. Massage therapists, after attending this course, will have a basic understanding of mental retardation and may feel more comfortable with massage application.

## **MOXABUSTION**

*Length of Course: 5 hours*

*Prerequisite: Acupressure*

Moxabustion (moxa), is an integral part of acupuncture and acupressure treatments. In the first half of this course, the student will practice different moxa techniques. In the second half these techniques will be applied to treat specific symptoms as well as maintain good health.

## **MYOFASCIAL RELEASE**

*Length of Course: 16 Hours*

Myofascial release is a highly interactive stretching technique of fascia and muscle. This course will explore the anatomy of fascia and the relationship of fascia with the musculoskeletal system. Non-energy efficient posture is an integral part of Myofascial Dysfunction, therefore this course will teach the student to perform an in-depth postural analysis of their client. Hands-on techniques of the weekend will include: tense and relax; pin and stretch; passive / active stretching; body mobilization techniques; and of course Myofascial Release techniques on the lower extremities.

## **MYOTHERAPY**

*Length of Course: 16 hours*

This introductory course will teach students how to assist others with muscular tension, contraction, pain or spasm, toward a more effective healing process. Understanding and practicing trigger point myotherapy techniques, the student will be able to incorporate these studies with their own bodywork style.

## **NECK MASSAGE**

*Length of course: 4 hours*

How often do you hear from your client "I can't move my neck," or "is there anything you can do to relieve the pain in my neck?" All practitioners will hear this many times in their practice. This workshop will offer excellent alternatives to neck pain including how to stretch the neck and how to regain range of motion.

## **NEUROMUSCULAR, ADVANCED**

*Length of Course: 16 hours*

*Prerequisite: Neuromuscular Technique*

This course is designed to enhance one's skills in Neuromuscular Technique with a focus on disorders frequently seen in massage therapy practices including carpal tunnel syndrome, migraine headaches, whiplash injury and more.

## **NEUROMUSCULAR BODYWORK III**

*Length of Course: 16 hours*

*Prerequisite: Neuromuscular Bodywork II*

This course will cover the following topics and will teach you how to apply them to a Neuromuscular treatment: Introduction to Integrative Quantum Medicine; Jing, Chi, Shin; and Introduction to Transformational breathwork. In this class, you will learn what it is to be a healing facilitator.

## **OSTEOPOROSIS, UNDERSTANDING**

*Length of Course: 4 hours*

This workshop will start with a review of bone histology and the physiology of calcium and vitamin D metabolism. The clinical presentation of osteoporosis and its underlying etiologies will be discussed, as well as preventive measures and treatment of post-menopausal osteoporosis. A clinical distinction between osteoporosis and osteopenia will be clarified, and one or more case presentations will be included.

## **PARAFANGO BODY SPA TREATMENT**

*Length of Course: 16 hours*

Parafango (mud/paraffin) treatments have been effective  
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in treating strained muscles and clients with fibromyalgia and arthritis. Give a deeper tissue massage when muscles are relaxed with the mini-sauna effects of the paraffin. Spot treatments (back only) and full body treatments will be explored. The regenerative properties of earth and sea combined with the latest active ingredients are formulated into a totally natural, simple, and effective treatment that will detoxify, tone, and moisturize the skin. Combined with massage, this is a wonderful “Feel Good/Stress Reduction” treatment which is on the menus of many well-known spa resorts. Please note that these treatments do not require a wet room. During this class, students will experience giving and receiving a full-body treatment (\$150.00 value). The cost of this workshop includes all products used.

### **POLARITY THERAPY**

*Length of Course: 16 hours*

The Polarity Therapy of Dr. Randolph Stone assumes that energy flows along certain patterns or zones in the body. Students learn about positive and negative charges and the five currents of energy flow as well as hand positioning and traditional techniques.

### **PREGNANCY AND LABOR MASSAGE**

*Length of Course: 16 hours*

Pregnancy is an exciting time. Massage can ease stress, tension and any discomfort a mom-to-be may experience as her body changes and adapts. Massage during labor can be effective for relaxation, and it can reduce the need for medications. Topics for discussion will include acupressure points, body positioning, environmental comforts, various equipment options, and specific techniques for labor massage.

### **PROFESSIONAL ETHICS FOR THE MESSAGE THERAPIST**

*Length of Course: 6 hours*

This course was developed to help expand the knowledge and skills of massage therapists with regards to the subject of professional ethics. The information in this course has been derived from various professional sources. It is the responsibility of the massage therapist to determine which principles and theories are

appropriate with regards to their personal boundaries and their scope of practice. Please note that this class is offered only to Licensed Massage Therapists. This class meets the six hour ethics requirement as set forth by the NCBTMB.

### **QIGONG**

*Length of Course: 8 hours*

*Qigong* means “work” in Chinese, and *Qi* is a form of energy that circulates within the body, so *Qigong* means the cultivation of the body’s energy to increase and control its circulation.

*Qigong* is one of the four pillars of traditional Chinese medicine: Acupuncture, Massage, Herbal medicines, and *Qigong*. Practicing *Qigong* can help to maintain your health and mental balance; however the most important reward to come from the regular practice of *Qigong* is your discovery of the inner world of your body’s energy. Through sensing, feeling, and examining your inner experiences, you will start to understand yourself not only physically, but also mentally.

With the mental peace and calmness that *Qigong* can give you, you will be better able to relax and enjoy daily work and perhaps even find real happiness.

### **RAINDROP THERAPY®**

*Length of Course: 9 hours*

Raindrop Therapy, as developed by Dr. Gary Young, is an exquisite modality that uses nine highly therapeutic essential oils. Each oil is dropped and layered, in a raindrop fashion, up the spine and then lightly massaged in. In this course, you will learn the properties of these amazing oils and discover how they penetrate the muscles to deliver a relaxing but deep tissue massage. By the end of the course, you will give and receive a full 90-minute treatment! Save your thumbs and hands! Allow the oils to do the heavy work within this full-body treatment.

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### **REIKI, LEVEL I**

*Length of Course: 16 hours*

Reiki is an ancient Tibetan technique used for relaxation, stress and pain reduction that enhances the body's self-healing. Students will receive four attunements to the Reiki energy and will learn the history of Reiki, energy centers (called *Chakras*), how to scan the body for imbalances, hand positioning for treatments and how to integrate Reiki with massage. The course provides a lot of hands-on time. Upon completion, the students will be able to give a one-hour Reiki treatment to themselves, others, pets, and plants, or enhance massage or other somatic techniques with Reiki. A Reiki Level I Practitioner Certificate is awarded to each student upon completion of the course.

### **REIKI, LEVEL II**

*Length of Course: 16 hours*

*Prerequisite: Reiki Level I or permission of the instructor*

Students will learn the three master symbols and their uses. Students will receive the master keys to enhance channeling of Reiki, receive three attunements to strengthen the connection with the Reiki energy, participate in experiential exchanges, and send and receive energy in absentia. During the second day of instruction, students will send energy in absentia to someone they know and empower their goals. Students will be able to do a complete one-hour treatment and send energy in absentia to a client at an increased energy level. A Reiki Level II Practitioner Certificate is awarded to each student upon completion of the course.

### **REIKI, LEVEL III**

*Length of Course: 16 hours*

Students will learn the fourth master symbol, receive an attunement to the master symbol, increase the energy flow 100%, learn and be able to use thirteen to fifteen additional therapeutic symbols, experience the sending and receiving of the symbols via group and one-on-one exchanges. During the second day of instruction, students will send therapeutic symbols to a person in absentia, experience planetary healing using crystals, and may choose to be attuned to a personal symbol. Students will be able to give a one hour treatment at the

highest therapist level either hands-on or in absentia. A Reiki Level III Master Therapist Certificate is awarded upon completion of the course.

### **REJUVENATING FACIAL MASSAGE**

*Length of Course: 6 hours*

This course will show you how to improve circulation, swelling, elasticity, and nervous tension for a more youthful appearance. Diagnose and improve imbalances in many of the organs and systems of the body through their correspondent points on the face and head allowing the face to radiate the body's health. Please note that this workshop will not be offered to currently-enrolled students. Due to travel considerations, reservations will have a deadline of one month prior to the start date.

### **REJUVENATING FACIAL MASSAGE WITH HERBS & NATURE PRODUCTS**

*Length of Course: 12 hours*

Learn how to give a rejuvenating facial massage using herbal teas, reflexology, masks, and massage. Most of the products are easy to prepare. Learn how to prepare products from items easily found at home or at your local health food store. Refresh, invigorate, and revive!

### **RUSSIAN TABLE MASSAGE**

*Length of Course: 8 hours*

The very best of Eastern European techniques will be offered in this course. Students will learn strokes and body-accesses seldom used in traditional Western massage and will be able to complete a thorough prone and supine session on a client by the end of the course.

### **RUSSIAN SEATED MASSAGE, REVIEW & ADVANCED**

*Length of Course: 16 hours*

*Prerequisite: Russian Massage*

Students will learn a unique seated massage in the Russian Technique: extraordinary Russian strokes that will save thumbs. Students will practice a 25 minute sequence using knuckles, heels of the palms and other Russian techniques to complete a thorough session on a client by the end of the course.

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### **SACRED CIRCLE MEDITATION**

*Length of Course: 3 hours*

This kind of meditation is for any of you interested in calming your inner self, manifest, self-retreat. The group will sit in a circle and work on chakra energy. Best work for anyone after they have had a Reiki attunement. This self-treatment is designed to enhance your understanding of the circle of life, improve self-confidence, stress, and anxiety.

### **SALT GLOW AND BODY POLISH**

*Length of Course: 8 hours*

This course will introduce you to the body-salt rub and hot oiled body-wrap therapy. An amazing body treatment to help your patients get rid of toxins and help them cope with everyday stress. A whole-day, hands-on spa experience and education!

### **SCAPULAR RELEASE**

*Length of Course: 4 hours*

When a call for an appointment in need of posterior torso release, it is likely that the discomfort is a direct result of the scapula's inability to move. If a client's scapula has limited motion, then so does their breath and the appendages of their upper body. This class will explore ways to rejuvenate movement and freedom using multiple techniques that are used in releasing the stagnancy of the scapulas.

### **SCOLIOSIS: PRACTICAL APPLICATIONS**

*Length of Course: 6 hours*

Reviews anatomy and physiology of the spine and other structures which may be related to scoliosis. Explains what to look for and what a massage therapist can do to help alleviate pain associated with scoliosis. There will be hands-on evaluation of each others' spines.

### **SIDE-LYING, UPPER TORSO**

*Length of Course: 5 hours*

Having a client that is unable to lie on their abdomen is one of the realities of massage that comes up on occasion. Sideline massage is a five-hour program that

will allow you to experience an example of what you can do while your client is on their side instead on the stomach or back. Sideline treatment will work the shoulder girdle to the sacrum in several different techniques. Experience in class will address the injury aspect of the sideline massage, pregnancy, and women that do not want to lie on the breast area because of discomfort.

### **SIMPLE FACIAL CLEANSING**

*Length of Course: 5 hours*

This course will teach you a technique of face-cleansing for yourself or another that includes massage and gentle cleansing. Pamper yourself with gentle relaxation and look younger when facing daily life. This can be combined with spa treatments and massage therapy. You will learn by using the natural ingredients of facial masks. This course will provide a cleansing cream for your use.

### **STONE MASSAGE, BASIC**

*Length of Course: 16 hours*

Stone therapy is one of the "hottest" new bodywork techniques to take this country by storm! Smooth, silky stones are worked over tense muscles to provide a luxurious sense of health and relaxation. Stone massage is a rhythmic dance with stones, focusing heavily on muscle "sculpting, pressing, and ironing" techniques. Detailed stone shape and use combined with regional harvesting suggestions will be covered. Participants will be able to provide a quality, full-body massage with stones upon course completion. This workshop is limited to 18 participants.

### **STRELNIKOVA BREATHING TECHNIQUES**

*Length of Course: 3 hours*

Strelnikova's remarkable breathing technique renders complex medical influence on an organism of the person. It positively influences the exchange processes playing an important role in blood supply, including pulmonary tissue. It promotes restoration of the central nervous system damaged during illness and improves drainage function of the bronchial tubes. It restores damaged nasal breath function and eliminates some morphological changes in the bronchopulmonary system (adhesion and

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adhesion processes). It promotes recovery of inflammatory formations, smoothes the wrinkled sites of pulmonary tissue, restores normal blood and lymphatic supply, and eliminates local developments of energy stagnation. It restores cardiovascular system function and strengthens all blood circulation systems, corrects various deformations of the thorax and spinal column developed during disease, and raises the general resistance of an organism. It sanitizes the physiological condition of patients. Please note that this course will not be offered for currently-enrolled students. Due to travel conditions, reservations will have a deadline of one month prior to the start date.

### **SU JOK: LEVEL 1**

*Length of Course: 6 hours*

Su Jok is a method of diagnosis and self-healing. It is a unique technique for supporting our health by locating and activating key points on the hands and feet. Everyone can heal their own body and regulate their emotions and spirit whenever he needs, without the use of pills. Su Jok is simple, totally safe, easily remembered, comprehensive and a highly effective method of treating imbalances and injuries. It is accessible to anybody. This amazing system combines Classical Western science with ancient knowledge from the East. It incorporates use of special instruments, acupressure, massage, magnets, seeds, heat, cold, sun, colors and more. Please note that this workshop is not offered for currently-enrolled students. Due to travel considerations, reservations for this course will have a deadline of one month prior to start date.

### **SU JOK: LEVEL II**

*Length of Course: 6 hours*

*Prerequisite: Su Jok Level I*

This course offers a simple yet comprehensive way to grasp and remember the basic tenets of Oriental medicine including the five elements theory and the relationships of the 12 organs and the 12 meridians. Widely used by applying Su Jok magnets instead of needles (for specialists without an acupuncture license). The major advantage of the teaching program allows you to ascertain quite independently whether you have a good grasp of the knowledge. To help matters, the said program can boast the availability of tests of varied

complexity. Moreover, the theoretical aspects of the program are presented in a concise, explicit, and adequately illustrated manner. The teaching program seeks the best methods for training the enthusiasts, including new entrants into Su Jok therapy. Please note that this workshop will not be offered to currently-enrolled students. Due to travel considerations, reservations will have a deadline of one month prior to the start date.

### **SU JOK: ADVANCED WITH SEEDS**

*Length of Course: 6 hours*

*Prerequisite: Su Jok Level I*

This course is a continuation of Su Jok Level I with a special interest, for therapeutic purposes, in the use of various parts of plants: needles, leaves, petals, cuttings and especially seeds (fruits). In seeds, the information about a future plant is concentrated. The influence of live matter on a live system carries more similarity than the use of artificial stimulators, so it should be more effective. Please note that this course will not be offered for currently-enrolled students. Due to travel conditions, reservations will have a deadline of one month prior to the start date.

### **TAI CHI**

*Length of Course: 8 hours*

Tai Chi is an exercise discipline known throughout the Orient for many centuries. The movements are based mostly on circular motion and flow at a smooth, even tempo, making for perfect balance as the weight of the body is shifted from one side to the other. If practiced carefully, it will bring about a high level of body control. This, in turn, results in greatly increased powers of mental concentration.

### **TAI CHI BALL QIGONG, LEVEL 1**

*Length of Course: 16 hours*

*Prerequisite: Eastern Tradition Medicine*

Improve your health, increase your energy, and speed your recovery from illness with this ancient Chinese exercise. The gentle stretching and strengthening movements of Tai Chi Ball and Eight Pieces of Brocade will activate the Qi in your body, help to stimulate your immune system, strengthen your internal organs, and improve flexibility and strength in the spine. In general,

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get you moving again!

### **TAI CHI-YANG STYLE SHORT FORM**

*Length of Course: 16 hours*

*Prerequisite: Eastern Tradition Medicine*

An ancient form of Chinese exercise to enhance the mind-body connection. The Chinese have practiced *Tai Chi* for hundreds of years as a way to enhance overall well-being through improved balance, to increase circulation & flexibility, and to minimize the stresses of life and aging.

### **TEMPLE LOMI LOMI BODYWORK**

*Length of Course: 16 hours*

Lomi Lomi bodywork is a healing system which creates deep physical, emotional and spiritual well being. The master healers of old Hawaii knew that there were special ways to release the natural healing powers of the body. They recognized that health (*ola*) exists when the body's energy is free flowing. Illness (*ma'i*) occurs when that flow is blocked or restricted for an extended period. Whether you are considering becoming a Lomi Lomi practitioner or you want to enhance your current massage practice this 16 hour, hands on adventure will open the door into the Aloha Spirit.

### **THAI MASSAGE, AN INTRODUCTION TO TRADITIONAL**

*Length of Course: 8 hours*

*Traditional Thai Massage* is an ancient form of therapeutic bodywork first practiced in Siam (Thailand) over 2500 years ago. It incorporates gentle rocking, deep stretching and rhythmic compressions to open and tone all systems of the body.

Done comfortably clothed on a floor mat or low table, Thai Massage feels as wonderful as it looks. Deeply therapeutic, fluid and meditative, Thai Massage relaxes, refreshes, and revitalizes both the giver and the receiver.

### **THAI MASSAGE LEVEL 2—(SEN / SIDE / SEATED)**

*Length of Course: 16 hours*

Thai Massage originated in India and was greatly

influenced by China. The techniques of Thai Massage have been used in Thailand for more than 2,500 years. It is a series of compressions, gentle rocking, and yogic stretches along energy lines similar to Chinese meridians. This course will focus on the sen lines (similar to the meridian lines of Acupressure), potent points of the body, and additional therapeutic applications, applied side-lying and seated.

### **THAI MASSAGE ON THE TABLE**

*Length of Course: 8 hours*

Traditionally performed on the floor, *Thai Massage* originated in India and was greatly influenced by China. The techniques of *Thai Massage* have been used in Thailand for more than 2,500 years. This course offers a series of compressions, gentle rocking, and yogic stretches along energy lines similar to Chinese meridians. This course will cover supine position including techniques for the head, face, neck, and abdomen.

### **THAI MASSAGE, TRADITIONAL; NUAD BO-RARN—THE BASICS**

*Length of Course: 16 hours*

Traditional Thai Massage is an ancient form of therapeutic bodywork first practiced in Siam (Thailand) over 2500 years ago. It incorporates gentle rocking, deep stretching and rhythmic compressions to open and tone all systems of the body. Done comfortably clothed on a floor mat or low table, Thai Massage feels as wonderful as it looks. Deeply therapeutic, fluid and meditative, Thai Massage relaxes, refreshes, and revitalizes both the giver and the receiver.

### **THAI MASSAGE, TRADITIONAL—BEYOND THE BASICS**

*Length of Course: 16 hours*

*Prerequisite: Thai Massage, Traditional; Nuad Bo-Rarn—"The Basics" or permission of the instructor*

Beyond the Basics will include an introduction to sen (similar to the meridian lines of acupressure), as well as side-lying position. The focus is on gentle, rhythmic compressions with deep stretching and working with

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the client's breath.

### **THERAPEUTIC TOUCH, REDISCOVERING**

*Length of Course: 7 hours*

Therapeutic Touch, or "TT", was developed in the 1970's by Dolores Krieger, PhD., RN and Dora Kunz, a natural clairvoyant. "TT" is a contemporary interpretation of several ancient healing practices and is based on the conscious use of the hands to help or to heal another. In this hands-on course you will: Learn to center yourself and quiet your mind; Experience the "feeling" of the human energy field; Give and receive a full Therapeutic Touch treatment. Discover how Therapeutic Touch can be used within a massage to detect and clear areas of congestion, enhance relaxation, relieve pain and accelerate the body's natural healing process.

### **TOOLS FOR CREATING A SUCCESSFUL PRACTICE**

*Length of Course: 7 hours*

Starting a new practice can be overwhelming and terrifying to the best of us! Drawn from 20 years experience in sales and business management, this course will provide more than enough tools, ideas, skills, tips, and direction from which participants can create their own personalized "steps to success"—or give a boost to that new practice. Use your own talents and give yourself every opportunity.

### **TOPICAL BOTANICALS FOR MASSAGE THERAPISTS**

*Length of Course: 6 hours*

This course discusses the indication for 12 therapeutic musculoskeletal herbs. The student will be proficient in the indications and contraindications. Learn how to combine these herbs in oils and salves to apply topically and reduce pain and cramping. Each student will also have the opportunity to practice fomentations and poultices that treat specific areas of aggravation. It will allow you to prepare unique topicals that may be client-specific or for general use in your office.

### **TRANSITIONAL BODYWORK - I**

*Length of Course: 16 hours*

Transitional Bodywork is developed from a base of Esalen's long, beautiful, full-body strokes.

### **TRANSITIONAL BODYWORK - II**

*Length of Course: 8 hours*

*Prerequisite: Transitional Bodywork*

This course is a continuation of *Transitional Bodywork*: We will conduct body evaluations done through touch and visuals.

### **TRIGGER POINT THERAPY- I**

*Length of Course: 16 hours*

The participant will learn Trigger-Point Therapy techniques for the head, neck, shoulder and upper extremity; how to successfully treat and manage shoulder and arm pain, headaches, carpal tunnel symptoms, TMJ dysfunction, neck pain and more. Techniques will include ischemic compression, facial release, and post-isometric stretches.

### **TRIGGER-POINT THERAPY—II**

*Length of Course: 8 hours*

In this course, the student will learn Trigger Point Therapy skills to treat patients who suffer from upper, middle and lower back pain, sciatica, gluteal pain and other lower extremity syndromes. Techniques include ischemic compression, facial release and post isometric stretches. Trigger-point Therapy—I is not a prerequisite for this course.

### **TRIGGER-POINTS OF THE HEAD & NECK**

*Length of Course: 6 hours*

Trigger-points are a type of muscle knot that can produce pain in seemingly unrelated locations, and sometimes bizarre symptoms. This workshop will guide you in the art of trigger-point therapy for the head and neck. You will learn when this form of treatment will help your clients, how to find trigger-points, and what to do to relieve them. Emphasis will be placed on proper ergonomics, treatment in different positions, and integration with other bodywork techniques.

### **TRIGGER-POINTS OF THE TRUNK**

*Length of Course: 8 hours*

Trigger-points are a type of muscle knot that can produce

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pain in seemingly unrelated locations, and sometimes bizarre symptoms. This workshop will guide you in the art of trigger-point therapy for the trunk. You will learn when this form of treatment will help your clients, how to find trigger-points, and what to do to relieve them. Emphasis will be placed on proper ergonomics, treatment in different positions, and integration with other bodywork techniques.

### **TRIGGER-POINTS OF THE UPPER EXTREMITY**

*Length of Course: 6 hours*

Trigger-points are a type of muscle knot that can produce pain in seemingly unrelated locations, and sometimes bizarre symptoms. This workshop will guide you in the art of trigger-point therapy for the arm. You will learn when this form of treatment will help your clients, how to find trigger-points, and what to do to relieve them. Emphasis will be placed on proper ergonomics, treatment in different positions, and integration with other bodywork techniques.

### **TUI NA**

*Length of Course: 16 hours*

*Prerequisite: Acupressure & Eastern Traditional Medicine*

*Tui Na* is a Chinese system of massage which builds upon the basics of Acupressure. Simple and compound massage techniques will be taught, as well as routine techniques for specific areas of the body, and treatment protocols for common conditions. An emphasis will be placed upon the practical application of the techniques.

### **TUI NA (BACK, HIP, & LEG PAIN)**

*Length of Course: 8 hours*

*Prerequisite: Tui Na*

*Tui Na*, a traditional Chinese healing system, integrates acupressure and massage by using a variety of hand techniques.

### **TUI NA (THE BACK)**

*Length of Course: 4 hours*

*Tui Na* is an Oriental bodywork therapy that has been used in China for 2,000 years. *Tui Na* uses the traditional Chinese medical theory of the flow of Qi through the meridians as its basic therapeutic orientation. Through the application of massage and range of motion with

stretching techniques, *Tui Na* seeks to establish a more harmonious flow of Qi through the system of channels and collaterals allowing the body to naturally heal itself. This class will focus on disharmonies (i.e. pain) in the back, including the neck, thoracic and low back area.

### **TUI NA (CARPAL TUNNEL)**

*Length of Course: 4 hours*

*Tui Na* is an Oriental bodywork therapy that has been used in China for 2,000 years. *Tui Na* uses the traditional Chinese medical theory of the flow of Qi through the meridians as its basic therapeutic orientation. Through the application of massage and range of motion with stretching techniques, *Tui Na* seeks to establish a more harmonious flow of Qi through the system of channels and collaterals allowing the body to naturally heal itself. This class will focus on disharmonies (i.e. pain) in the wrist such as Carpal Tunnel syndrome as well as the forearm, elbow, and shoulder.

### **WHIPLASH INJURY, MASSAGE THERAPY AND REPETITIVE**

*Length of Course: 8 Hours*

As "Road Rage" runs rampant down the streets of New England, car accidents are forever pending. All of us, including our patients, can expect to be in at least one auto accident. Learn stretching and rehabilitation exercises for acute and sub-acute whiplash-injured patients and much more about prevention and conservative treatment to enhance your massage skills.

## **ADMISSIONS**

### **APPLICATION & REGISTRATION**

North Eastern Institute of Whole Health does not discriminate against any applicant for admission on the basis of sex, color, race, national origin, sexual orientation or marital status. Applicants must complete the admission form and submit it along with a \$50.00 non-refundable application fee. The form will be reviewed by the Board of Directors and the prospective student may be contacted for a personal interview with an admissions representative – however, an interview is not mandatory.

### **REQUIREMENTS FOR ADMISSION**

#### **On-Campus and State of NH Requirements:**

Age: must be 18 years or older.

Application: return admission form with \$50.00 non-refundable fee.

Education: high school diploma or GED on or before the end of the program.

Completion of the NEIWH Medical Form.

A picture I.D. (taken at the Institute during orientation.)

NEIWH is authorized under Federal laws to issue M-1 Vocational Student Visas to non-immigrant alien students by the US Department of Homeland Security and the Student and Exchange Visitor Information System (SEVIS). Contact Academic Director Duverger at [dhd@NEIWH.com](mailto:dhd@NEIWH.com) for more information.

#### **Online Requirements:**

Applicant Evaluation Form: must be completed by the student and approved by the Online Program Coordinator.

Computer skills.

Ability to effectively learn without direct supervision.

Ability to be self-directed and self-paced.

Ability to prepare for exams within course deadlines.

Ability to remain in frequent contact with the Online Academic Department.

## **ACADEMIC POLICIES**

### **CLASSES**

The Institute holds instruction in three different formats:

“Hands-on” workshops / seminars for teaching massage techniques.

Traditional classrooms for lectures

Off-site labs (e.g. pools, stables, hospitals, etc.) for teaching related subjects.

### **ATTENDANCE REQUIREMENTS**

Classes begin at designated times.

Instructors record attendance at each class.

Students are responsible for notifying the school in advance of expected absences or tardiness.

The Administration will offer opportunities for make-up work when circumstances require.

Chronic attendance problems are regularly reviewed, and may be grounds for dismissal. If a student's academic performance is deficient and the student has not fulfilled make-up requirements, the student could face suspension or termination.

Students receiving veteran's benefits under the Montgomery GI Bill must attend a minimum of 22 hours a week.

**In order to comply with federal regulation, non-immigrant alien students must attend a minimum of 18 hours per week including practicum hours, elective courses, and sports/community events.**

The school will make every effort to notify students when classes will be delayed or canceled due to inclement weather. Students have the responsibility to notify the school if weather conditions prevent them from attending class. The following radio stations broadcast reports on school cancellations:

WZID	–	95.7 FM
WMLL	–	96.5 FM
WOKQ	–	97.5 FM
WGIR	–	101.1 FM
WBYY	–	98.7 FM

Weather Cancellation Information is also available on the Institute's website: [www.NEIWH.com](http://www.NEIWH.com).

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## **GRADING SYSTEM**

Progress in academic courses is assessed by written examination. A minimum exam score of 75% must be achieved to pass each course. Examinations are designed and graded in accordance with NCBTMB and ABMP standards.

The practicum portions of the curriculum are assessed through objective observation during a one-hour exam of specific techniques. Again, a minimum grade of 75% is required.

At the end of the program, the student's overall performance will be tested by a theoretical exam (administered via computer), and a practical, hands-on exam administered at the Institute. A minimum grade of 75% in each is required to be considered for graduation.

For online courses, progress is assessed by a theoretical exam given at the end of each lecture. A minimum grade of 75% is required.

## **GRADUATION**

A Diploma in Massage Therapy will be granted once the student has completed all classroom requirements, passed all final exams, and paid all tuition and fees. In order to be licensed to practice massage therapy in NH, graduates must complete the following in order:

Graduate from an approved massage therapy program with 750 education hours or more

Pass the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) certification exam

Pass the practical, hands-on massage exam, administered three times per year by the State of NH Department of Health & Human Services.

The 500-Hour Massage Therapy Program is available for students who only want to obtain a license in the states of Massachusetts, Maine, Connecticut, Rhode Island, or Vermont, but not New Hampshire.

## **CONDUCT**

Proper conduct regarding ethics and hygiene is expected of all students. The dress code is based upon individual class/course requirements (see Student Handbook). Food is not permitted in the classrooms. Classroom

conduct expectations will vary for individual instructors but common courtesy is expected. Smoking is not permitted on premises.

Students are required to comply with all policies stated in the Institute's *Catalog* and *Student Handbook*. NEIWH reserves the right to make changes to student policy at any time without prior notice.

## **DISMISSAL**

The Institute reserves the right to dismiss any student. Dismissal may be made for:

Conduct unbecoming a massage professional resulting from a serious infraction of Institute policy.

Excessive absences for a period of two weeks or greater that affect personal performance.

Having failed two or more core courses for a period of sixty days or greater.

Outstanding tuition or fees owed the Institute for a period of 30 days or greater.

In the event of dismissal for any other reason, the student has the option to withdraw. Tuition will be refunded for the portion of hours that are paid yet not completed, as established by the school's schedule. Pro-ration of the refund will include a deduction for the NEIWH administration processing fee. (See Refund Policy.)

## **FINANCIAL INFORMATION**

### **FINANCIAL STRUCTURE OF TUITION AND FEES**

Application fee is \$50.<sup>00</sup> (non-refundable).

Total cost of tuition is \$9,500 for the 750-Hour Massage Therapy Program, and the total cost of tuition is \$6,500 for the 500-Hour Massage Therapy Program. Both programs lead to a Diploma in Massage Therapy upon graduation. The Institute reserves the right to adjust the tuition rate at any time.

The Materials Fee for the 750-Hour Massage Therapy Program is a one-time charge of \$900.<sup>00</sup>. The Materials Fee for the 500-Hour Massage Therapy Program is a one-time charge of \$745.<sup>00</sup>. For non-immigrant alien students, the Materials Fee for the 750-Hour Massage Therapy Program is a one-time charge of \$1,400.<sup>00</sup>, and The Materials Fee for the 500-tHour Massage Therapy Program is a one-time charge of \$1,245.<sup>00</sup>. These costs

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are separate from tuition.

The Materials Fee includes charges for the following:

- All required texts for core and elective courses
- Class materials and handouts
- One Student Uniform Body Wrap
- One School Uniform T-Shirt
- Diploma Fee
- Two Official Transcripts and One Unofficial Transcript
- Use of on-campus facilities
- Transportation to major health events (at the discretion of the Administration)
- SEVIS approval documents for non-immigrant alien students.

The Materials Fee *does not* include massage equipment such as tables, sheets, oils, bolsters, etc. Students are asked to supply their own sheets and oils. A table purchase is not mandatory for classes, but is recommended for outside coursework.

There are no other charges for core classes or electives materials.

Fees are charged for copies of transcripts, documents, cancellations, etc. (see Student Handbook).

## FINANCIAL AID INFORMATION

NEIWH continues to keep its tuition costs affordable and competitive for anyone interested in pursuing the Massage Therapy Profession.

We are committed to helping our students pay for their education by providing them with various Financial Assistance options: Payment Plans, Loans, Government Financial Assistance, Scholarship etc. Students seeking Financial Aid will be guided through every stage of the application process by our friendly Financial Aid staff.

Take a look at the options offered below, and choose the one that suits you:

### **NEIWH Student Payment Plan:**

This plan allows the student to make a standard, interest free tuition payment in monthly installments. Tuition payments may be made by check, money order, Master Card, and/or Visa.

### **Career Training Loans:**

**SLM Financial (A Sallie Mae Company)**—Once approved for SLM Loan, you may be eligible to borrow full tuition plus up to 60% of tuition toward living expenses. Interest payments on this loan begin 30 days after 1st loan disbursement. Please request that the loan start date be one month prior to the program start date. Repayment begins 30 days after disbursement however, you have the option of making interest-only payments while in school and there are no prepayment penalties. SLM now offers a "Deferred Payment Option" for which you may pay only \$10 a month for up to 12 months, regardless of class term.

### **Government Financial Assistance:**

**U.S. Veteran's Administration Benefits**—This program allows eligible veterans to receive educational benefits from the Department of Veterans Affairs.

### **NEIWH Scholarship Program:**

**Operation Healing Hands**—This is a scholarship program funded by our Institute. To help alleviate the financial burden of education for the troops and their families, our massage school is the only school in the United States to provide **FREE TUITION** to soldiers and the spouses of the fallen soldiers.

For veterans who do not qualify for Operation Healing Hands, please refer to the U.S. Veteran's Administration Benefits, for which we are an approved school. **The Montgomery GI Bill - Active Duty**, called "MGIB" for short, provides up to 36 months of education benefits to eligible veterans.

### **Charitable Programs:**

**The Medallion Fund**—Manchester Regional Community Foundation —The MEDALLION FUND

**New Hampshire Charitable Foundation**

**Vocational Rehabilitation Assistance**—New Hampshire Department of Education, Division of Vocational Rehabilitation

(Continued from page 40)

## TRANSFER STUDENTS

NEIWH accepts applications for available openings from qualified transfer candidates who meet the Admissions requirements. An official transcript and school catalog from the previous massage school—as well as all application documents—must be received before any decision on acceptance can be made. An application for transfer is not a guarantee for enrollment, and is valid for up to three years from the date of the official NEIWH Transfer Evaluation Letter. If a candidate chooses to apply for enrollment, then a \$50.00 non-refundable Application Fee will be required. Credit for equivalent coursework is awarded on a course-by-course basis, and considered upon evaluation. Transfer credit is awarded for successfully-completed courses provided they are comparable to those offered at NEIWH. Contact the Registrar for more information.

Transfer of credit for classes/courses taken at any other accredited school is at the sole discretion of NEIWH.

Credit for courses taken at another massage school may be transferred to NEIWH if the following criteria are met:

- 1 The course is listed on an official transcript from the accredited school/college.
- 2 The course was taken within the last five years.
- 3 The course meets the hour and credit requirements of an equivalent class at NEIWH.

Credit for courses that exceed the time limit of transferability (i.e. later than five years) must be retaken or may be awarded by way of a test. The course must still be listed on an official transcript and meet NEIWH requirements. The cost of tests depends upon their nature and averages \$150.00 each. A minimum grade of 75.0% is required to pass all tests. If a course is not listed on a transcript, regardless of the applicant's experience, no credit can be awarded.

## REFUND POLICY

1. A applicant who is not accepted by the Institute is entitled to a refund of all monies paid.
2. A student that fails to enter the 750-hour or 500-hour Massage Therapy program is entitled to a refund of all monies paid minus a \$500.00 Administrative Fee.
3. A student may withdraw at any time. Withdrawal should be in writing—signed and dated—and sent to the Institute at 22 Bridge Street, Manchester, N.H., 03101 by US certified mail, return receipt requested. Date of withdrawal will be one business day following the date of the certified mail receipt.
4. The student is entitled to a pro rata refund if they have completed or have had the potential to complete less than 50.0% of the program.
5. The refund percentage, as calculated below, will be rounded downward to the nearest ten percent. The pro rata refund percentage is calculated as follows:  
**Pro Rata Refund % = ( Program Length – Potential Hours Completed) / Program Length X 100.** Please note the program length is based on which Massage Therapy Program the student enrolled in. As such, the program length is either 500 or 750 hours.
6. The student is entitled to a refund for any unused materials for which they have paid per the Materials Fee invoice. {Per State of NH RSA 1111.05 (b)}
7. The student is entitled to no pro rated refund if they have completed or have had the potential to complete 50.0% or more of the program. If the student receives benefits under the Montgomery G.I. Bill, they will be subject to the Veteran's Administration Refund Policy
8. Any other monies owed by the student, including the \$500.00 Administrative Fee, will be deducted from their initial refund total.

The refund check will be sent to the entitled student within thirty days of the Date of Withdrawal/Termination—as stated on the Withdrawal/Termination of Enrollment Invoice. In the event that NEIWH is paid by a financial aid organization or trust fund on the student's behalf, any refund that is owed will be paid to the student's financial aid provider within thirty days from the Date of Withdrawal/Termination.

## DRIVING DIRECTIONS & MAPS

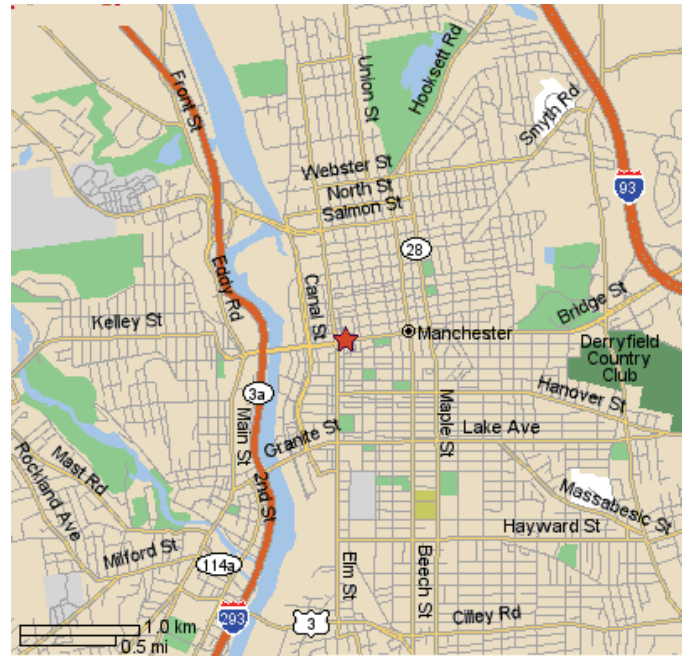
**From Points North (I-93):** On I-93 take Exit 9; continue (South) on US-3 [SR-28]. Continue (West) on Webster St.; turn LEFT (South) on Elm St. and LEFT (East) on Orange St. On the RIGHT find the Pearl St. Parking Lot. The School is at the Southwest corner of the lot.

**From Points East (SR-101):** From SR-101 merge onto 93 North. At Exit 8, turn off on Ramp. At the end of the Ramp keep RIGHT and merge onto Wellington Road/Bridge Street. When Bridge St. opens to 3 lanes, turn RIGHT at the traffic light (US-3; Elm St.), and then RIGHT onto Orange St. On the RIGHT find the Pearl St. Parking Lot. The School is at the Southwest corner of the lot.

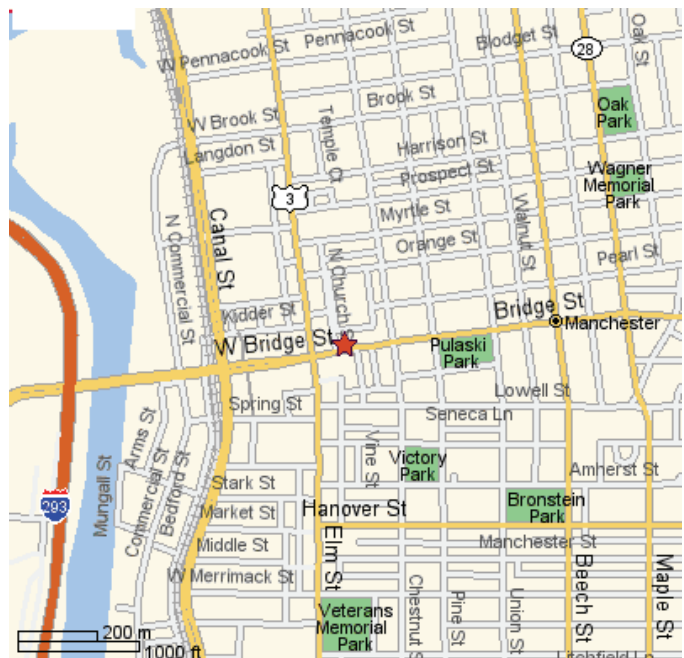
**From Points Southeast (I-93):** From Interstate 93, take Exit 8, turn off onto Ramp. At the end of the ramp keep RIGHT and merge onto Wellington Road/Bridge Street. When Bridge St. opens to 3 lanes, turn RIGHT at the traffic light (US-3; Elm St.), and then RIGHT (East), onto Orange St. On the RIGHT find the Pearl Street Parking Lot. The School is at the Southwest corner of the lot.

**From Points South (US-3):** At US-3, Exit 7, continue (North) on Frederick E Everett Tpke. Continue (North) on I-293 [Frederick E Everett Tpke]. At I-293 Exit 5, turn off onto Ramp. Turn RIGHT (East) onto Granite St [Granite St Bridge]. Continue (East) on Granite St. Turn LEFT (North) onto US-3 [Elm St]. Turn RIGHT onto Orange St. On the RIGHT find the Pearl Street Parking Lot. The School is at the Southwest corner of the lot.

**From Points West (SR-101):** Merge onto I-293 North [Frederick E Everett Tpke]. At I-293 Exit 5, turn off onto Ramp. Turn RIGHT (East) onto Granite St [Granite St Bridge]. Continue (East) on Granite St. Turn LEFT (North) onto US-3 [Elm St]. Turn RIGHT onto Orange St. On the RIGHT find the Pearl Street Parking Lot. The School is at the Southwest corner of the lot.



Manchester City Map



Manchester Street Map

# APPLICATION FOR ADMISSION

NORTH EASTERN INSTITUTE OF WHOLE HEALTH  
22 Bridge Street, Manchester, New Hampshire, 03101  
http://www.neiwh.com  
(603) 623-5018

## Personal Information (do not leave any blanks)

Please Print or Type:

\$50 must accompany this Application

_____	_____
Last Name	Social Security Number
_____	_____
Street Address	First Name
_____	_____
Mailing Address	City _____, State _____ Zip _____
(_____) _____	City _____, State _____ Zip _____
Phone _____	E-mail Address _____
_____ <input type="checkbox"/> Male <input type="checkbox"/> Female	Clothing size: S M L XL other _____
Age _____ Gender _____ Birth Date _____	(circle one)
_____	Marital Status Single <input type="checkbox"/> Married <input type="checkbox"/> _____
Birthplace _____	Number of Children _____
Current Employment _____	Citizen of USA? <input type="checkbox"/> Yes <input type="checkbox"/> No
Position _____	Work Phone (_____) _____

Have you been treated for any medical or physical conditions other than colds or minor injuries in the last five years?

Yes  No If yes, describe:

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Notify in Case of Emergency) Name phone

\_\_\_\_\_ \_\_\_\_\_, \_\_\_\_\_ \_\_\_\_\_  
(Notify in Case of Emergency) Street City State Zip

List two personal character references.

1. \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
Name Occupation Phone

2. \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
Name Occupation Phone

Previous experience and/or study in Massage or other Health Professions: (Attach separate sheet if necessary)

\_\_\_\_\_  
\_\_\_\_\_

Why are you interested in Massage Therapy? \_\_\_\_\_

Have you ever been convicted of a felony or misdemeanor other than traffic offenses?  Yes  No

If yes, describe: \_\_\_\_\_



## Academic Information

High School (name, city, & state) \_\_\_\_\_

GED/diploma (mandatory to apply)  Yes  No

College (name, city, & state) \_\_\_\_\_

## Program Information

I wish to enroll in the:  750-Hour Program  500-Hour Program  
for the:  Spring Semester  Fall Semester

Please circle the number of your first program choice:

Mon., Tues., Wed.: Morning (1) Evening (2)  
Tues., Thurs., Fri.: Morning (3)

Morning classes are 8:30 A.M. – 1:00 P.M.;  
Evening classes are 5:30 P.M. – 10:00 P.M.

If the Program I chose above is not available, my Second Choice will be: \_\_\_\_\_

I wish to attend:  Full-Time  Part-Time (2-days)

## Financial Information

How is your tuition going to be paid?  Self  Parent  Loan  Other \_\_\_\_\_

If other than self please print: Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

*An Application Fee—non-refundable—\$50.00 (please send no cash and no “starter” checks), must be submitted with your application! Pull out or Detach and mail completed and signed application to: N.E.I.W.H., 22 Bridge Street, Manchester, NH 03101.*

*North Eastern Institute of Whole Health does not discriminate against any applicant for race, color, religion, national origin, gender, sexual orientation, or age under provisions of State and Federal Laws.*

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Institute Representative Signature

\_\_\_\_\_  
Date

# ONLINE PROGRAM

## Applicant Evaluation Form

NEIWH Online has established a criterion to evaluate an applicant's skills and competencies for success in online education and employment in the Massage Therapy field. To determine your eligibility, please complete the form below. Results will be mailed to you.

This information is confidential, and establishes a guideline for your interests and potential. Results do not guarantee success in the online program nor job placement. There is no obligation to enroll if you complete this form.

### PERSONAL INFORMATION (Print legibly and do not leave any blanks)

Last Name		First Name		Middle Initial	
Street Address		City	State	Zip Code	
(____)					
Telephone Number		E-Mail Address			
Date of Birth		Age	Social Security #		
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		Are you a US citizen? <input type="checkbox"/> Yes <input type="checkbox"/> No			

If approved, I understand I will need to complete a **Student Contract for Taking Online Courses**, which can be requested at the Front Desk. I am interested in taking the following Online Courses (*Check any that apply*):

- Anatomy & Physiology       Ethics & Professionalism/Health Service Management\*  
 Hygiene & Pathology      \*(This course is offered for the 500-hour Massage Program only.)

### ACADEMIC HISTORY (Print legibly)

High School or equivalent	Street Address	City	State	Zip Code
College	Street Address	City	State	Zip Code

*Continued on page 53*

## EMPLOYMENT INFORMATION

\_\_\_\_\_  
Employer

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Job Title / Position

(\_\_\_\_\_) \_\_\_\_\_

Telephone

Status:  Full-Time  Part-Time

## APPLICANT EVALUATION

Do you wish to: *(Check any that apply)*

Change careers     Supplement your income     Start your own business

In your own words, what motivates you to be a professional?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Success in the Online Program requires you to comfortably and frequently use computers and the internet. Describe examples of your skill in this area.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What kind of internet connection do you use?

Dial-Up

Cable

DSL / T1

You need to enjoy and be responsible for your own learning, and should be comfortable learning without supervision. Give examples that would demonstrate this in your life.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Continued on page 54*

Accomplishing an Online Program will necessitate good time-management ability. You must be able to prioritize tasks, meet deadlines, and successfully work under pressure. Explain how you have achieved this skill for yourself.

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A Massage Therapist is a health care professional, and you will need to develop your own professionalism to succeed. You must work hard for your goals, be self-motivated, and enjoy working with the public. You should never be afraid of constructive criticism. Describe how you have developed this capability.

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	YES	NO
*I set my goals and work hard to achieve them	_____	_____
*I am comfortable using the computer	_____	_____
*I work well under pressure	_____	_____
*I use the computer frequently	_____	_____
*I am responsible for my own learning	_____	_____
*I am self-motivated	_____	_____
*I am comfortable learning without supervision	_____	_____
*I am good at meeting deadlines	_____	_____
*I use the internet frequently	_____	_____

Thank you very much for taking the time to complete this evaluation. Additional information about the NEIWH Online Program will be forwarded to you upon receipt of this form.

Signature of Applicant	Date	Signature of Online Coordinator	Date		



# ***CONTACT US***

Write to us at:

NORTH EASTERN INSTITUTE OF WHOLE HEALTH, INC.  
22 Bridge Street  
Manchester, NH 03101

Call us at:

(603) 623-5018

Fax us at:

(603) 623-4689

E-Mail us at:

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Institute Director: [drgrigore@neiwh.com](mailto:drgrigore@neiwh.com)

Academic Director: [dhd@neiwh.com](mailto:dhd@neiwh.com)

Admissions / Catalog requests: [admissions@neiwh.com](mailto:admissions@neiwh.com)

Registrar: [ewmelcher@neiwh.com](mailto:ewmelcher@neiwh.com)

Online Program / Technical Support: [upatham@neiwh.com](mailto:upatham@neiwh.com)