

# Guardian Massage & Reflexology Program



## 2006-08 Program Catalog

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# WELCOME

Welcome to Guardian Massage & Reflexology Program.

We are a state licensed educational facility that offers a 750-hour curriculum in massage therapy, reflexology and respective healing arts. Guardian Massage & Reflexology Program is affiliated with American Massage Therapy Association (AMTA).

Massage therapy is becoming recognized as a key component in today's health care system, accepted as a valid approach to reduce stress and maintain optimal health performance (i.e. increasing circulation, etc.).

Our program offers an education based on holistic principles - we recognize and acknowledge the integration of Body, Mind and Spirit for maintaining optimal health and happiness.

Over ten years of practicing massage and building a successful massage business, I have personally experienced both the rewards and the challenges involved. I have had numerous opportunities for both business and personal growth and feel I am now able to bring both my expertise and wisdom to you in this program. To this day, I continue to refine my skills both professionally and personally to become a better person and massage professional. I have witnessed miracles and transformations take place through the gift of touch – its impact on our society is immeasurable. I see massage as one of the most valuable services offered to mankind in the natural healing field. I believe wholeheartedly that this program will help develop the student into a massage practitioner capable of developing and maintaining a successful and fulfilling massage practice.

We invite you to make an appointment for a free consultation and review of our program and would welcome the opportunity to journey with you in this exciting program.

Charlotte Irwin, Director  
Guardian Massage & Reflexology Program

# PHILOSOPHY & MISSION

## **HOLISTIC PHILOSOPHY**

We believe it is a sacred privilege to care for others. We believe anyone working in the holistic and/or natural health field should be aligned with integration principles in wholeness of Body, Mind and Spirit and carry this message forth in their everyday comings and goings by becoming the template for wholeness. We believe it is the duty of holistic caregivers to be gentle guardians, holding a sacred space for those receiving care.

We have designed our program to be in alignment with this philosophy by bridging ancient healing cultures and philosophies with western clinical approaches, thus obtaining a template for wholeness and balance in Body, Mind and Spirit.

## **MISSION STATEMENT**

**Our mission is to prepare students to confidently create a successful holistic massage practice by giving them a strong foundation in technical, business, and interpersonal skills.**

# PROGRAM INFORMATION

## **PROGRAM GOALS**

- To provide our students with a strong foundation in holistic concepts, theories, applications of technical/clinical bodywork, and vibrational healing energies.
- To inspire students to be creative in their own intuitive flow of bodywork.
- To help our students develop the business knowledge and skills necessary to responsibly draw and retain a full clientele, regardless of what employment opportunity they choose.
- To help our students develop the interpersonal skills needed to successfully and professionally provide care for others.
- To prepare our students to take the national certification exam in massage and/or reflexology.

## SPECIAL FEATURES

- We offer a solid, concrete curriculum **focused on massage** applications.
- Our **750-CONTACT-HOUR** program involves lectures, hands-on clinical approaches, apprentice programs, externships programs, spa treatments, and hands-on business applications.
- **“Earn while you learn”** – 90 days into the program you can charge others for your services as a reflexologist. This can help to defray your tuition costs.
- Our **in-house training program** allows students to actually be part of a business and its components.
- We hold **high standards** for our instructors, as well as our guest lecturers. Instructors are highly motivated, full-time massage practitioners with over 5 years in the field and/or instructors who are experts in their related field.
- Each student will receive a **personal profile** highlighting his/her learning style preference based on the Herrmann Brain Dominance Survey.
- Classes are designed using a **“whole brain learning concept”** to honor every individual learning style.
- Guardian Massage & Reflexology Program is **licensed** by the Michigan Department of Education.
- Our class schedule **easily adapts to busy lifestyles**.
- Our classes are limited to 20 students to allow for **specialized, individualized attention**.
- Upon completion of our 750-hour program you will be awarded a Diploma as a **Certified Massage & Reflexologist**.

# CURRICULUM

## 750 Hour Program:

### **PRIMARY STUDIES**

Anatomy, Physiology, Kinesiology	125 hours
Massage Assessment, Theory and Application	200 hours
Pathology	40 hours
Reflexology	64 hours
Vibrational Energy	42 hours
Business	40 hours

Total.....511

### **RELATED STUDIES**

Holistic Concepts	10 hours
Aromatherapy/Carrier and Essential oils	10 hours
Interpersonal Skills	10 hours
Ethics	10 hours
Spa therapies	10 hours
CPR & basic first aid	8 hours
Yoga	18 hours
Tai Chi	18 hours

Total.....94

### **Outside class hours:**

Documented Practice Sessions	45 hours
Externship	100 hours
Total.....	145

Total program.....750

# COURSE DESCRIPTIONS

## PRIMARY STUDIES

**Anatomy, Physiology, Kinesiology– Massage-Related** (125 hours) The therapeutic application of massage requires the therapist to have a thorough knowledge of the body and its systems, structures and functions. Biomechanics basics, different body systems and how they work and relate to massage will be thoroughly investigated. Muscle and stress theories studied. Medical terminology will be identified/ Muscle testing procedures applied.

### **Massage Assessment, Theory and Application 200 hours**

This segment of the course provides a strong foundation in learning muscle terminology, actions, referral areas and locations. Origin and Insertions are identified and palpations if applicable. Different types of massage applications are presented such as, but not limited to, Muscle stripping, compression, Chinese acupressure, Swedish massage techniques, Hawaiian Lomi Lomi and others. Draping, sanitary practices, and body mechanics are woven into all bodywork classes for professional bodywork application. This segment of the course also provides hands-on instruction in advanced massage techniques that can help the massage practitioner access problem areas and develop a treatment plan based on these advanced massage skills. Such skills include, but are not limited to, palpatory skills, postural assessment techniques, and positional release, strain, and counterstrain theories. Different types of massage applications for specific purposes are identified, such as sports, pregnancy, medical, cancer protocol, and rehabilitation/injury massage. Students are presented with different approaches to developing client plans. In most cases, the student will have the opportunity to practice the techniques presented within the same session in which they are presented.

### **Pathology (40 hours)**

An introduction to the massage therapist to the study of disease. Our resource book will be, Mosby's Pathology for the Massage Therapist we will study all the different body systems pathologies a massage therapist should be aware of.

**Reflexology** (64 hours) This course covers the concepts, theories and applications of reflexology. It includes an in-depth study of foot reflexology, with foot anatomy and physiology, energy concepts, and contraindications studied in great detail. This course prepares the student to take the national certification exam on

reflexology and become a reflexology practitioner in the natural health field.

**Vibrational Energy** (42 hours) There are two main components to all massage - physical touch and subtle energies. Physical touch concepts create changes in the body through manual activation. The subtle energies around us and within us also change the body and heal at a deeper level. Einstein, Ancient Eastern concepts (meridian, acupuncture), all work with the “life force” within us and the energy fields around us to help the body to work optimally. We will study the work of Dr. Robert Becker, author of The Body Electric: Electromagnetism and the Foundation of Life, and Dr. Richard Gerber, author of Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies, and experience how these theories relate to massage and help heal the Body, Mind and Spirit.

**The Business of Massage** (40 hours) This course prepares students to succeed in any massage endeavor they pursue, whether independent contractor, employer/employee, or business entrepreneur. All aspects of business are covered so that the student is aware of all factors involved as they make future career decisions. Students are guided in developing solid business principles and personal ethics, learning basic accounting principles and financial strategies, setting goals, and accessing useful resources. Licensing issues and certifications are also addressed in this course. This course is divided into two parts – 1) BASIC – 16 hours at the beginning of the program (during Reflexology), and 2) ADVANCED – 24 hours at the end of the program, allowing the student to develop his/her own business plan just prior to graduation.

## **RELATED STUDIES**

**Each of the following studies will be the sole focus for the specified number of class hours. However, as many of these are integral to massage, they will also be woven throughout other classes, as appropriate.**

**Holistic Concepts** (10 hours) This course covers studies conducted on different viewpoints regarding allopathic (traditional) medicine and holistic medicine. Many holistic applications that are considered valid approaches by the National Institute of Health will be introduced. How each of these is accepted and integrated into our health system will also be discussed. Students learn how one can bridge the application of massage therapy in both systems to assist patients and clients in their health care.



**Aromatherapy/Carrier and Essential Oils** (10 hours) This course provides class instruction in the use of essential and carrier oils to enhance your massage and choose the appropriate medium for your clientele. More important than acting as a lubricating medium, specific oils can aid in promoting healing to the muscle tissues and body systems. This course will cover the effects of oils on skin, processing of oils, chemical constituents of oils, healing properties of oils, and the application of specific medicinal oils. Because of the volume of oil used, it is of vital importance that a massage practitioner be educated in this area.

## **RELATED STUDIES** (continued)

**Interpersonal Skills** (10 hours) The more you learn about yourself, the better you can relate to others. In this course, each student completes a Herrmann Brain Dominance Survey and receives an individualized profile identifying his/her preferred learning style. The profile outlines how this preference can be used to improve communication, business, teaching and learning skills, as well as help in identifying the individual's optimal massage career path. The student will begin keeping a journal, documenting their learning experience throughout the program – what works and what does not, adjustments made, successes, failures, and the relation of each of these to their personal profile.

**Ethics** (10 hours) This course covers professional and ethical boundary issues, ethical practices, safety issues and body psychology.

**Spa Therapies** (10 hours) This course is a hands-on introduction to spa therapies, as more and more of the spa industry trains and/or requires massage practitioners to do this type of work in conjunction with massage. The student learns to apply different types of body scrubs, apply sea clay treatments, and perform massage facials. Hands-on application will be available during the externship program.

**CPR and First Aid** (8 hours) This course provides hands-on instruction and certification in CPR and First Aid. All students are required to gain certification in CPR and First Aid as it is always a possibility that these skills will be needed when administering massage.

**Yoga** (18 hours) This course provides the student with first-hand experience in the practice of yoga. In addition to receiving the holistic health benefits derived from yoga, the student learns to focus and meditate in order to be relaxed and focused in applying massage.

**Tai Chi** (18 hours) This course provides the student with first-hand experience in the practice of tai chi. In addition to receiving the holistic health benefits derived from tai chi, the student learns balance and agility to help with their body mechanics when applying massage.

## **PRACTICAL REQUIREMENTS**

**Documented Practice Sessions** (45 hours) In order to graduate, the student is required to perform 45 clinical non paid hours of reflexology in a approved health facility. This experience is used to practice skills learned in class, experience a broad base of situations, evaluate what works best for therapist and client, and make adjustments as the student therapist develops his/her own unique style of massage. These services must be performed on a selective clientele in order to experience a representative sample of future clients (elderly, infants, holistic educators/practitioners, injured, those in corporate settings, etc.). These experiences must be documented according to specifications.

### **Externship Program** (100 hours)

In order to graduate, the student is required to perform 100 hours of non-paid externship on a volunteer basis in an approved massage center in order to provide the student with first-hand experience in the inner workings of such a business. Working with experienced massage practitioners and business owners allows the student to identify the rewards, challenges, requirements, and expectations involved in the massage business. The overall development of the student is enhanced through this process. Based on instructor approval, students can start their externship 6 months into the program curriculum and/or upon completion of the reflexology portion of the program.

# PROGRAM CALENDAR

## Program 2006

### March Start Date

Registration Deadline:  
Orientation:  
per month

February 25th  
Class Schedule: 2 weekends

6:00 p.m. – 10:00 p.m. (Friday)  
10:00 a.m. – 6:00 p.m. (Sat & Sun)  
25 weeks @ 20 hours per  
weekend=500 in class hours

Month		Weekend	Weekend
April '06	1/2	7-9	21-23
May '0	3/4	5-7	19-21
June '06	5/6	2-4	16-18
July '06	7/8	7-9	21-23
August '06	9/10	4-6	18-20
September 06	11/12	8-10	22-24
October'06	13/14	6-8	20-22
November'06	15/16	3-5	17-19
December'06	17/18	1-3	15-17
January'07	19/20	5-7	19-21
February 07	21/22	2-4	16-18
March	23/24	2-4	20-22
April	25	13-15	

## CLASS SCHEDULE

### EVENINGS:

6:00 p.m. - 10:00 p.m.

Evening Session

### WEEKENDS:

9:00 a.m. - 1:00 p.m.

Morning Session

1:00 p.m. - 2:00 p.m.

Lunch

2:00 p.m. - 6:00 p.m.

Afternoon Session

Program Holidays include: Thanksgiving, Christmas, New Year's, Easter, Memorial Day, and Fourth of July

# 2007 School

Month		Weekend	Weekend
Jan 07	½	12-14	26-28
Feb	¾	9-11	23-25
March	5/6	9-11	23-25
April	7/	20-23	
May	8/9	4-6	18-20
June	10/11	1-3	15-17
June	12	29-01	
July			
	13/14	13-15	27-29
August			
	15/16	10-12	24-26
September			
	17/18	7-9	21-23
October			
	19/20	5-7	19-21
November			
	21/22	2-4	17-19
December			
	23/24	1-3	14-16
January 08			
	25	4-6	

## BOOKS/SUPPLIES

The book and lab fee covers the following, which will be furnished by Guardian Massage & Reflexology Program upon receipt of complete payment of these fees:

### **Textbooks:**

- Basic Clinical Massage Therapy: Integrating Anatomy and Treatment, by James H. Clay and David M. Pounds, (ISBN 0-683-30653-7)
- Mosby's Fundamentals of Therapeutic Massage, 2<sup>nd</sup> edition, by Sandy Fritz (ISBN 0-323-00677-9)
- Illustrated Essentials of Musculoskeletal Anatomy, by Kay W. Sieg and Sandra P. Adams, (ISBN 0935157026)
- Mosby's Basic Science for Soft Tissue and Movement Therapies, by Sandy Fritz, Kathleen Paholski, and James Grosenbach, (ISBN 0-323-00284-6)
- Irwin's Reflexology Studies and Application Manual by Charlotte Irwin
- 
- Principles of Reflexology by Dr. J. Manzanares M.D.
- Massage Your Business, by Charlotte Irwin

## **BOOKS/SUPPLIES (continued)**

### **Other:**

- Herrmann Brain Dominance Profile
- Individual workbooks and handouts (as relate to subjects covered)
- Charts (applicable to subject)
- Recommended reading list (distributed at Orientation)
- One custom program t-shirt
- Student liability insurance (through reputable professional organization)

### **To be furnished by the student:**

- Massage table (must be purchased prior to 1<sup>st</sup> class; can be purchased through the program at a discount)
- Sheets (bring a clean set of twin-size sheets to each class)
- All oils and creams (must use only organic, cold-pressed oils for massage)

# **ADMINISTRATION & FACULTY**

## **ADMINISTRATION**

### **Owner & Director:** Charlotte Irwin

After a successful 19-year career at General Motors, where she spent many years as a training coordinator, Charlotte Irwin resigned in 1996 to pursue studies and a career in Massage Therapy. She graduated as a Massage Technician from Health Enrichment Center in 1992. Over the course of the next 8 years, she furthered her studies in massage, energy concepts and spirituality in Hawaii, encompassing over 2000 hours, completing her studies in 2002. She has also taken numerous courses on reflexology and completed intensive studies with Dr. J. Manzanares M.D, and has been given permission to teach his method in the U.S. She is the author of 'Massage Your Business Manual', and will be publishing her first book this year. She has studied herbology, homeopathy, aromatherapy. She is also a licensed esthetician with the State of Michigan and is currently pursuing a degree in Natural Health Science from Clayton College. Charlotte is committed to lifelong learning and the sharing of her knowledge and skills with others. Charlotte established her own massage business and holistic health center in 1992, and has built and grown this business into today's dynamic and successful Center for the Healing Arts, a place for people choosing natural methods to support and maintain their health and well being.

### **Administrative Assistants:**

#### **Mary Schriro**

Handles all calls and inquiries regarding school grants and financial aid and other school related questions.

#### **Jennifer Oliveri**

A 4 year employee of the center an integral part our administration staff for the past 3 years and handles all calls to be distributed to the proper individuals.

# FACULTY

We hold high standards for our instructors, as well as our guest lecturers. Instructors are highly motivated, full-time massage practitioners with over 5 years in the field and/or instructors who are experts in their related field.

## **Primary Instructors:**

Charlotte Irwin

(See Administration section above)

## **Lori Jones**

Lori Jones, a five-year practitioner of massage therapy, has worked at the Center for the Healing Arts for the past five years. Lori is a member of the AMBP. Lori, a certified reflexologist, is also a primary instructor for our reflexology program and studied under Charlotte Irwin and Dr. J. Manzanares, M.D.

## **Mary Schriro**

Mary, a graduate of the New York School for Holistic Medicine, Health and Research, holds an Associates degree in Occupational Services. She has also acquired a pre and perinatal massage certification from Body Therapy Associates, San Diego California. And as certification in reflexology under Charlotte Irwin. Mary, a licensed therapist with the State of New York has recently relocated with her family and now resides in Sterling Heights and has worked for the Center for the Healing Arts the past three years.

## **Educational Consultants**

### **Tom Lichtenberger**

Tom Lichtenberger has worked in both Physical Therapy and Sports Medicine. This work has included servicing professional sports team, including the Boston Red Sox and the Chicago White Sox. Tom currently manages the Sports Medicine Store and manufactures custom-made orthotics. Tom lives in Kansas City and will act as a tutor and consultant for Guardian Massage & Reflexology Program, traveling to Michigan to join us from time to time.



## FACILITIES

- Our facility is located within the Center for Healing Arts on Van Dyke, a major highway with easy access off M-59 or I-696.
- Classes are held in a spacious 1100 sq. ft. classroom with access to kitchen facilities and 6 bathrooms, 2 with shower facilities.
- Our environment is a “welcoming and supportive” atmosphere.
- The Center for the Healing Arts offers students of Guardian Massage & Reflexology Program discounted rates on massage therapy supplies and equipment through their large retail store.
- There is a very large, well lit, and secure parking area, providing ample parking spaces. Students will not leave alone or unattended.
- A huge reference library is available to students, including videos and tapes.

Please feel free to visit our facility – we ask that you call for an appointment so that someone is available to give you a tour and answer your questions.

## POLICIES & PROCEDURES

### ADMISSION REQUIREMENTS

#### ADMISSION REQUIREMENTS:

Applicants must meet the following **minimum qualifications** in order to be considered for admission:

- be 18 years of age or older (by date of first class meeting)
- earned a high school diploma or equivalent (verification required)
- be in sufficient health to perform massage therapy, including, but not limited to, the absence of any communicable disease (verification required - medical doctor's signature on a physical examination form)
- possess the emotional maturity required to participate in an adult learning environment

## **ADDITIONAL CONSIDERATIONS:**

- All qualified applicants will be considered for admission. Applicants will not be refused admission on the basis of race, color, religion, national origin, ethnicity, age, gender, marital status or occupationally irrelevant disabilities.
- All course materials are written in English. All correspondence and tests are written in English. All required work, including tests and thesis must be submitted in English. Therefore, all applicants should have a good grasp of the English language.
- Class size is limited to 20 students. Qualified students are accepted on a first-come, first-served basis. We reserve the right to cancel the course if the enrollment does not exceed our minimum requirements.

## **ADMISSION PROCESS**

An application form is located in the forms section at the end of the catalog. Applications for admission to the 2006-2007 program must be postmarked by the registration deadline. The application fee and copy of high school diploma (or equivalent) must accompany the admissions application.

Once an application has been received by Guardian Massage & Reflexology Program, the applicant will be contacted within 5 business days to schedule a personal interview.

Once interviewed and accepted to the program, registration must be finalized by submitting a signed student contract (copy located in forms section of catalog), a medical form, and payment in full (tuition and book/lab fees). Registration must be finalized within two weeks of acceptance to the program.

## **TUITION/FEEES**

A current Tuition/Fee Schedule for all-program related costs can be obtained through contacting Guardian Massage & Reflexology Program.

There is a \$40 fee for returned checks. Once a check is returned for NSF (non-sufficient funds), all future payments MUST be made with a money order or certified check.

## **REFUND POLICY:**

All tuition and fees paid by the applicant shall be refunded if the applicant is rejected by Guardian Massage & Reflexology Program before enrollment. Guardian Massage & Reflexology Program may retain an application fee of not more than \$25.00 if the application is denied. All tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with Guardian Massage & Reflexology Program. All refunds shall be returned within 30 days.

### **After the three business days have elapsed, the following refund policy will apply:**

In the event that a student withdraws from the program prior to graduation, Guardian Massage & Reflexology Program will retain the application fee, the book and lab fee, and a pro-rated portion of tuition based on the schedule outlined below. (For further details, see the Withdrawal/Dismissal section below)

<u>Number of class weekends elapsed</u>	<u>Percent of tuition refunded</u>
1-5	60%
6-8	30%
9-24	NO REFUND

In the event that a student is dismissed from the program due to any breach of contract and/or stated code of conduct/ethics and policies/procedures, there will be no money refunded. (For further details, see the Withdrawal/Dismissal section below)

## **ATTENDANCE**

A student MUST attend at least 85% of official class hours in order to fulfill graduation requirements. While this policy does allow for up to 72 hours of class time to be missed, the student remains responsible for making up any missed requirements, including tests and quizzes, at their own expense. It is mandatory to notify Guardian Massage & Reflexology Program, preferably ahead of time, of any class time that you will be missing.

All students are expected to be on time for each class, unless prior arrangements are made with the instructor. All unexcused tardiness will be deducted from hours of attendance at a rate of 15 minutes of tardiness equaling 1 hour of absence.

Requests for leave of absence from the program will be considered on a case-by-case basis. Depending on the circumstances, one can revert to the refund policy or arrange to make-up missed work at his/her own expense.

## **STUDENT CODE OF CONDUCT**

The Student Code of Conduct & Ethics for Guardian Massage & Reflexology Program is to be reviewed and a signed written agreement will be required from the student at the time of registration. A copy of this agreement can be found in the forms section at the end of the catalog.

## **WITHDRAWAL & DISMISSAL**

In the event that a student withdraws from the program prior to graduation, arrangements will be made on a case-by-case basis as to possibilities for completion of the program at a later time. The student must notify Guardian Massage & Reflexology Program in writing of their intent to withdraw and the official withdrawal date will be the date of receipt of such notification. Guardian Massage & Reflexology Program will retain the application fee, the book/lab fee, and a pro-rated portion of tuition based on the schedule outlined in the refund policy.

Any breach of the conditions outlined on the student contract, student conduct & ethics form, and/or the policies and procedures compliance form can serve as grounds for immediate and indisputable dismissal. The program director, adhering to the following disciplinary procedure, has sole discretion as to the dismissal of a student from the program, for reasons including, but not limited to, those on the above specified forms. In the event of gross misconduct, the program director has the right to bypass the disciplinary procedure by dismissing the student immediately. In the event that a student is dismissed from the program, for whatever reason, there will be no money refunded.

## **DISCIPLINARY PROCEDURE**

The disciplinary procedure is as follows.

- In the event of a problem with the student's behavior and/or performance, the student will receive an oral explanation and the opportunity to rectify the situation within a specified timeframe.
- In the event that the problem continues beyond this timeframe, the student will receive a written warning, including the actions required within a specified timeframe in order to continue in the program. During this timeframe, the student will be on probationary status.
- In the event that the problem continues beyond this timeframe, the student will be dismissed from the program.

# GRADING & ASSESSMENT

The grading scale is as follows:

100%	-	95%	A
94%	-	85%	B
84%	-	75%	C
74% and below			Failing

There will be 6 written tests given throughout the program, approximately one every 4 weeks. Non-graded quizzes will be given every other week in order to help students keep on track and assess their own progress. In order to graduate, students must have at least a 75% score on each written test. Students that score below 75% on any test will have a one-time opportunity to re-take the test and achieve a passing grade. Any test re-taken will be assessed a \$25 re-take fee.

In addition to written tests, each student will be observed and assessed quarterly on the basis of their clinical performance. Following these clinical observations, progress reports will be distributed.

The final exam will consist of both a written test (the last of the scheduled 6) and a clinical observation (the last of the scheduled 4). A student must achieve passing status on both portions of the final exam in order to graduate.

Guardian Massage & Reflexology Program maintains all academic files and records. Each student's progress is tracked on a computer and kept in a student file. A student can review their file upon request of the administrative office.

Each student will receive an official transcript upon graduation. Any additional transcript requests will be subject to a \$5.00 fee per transcript. Students are advised to keep copies of transcripts, certificates of completion, and diplomas. In the event of the closure of Guardian Massage & Reflexology Program all student transcripts will be available from the Michigan Department of Career Development upon request for transcripts from closed schools.

## **PLACEMENT**

Guardian Massage & Reflexology Program will take into consideration and issue partial credit for prior attendance of classes documented from a state licensed school. The transcript will be reviewed and credit will be issued on an individual basis.

Guardian Massage & Reflexology Program does not serve as a job placement agency for its graduates and assumes no responsibility for professional employment other than providing transcripts upon written request by the student for possible placement.

## **LIABILITY**

Guardian Massage & Reflexology Program assumes no responsibility for loss of personal property of any individual associated with the program in any manner. Guardian Massage & Reflexology Program does not assume any responsibility for the results of a student's voluntary participation during massage applications, self-guided meditation, yoga, tai chi, or any other self-guided relaxation applications. It is recommended that a student check with their physician before engaging in any of the above mentioned activities.

Guardian Massage and Reflexology Program will furnish student liability coverage during the course of the program. Individuals cannot accept payment for any massage services rendered while being insured as a student. We encourage all our students to acquire their own liability coverage before they begin their own practice. We will provide information about the various professional organizations one can join and through which such coverage can be acquired.

# **GRADUATION REQUIREMENTS**

In order to graduate and receive a diploma as **Certified Massage Therapist and Reflexologist**, the student must have:

- Attended at least 85% of official class meetings AND completed all requirements, including but not limited to tests and quizzes, in an acceptable and timely fashion
- Completed all reading and homework assignments
- Completed all written tests and quizzes, achieving 75% or above on each written test
- Achieved passing status on final clinical observation
- Provided documentation, according to specifications, verifying completion of 100 hours of practice massage experiences
- Satisfactorily completed a 170-hour massage externship at an approved facility
- Satisfactorily completed a 20-page (typed, double-spaced) thesis on an approved massage-related topic
- Paid all tuition, fees and other program-related fees in full

All conditions above **MUST** be met in order for a student to receive their diploma. In the event that a student does not complete all the above requirements they will receive a letter identifying exactly what requirements need to be fulfilled, and by when, in order to receive their diploma. Once all requirements have been met, the student will receive his/her diploma.

# Guardian Massage & Reflexology Program Application for Admission

Applicants must meet these minimum qualifications in order to be considered for admission - be 18 years of age or older, have earned a high school diploma or equivalent, possess sufficient health to perform massage therapy (to be verified by a medical doctor's signature on a physical examination form prior to registration), and possess the emotional maturity to participate in an adult learning environment.

All qualified applicants will be considered for admission and will be contacted within 5 business days of receipt of application to arrange for a personal interview. Applicants will not be refused admission on the basis of race, color, religion, national origin, ethnicity, age, gender, marital status or occupationally irrelevant disabilities.

All course materials are written in English. All correspondence and tests are written in English. All required work, including tests and thesis must be submitted in English. Students are responsible for their own translators.

Class is limited to 20 students. Qualified applicants are accepted on a first-come, first-served basis. If you intend to enroll, we highly recommend that you do so as soon as possible in order to secure your space. We reserve the right to cancel the course if the enrollment does not exceed our minimum requirements.

**All requested information is required in order to process this application. Applications for admission to the program must be postmarked by December 31.** Send completed form, copy of high school diploma or equivalent, and a \$25 application fee and \$50 enrollment fee

**(checks made payable to Holistic Health Services Inc: mailed to**

Guardian Massage & Reflexology Program  
40580 Van Dyke, Suite D  
Sterling Heights, MI 48313

## General Information:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone - home \_\_\_\_\_ work/cell \_\_\_\_\_

*(please circle the number you prefer us to call)*

Date of Birth \_\_\_\_\_ Social Security # \_\_\_\_\_

In case of emergency, please contact:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone(s): \_\_\_\_\_



Relationship \_\_\_\_\_

Three personal references (name, relationship and phone numbers):

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

## Education:

High School: \_\_\_\_\_  
(attach a copy of transcript or diploma - **REQUIRED** with application)

College or other courses related to massage (please list):  
(attach copies of verification - **REQUIRED** with application)

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

## Current Employment:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## Personal Information:

*Circle one response for each question below:*

Are you physically capable of performing massage therapy?    YES    NO

Are you free of any disease that could be transmitted by giving or receiving a massage?    YES    NO

Have you ever been convicted of a felony?    YES    NO

*Please answer the following questions:*

How do you plan to finance this program?

What is your goal after graduation?

Why are you interested in the application of massage?

How did you hear about us?

I hereby certify, to the best of my knowledge, that the information furnished on this application is true and complete without misrepresentation. I understand that if it is not, it is grounds for dismissal from the program. I authorize Guardian Massage & Reflexology Program to make appropriate inquiries into the accuracy of my records in the event that it is deemed necessary by program officials.

Applicant's Signature

Date

# Student Contract

## Guardian Massage & Reflexology Program

40580 Van Dyke, Suite D  
Sterling Heights, MI 48313  
586-268-5444

I agree to complete the 750-hour, 12-month massage and reflexology course, with classes meeting as per the attached class meeting schedule. I agree to arrive at least 15 minutes prior to the scheduled class starting time. I realize that these dates/times are subject to change in the event of extenuating circumstances and that any resulting re-scheduled class meetings are part of the required program.

I understand that once I have completed the program and have satisfactorily met all graduation requirements, I will receive a diploma as a **Certified Massage Therapist and Reflexologist** and will be qualified to perform massage and reflexology for a professional fee in the allied/alternative health field. I will also be qualified to take the National Certification exam in massage and bodywork and the National certification exam in reflexology. I understand that as a graduate of Guardian Massage & Reflexology Program I am required to follow all city and state laws and ordinances required for massage therapy and reflexology in the city I practice in.

**I understand that the tuition of \$5,625.00 and book/lab fee of \$400.00 are required along with, or prior to, signing and submitting this contract and that all books will be distributed on the day of orientation. If I elect the payment plan option I agree to fulfill the payment plan by making monthly payments of \$502.08 a month for 12 consecutive months. No certificate will be issued until completion of all payments.**

**I have read and fully understand all the conditions specified on the attached Student Code of Conduct & Ethics form. I have read and fully understand the policies and procedures outlined on the attached document. I agree to adhere to all the above-stated and attached terms and conditions of this agreement while participating in Guardian Massage & Reflexology Program and I understand that any violation of this agreement on my part will constitute immediate grounds for dismissal from the program and a forfeit of the right to collect any monetary refund. In the case of such a violation, the program director has sole discretion as to whether dismissal is warranted. No amendments or changes will be made to this contract during the term of the program unless in writing and authorized by the program director or owner.**

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Student Name (please print)

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Date Tuition/Lab Fee Received

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Student Signature

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Date

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Charlotte Irwin, Director  
Guardian Massage & Reflexology Program

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Date

# Guardian Massage & Reflexology Program POLICIES and PROCEDURES

The following policies and procedures are used in the Guardian Massage & Reflexology Program in order to minimize the time needed to address administrative needs. All students, staff and personnel are required to follow these policies and procedures. Be sure to read each section carefully and, before signing the student contract, give prior consideration as to your ability and willingness to adhere to these policies and procedures.

## **REFUND POLICY:**

All tuition and fees paid by the applicant shall be refunded if the applicant is rejected by Guardian Massage & Reflexology Program before enrollment. Guardian Massage & Reflexology Program may retain an application fee of not more than \$25.00 if the application is denied. All tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with Guardian Massage & Reflexology Program. All refunds shall be returned within 30 days.

After the three business days have elapsed, the following refund policy will apply:

In the event that a student withdraws from the program prior to graduation, Guardian Massage & Reflexology Program will retain the application fee, the book and lab fee, and a pro-rated portion of tuition based on the schedule outlined below. (See Withdrawal/Dismissal section below for further details.)

<u>Number of class weekends elapsed</u>	<u>Percent of tuition refunded</u>
1-6	60%
6-9	30%
9-24	NO REFUND

In the event that a student is dismissed from the program due to any breach of contract and/or stated code of conduct/ethics and policies/procedures, there will be no money refunded. (See the Withdrawal/Dismissal section below for further details.)

## **ATTENDANCE:**

A student MUST attend at least 85% of official class hours in order to fulfill graduation requirements. While this policy does allow for up to 72 hours of class time to be missed, the student remains responsible for making up any missed requirements, including tests and quizzes, at their own expense. It is mandatory to notify the program director, preferably ahead of time, of any class time that you will be missing.

All students are expected to be on time for each class, unless prior arrangements are made with the instructor. All unexcused tardiness will be deducted from hours of attendance at a rate of 15 minutes of tardiness equaling 1 hour of absence.

Requests for leave of absence from the program will be considered on a case-by-case basis. Depending on the circumstances, one can revert to the refund policy or arrange to make-up missed work at his/her own expense.

**WITHDRAWAL/DISMISSAL:**

In the event that a student withdraws from the program prior to graduation, arrangements will be made on a case-by-case basis as to possibilities for completion of the program at a later time. The student must notify the program director in writing of their intent to withdraw and the official withdrawal date will be the date of receipt of such notification. Guardian Massage & Reflexology Program will retain the application fee, the book/lab fee, and a pro-rated portion of tuition based on the schedule outlined in the refund policy.

Any breach of the conditions outlined on the student contract, student conduct & ethics form, and/or the policies and procedures compliance form can serve as grounds for immediate and indisputable dismissal. The program director, adhering to the following disciplinary procedure, has sole discretion as to the dismissal of a student from the program, for reasons including, but not limited to, those on the above specified forms. In the event of gross misconduct, the program director has the right to bypass the disciplinary procedure by dismissing the student immediately. In the event that a student is dismissed from the program, for whatever reason, there will be no money refunded.

**DISCIPLINARY PROCEDURE:**

The disciplinary procedure is as follows.

- In the event of a problem with the student’s behavior and/or performance, the student will receive an oral explanation and the opportunity to rectify the situation within a specified timeframe.
- In the event that the problem continues beyond this timeframe, the student will receive a written warning, including the actions required within a specified timeframe in order to continue in the program. During this timeframe, the student will be on probationary status.
- In the event that the problem continues beyond this timeframe, the student will be dismissed from the program.

**GRADING and ASSESSMENT:**

The grading scale is as follows:

100% - 95%	A
94% - 85%	B
84% - 75%	C
74% and below	Failing

There will be 6 written tests given throughout the program, approximately one every 4 weeks. Non-graded quizzes will be given every other week in order to help students keep on track and assess their own progress. In order to graduate, students must have at least a 75% score on each written test. Students that score below 75% on any test will have a one-time opportunity to re-take the test and achieve a passing grade. Any test re-taken will be assessed a \$25 re-take fee.

In addition to written tests, each student will be observed and assessed quarterly on the basis of their clinical performance. Following these clinical observations, progress reports will be distributed.

The final exam will consist of both a written test (the last of 6) and a clinical observation (the last of 4). A student must achieve passing status on both portions of the final exam in order to graduate.

Guardian Massage & Reflexology Program maintains all academic files and records. Each student's progress is tracked on a computer and kept in a student file. A student can review their file upon request of the administrative office.

Each student will receive an official transcript upon graduation. Any additional transcript requests will be subject to a \$5.00 fee per transcript. Students are advised to keep copies of transcripts, certificates of completion, and diplomas. In the event of the closure of Guardian Massage & Reflexology Program, all student transcripts will be available from the Michigan Department of Career Development upon request for transcripts from closed schools.

**PLACEMENT:**

Guardian Massage & Reflexology Program does not grant students advanced placement status for prior studies and/or experience. In order to graduate from the Massage & Reflexology Program, the entire program must be taken as a whole.

Guardian Massage & Reflexology Program does not serve as a job placement agency for its graduates and assumes no responsibility for professional employment other than providing transcripts upon written request by the student for possible placement.

**LIABILITY:**

Guardian Massage & Reflexology Program assumes no responsibility for loss of personal property of any individual associated with the program in any manner. Guardian Massage & Reflexology Program does not assume any responsibility for the results of a student's voluntary participation during massage applications, self-guided meditation, yoga, tai chi, or any other self-guided relaxation applications. It is recommended that a student check with their physician before engaging in any of the above mentioned activities.

Guardian Massage & Reflexology Program will furnish student liability coverage during the course of the program. Individuals cannot accept payment for any massage services rendered while being insured as a student. We encourage all our students to acquire their own liability coverage before they begin their own practice. We will provide information about the various professional organizations one can join and through which such coverage can be acquired.

Sample Diploma

# Guardian Massage & Reflexology Program

This certifies that

*Your name goes here*

has successfully completed 750 hours in massage applications, reflexology, and anatomy, physiology, pathology, kinesiology, massage assessment, energy concepts, business principles and massage related studies and is hereby declared the title of

**Certified  
Massage Therapist & Reflexologist**

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Charlotte Irwin  
Program Director

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Date

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Student #



## **Continuing Education Classes Available**

**Continuing Education classes are approved by the Michigan Department of Labor and Economic Growth and part of our state license Guardian Massage and Reflexology school.**

**Lomi Lomi Massage. An introduction to the art of Lomi-Lomi massage. Students learn this type of bodywork introduced by the Hawaiian people centuries ago. Hawaiian names of muscle and bones are learned along with the Hawaiian spiritual principles as applied to body work as well as hands on techniques.**

**Class hours :16**

**Cost: \$250**

**Advanced Massage Techniques: This class teaches massage therapists A deeper understanding of the fascia system of the body. Specific hands on techniques in helping carpal tunnel, and plantar fascia, low back and sciatica pain are taught.**

**Class hours: 8**

**Cost: \$99**

**Aromatherapy Class: This class teaches the safety and use of essential and carrier oils for the massage therapist. Classification of oils, their chemical constituents and the properties of essential oils are discussed. Blending and making oils for the use in massage is also included.**

**Class hours 8**

**Cost : \$99**

### **Reflexology Certification Program**

**A 96 hour class hours in the study of reflexology based on Dr. Manzanrares method is taught in class. The students receive a certification diploma of 150 hour program consisting of 96 classroom hours and 54 outside practicum.**

**Class hours: 96**

**Cost: \$900**