

Table of Contents

Philosophy.....	2
Mission Statement.....	2
Asian Bodywork Description.....	2
Student Admissions.....	3
Student Tuition.....	4
Refund Policy.....	4
Dismissal.....	4
Leave of Absence.....	5
Code of Ethics & Conduct.....	5
NCCAOM National Certification Exam.....	5
NCBTMB Certification.....	6
Curriculum.....	6
Class Descriptions.....	8
Evaluation/Grading scale.....	11
Course/Graduation Requirements.....	12
Student information policy.....	12
Complaints.....	12
Directors.....	12

Asian Bodywork Program Course Catalog

Welcome to Elements of Healing School of Massage!

Elements of Healing Holistic Health Center & School of Massage was formed as a corporation in 2003. Barbara and Scott Moylan met in Acupuncture school and started a health clinic in Long Island, NY. Having experienced first hand the atrocity of 9/11 they began searching for a peaceful environment to raise a family and spread the healing potential of Chinese medicine. In 2003 Elements of Healing was brought to Vermont. The massage program started as a 300 hour program and by demand has grown into the current 600 plus hour program it is today. Barbara and Scott were blessed with a beautiful baby girl in 2006; Scott now directs and teaches the majority of the program while Barbara provides administrative support. Their dream has come, and continues to evolve as students and patients share their needs.

Philosophy

It is our belief that healing happens within each individual. We all possess this capacity for healing. Students will learn that as bodyworkers we merely facilitate healing for people. Students learn how to create space for people to access their own healing potential with unconditional positive regard. Asian Bodywork is a valuable healing therapy that is needed. It is our mission to bring ABT to the forefront of the American health care system.

Mission Statement

Our mission in the field of Asian Bodywork Therapy is to:

1. Provide the highest quality instruction in massage and Classical Chinese medicine.
2. To raise the level of Asian Bodywork as a therapy and a profession in the health and healing modalities in America.
3. To teach students to become competent and compassionate leaders in the field of complimentary and alternative medicine.
4. To promote the highest standards of ethical practice in the field of massage therapy.
5. To teach students that through the cultivating practices of qi gong and meditation, healing comes from within each individual.

Elements of Healing is dedicated to offering equal educational opportunities to all persons without regard to race, gender, sexual orientation, marital status, or handicap.

Asian Bodywork

Asian bodywork and Chinese medicine has a history of over 5000 years. The oldest medical text in the world, *The Huang Di Nei Jing* (The Yellow Emperor's Classic of Internal Medicine), has many theories that are still practiced today. Its long history is a testament to its clinical effectiveness.

Elements of Healing's 500 hour/ten month certificate program teaches the fundamentals of Chinese Medicine within the context of two effectively therapeutic forms of massage. Amma and Shiatsu are different in style, but equally powerful healing modalities. The program will also give students a strong foundation in western anatomy & physiology, pathology and kinesiology. This will give students the ability to work along side and communicate with western medicine practitioners. This program offers a **Certificate of Completion**. Our school **does not** offer college credits, nor does it offer a degree at the commencement of the program. For national certification please refer to the sections regarding the NCCAOM and NCBTMB. Massage is not a licensed profession in the state of Vermont. However, having national certification may have its benefits for employment opportunities.

Amma

Amma massage is a form of therapeutic bodywork that stimulates the energetic meridians and improves the circulation of Qi, blood, and lymphatic fluid through the use of circular pressure. By utilizing amma's gentle rocking and vibrational techniques the fundamental substances of the body flow more freely. This will improve a body's ability to heal itself. Sensitivity to the patient's needs is developed through different hand exercises and cultivation of one's own energy is accomplished through the practice of qi gong and tai ji.

Zen Shiatsu

Shiatsu is a complete health care modality that works to correct an individual's physical and energetic system. Through diagnosing energy imbalances and identifying and addressing disharmonies with the use of pressure along the channels/meridians of the body, greater balance and well-being is achieved. Shiatsu is very effective at treating pain and injuries as well as internal imbalances. It is a form of acupressure that combines pressure with application of gentle stretching, joint rotations and manipulations. By utilizing these methods shiatsu can balance one's qi, body and spirit.

Student Admission Information

Elements of Healing is committed to enrolling the highest qualified and motivated students. It is important that a candidate for admission to the program understands and complies with the licensure requirements of all states in which he or she intends to practice.

New students are admitted to the program each September. Applicants are encouraged to submit their application early because space is limited to 20 students each year.

Vermont Student Assistant Corporation (VSAC) non-degree grants are available for students who qualify. Contact their office at 1(800) 642-3177 and ask for their non-degree granting office. New applications are available in June/July of each year.

Applicants for admission to the program should proceed as follows:

Application

1. Complete an application and send it to Elements of Healing 21 Essex Way Suite 109, Essex Jct. VT 05452.

2. An interview will then be set up between the applicant and one of the directors of the program.
3. The applicant will then be notified of their status regarding acceptance.
4. A non-refundable \$500 deposit and signed contract will then guarantee the space in the class for the applicant.
5. A detailed calendar for the year is then sent to the enrolled student, and again reviewed the first day of class.

Student Tuition

Tuition is \$5,000.00. In addition students will need to purchase required textbooks.

Required textbooks:

1. Zen Shiatsu: How to Harmonize Yin and Yang for Better Health, Shizuto Masunaga
2. Amma Therapy, Tina Sohn and Robert Sohn
3. Foundations of Chinese Medicine, Maciocia
4. Trail Guide to the Body, Andrew Biel
5. Anatomy & Physiology in Health and Illness, Ross and Wilson.
6. A recommended reading list will be provided throughout the class.

A shiatsu mat is recommended and can be purchased for approximately \$125.00.

During the Amma portion of the course massage tables are provided during class time but students will need to have access to a table for outside practice. Tables range from \$199- \$650.

Refund Policy/Withdrawal Procedure

- Students who cancel their contract by notifying the school within 3 business days of the school receiving it are entitled to a full refund of all tuition and fees paid.
- Students, who withdraw in writing after three business days, but before the commencement of classes, are entitled to a full refund of all tuition paid less the \$500.00 deposit.
- Withdrawals must be in writing and either sent by certified mail or given in person to the Director.
- In the case of students withdrawing after the commencement of classes, the school will retain the \$500.00 deposit plus a percentage of tuition paid, which is based on the percentage of contact hours attended according to the table below:

Percentage of Program Completed	Refunded Amount
10%	90% less deposit
10-25%	75% less deposit
25-50%	50% less deposit
50-75%	25% less deposit
75%+	No refund

Dismissal

Elements of Healing reserves the right to ask a student to leave the training for violation of the Code of Ethics & Conduct, failure to fulfill financial obligations, unsatisfactory course work, or for insufficient attendance.

Leave of Absence

If a student must take a leave of absence from the program for any reason, they may return the following year in the section where they left at no additional cost. Students who return after one year must retake the entire program at full cost.

Code of Ethics & Conduct

- Be committed to a safe and supportive environment by conducting yourself with honesty and integrity.
- Be honoring, respectful and accepting of others as well as yourself and treat others with unconditional positive regard.
- Be respectful of physical and emotional boundaries and refrain from any sexual conduct in the classroom.
- Be confidential and respect the privacy of others. What is said here stays here.
- Be responsive to feedback and give appropriate feedback to others.
- Be personally responsible for stating your needs clearly.
- Be as present as possible and be attentive to others.
- Be mindful of personal hygiene and present yourself appropriately (clean and rip-free clothing if possible, loose clothing tucked in, long hair tied back, clean paint-free and trimmed nails, clean fragrance-free body, jewelry-free hands and wrists).
- Be smoke, illegal substance and alcohol free when in and around the school/clinic.
- Be professional and positive in attitude and manner in order to promote the field of Asian Bodywork Therapy as a valuable health care modality.

NCCAOM National Certification Exam For Asian Bodywork Therapy

NCCAOM offers national certification exams in Acupuncture and Chinese Herbal Medicine as well as Oriental Bodywork Therapy. NCCAOM certification represents professional recognition. It does not authorize or license an individual to practice Acupuncture, Chinese Herbal Medicine or Oriental Bodywork Therapy. Licensure and registration are state regulatory functions.

Eligibility Criteria for the Asian Bodywork Therapy Examination (ABT):

- Completion of an Asian Bodywork Therapy program that can document at least 500 hours of entry-level Asian Bodywork Therapy education. Education

must consist of a minimum of 350 didactic hours (160 of which relate specifically to Asian Bodywork Therapy techniques) and 70 clinical hours.

- Candidate must be at least 18 years of age.
- Candidate has signed the statement that indicates he/she understands and agrees to be bound by the National Code of Ethics promulgated by the NCCAOM.
- Candidate has passed the NCCAOM Comprehensive Written Examination in Oriental Bodywork Therapy.

For further information contact the NCCAOM at:

NCCAOM
11 Canal Central Plaza, Suite 300
Alexandria, VA 22314
Tel: (703) 548-9004
E-mail: info@nccaom.org

NCBTMB National Certification Exam

NCBTMB offers two exams- the National Examination for Therapeutic Massage (NCETM) and the National Examination for Therapeutic Massage & Bodywork (NCETMB). Both lead to national certification and share the same eligibility criteria, but there are slight differences in exam content. This program offers over the minimum required for the NCETMB exam.

Eligibility Criteria for NCETMB

- 125 hours of body systems, anatomy, physiology and kinesiology
- 200 hours of massage and bodywork assessment, theory and application
- 40 hours of pathology
- 10 hours of business and ethics (minimum of 6 hours in ethics)
- 125 hours of additional instruction in an area or related field that theoretically completes the massage program of study

For further information contact the NCBTMB at:

NCBTMB
1901 South Meyers Road, Suite 240
Oakbrook Terrace, IL 60181
Tel: (630) 627-8000

500 Hour Asian Bodywork Therapy Program

Western Sciences:

Skeletal system

Myology

Major Systems

Kinesiology

Pathology

Total Western sciences

Fundamental OM Theory:

History

Yin/Yang

Three treasures

Fundamental substances

5-element theory

Total Fundamental theory**Anatomy of Energy:**

Organ physiology

Meridian theory

Point location, function and indication

Extraordinary vessels

Curious organs

Total Anatomy of Energy**Chinese medical Pathology:**

Causes of Disease: internal, external and miscellaneous.

Pattern Identification

6 channels

4 levels

Triple heater

Total Pathology:**Diagnosis:**

8 principles

4 diagnoses

1. Looking

2. Listening/Smelling

3. Palpation: Hara, Pulse, Meridian, Mu and Shu points

4. Questioning

Total Diagnosis:**Technique:**

Amma 1-Supine

Amma 2 Prone

Zen Shiatsu 1-Supine

Zen Shiatsu 2-Prone

Zen Shiatsu 3-Side lying/Seated

Applied Asian Bodywork 1

Applied Asian Bodywork 2

Adjunctive Therapies

Pediatric/Pregnancy

Patient education

Total Technique:**Physical Arts:**

Qi gong

Tai Ji Chuan

Meditation

Total physical Arts

Clinic:

Student Clinic

Rounds

Evaluations

50 recorded sessions

Total Clinic:**Business/Ethics:****Total Program Length:****Class Descriptions:****Western Sciences**

This section of the course is designed to teach the fundamental knowledge of the structure and function of the human body. Basic anatomical terminology and directional terms are introduced and demonstrated, followed by the study of concepts in basic chemistry, cell and tissue biology. This course also focuses on the structure and function of the integumentary, skeletal, muscular & nervous systems. Students will then study the blood and cardiovascular system, lymphatic, respiratory, digestive, endocrine, urinary and reproductive systems of the human body.

Kinesiology

This course will study movement of parts of the human body. This course begins with a discussion of the scope kinesiology and a definition of movement as it applies to the human body. The student will learn history taking, posture evaluation, muscle testing, and some regional orthopedic testing. With this assessment information the therapist will be able to determine if massage therapy is appropriate and will be able to monitor the client's progress.

Pathology

Pathology is the study of human disease conditions. The scope of practice, goals of treatment, and various treatment modalities will be discussed for certain neuromusculoskeletal and organic diseases, with emphasis on indications and contraindications for treatment of these conditions. Fractures, whiplash, soft tissue injuries, repetitive stress disorders and arthritis will be a focus for musculoskeletal diseases. Cancer, blood and cardiovascular diseases, gastrointestinal diseases, urinary disorders, endocrine diseases, and respiratory diseases will be discussed for internal disease conditions.

Fundamental OM Theory

This course provides a general overview of the theory and practice of Chinese Medicine as well as an in-depth examination of the fundamental theory that underlies the practice of Chinese Medicine and many related clinical approaches under the broader domain of Oriental Medicine. This course examines all aspects of the practice of Chinese medicine from fundamental philosophy through treatment. This course focuses in detail on the concepts of yin and yang, vital substances and the five elements. This course serves as the foundation for all further courses in Oriental medical theory. It provides a systematic and authentic grounding in concepts that are fundamental to learning and practicing Oriental medicine. The student is taught to reason with, and think critically about core concepts in Chinese Medicine.

Anatomy of Energy

This course studies in detail Chinese internal medicine. The zang fu (viscera and bowels), jing luo (Channel and collaterals), the eight extraordinary vessels and the curious organs are all discussed in detail. All of the meridian points are discussed, with a focus on the more effective points for treatment including: transporting points, source points, cleft points, mu points, shu points, influential points and confluent points. Students will gain a deep understanding of how the organs work together, and how to correct imbalances through the treatment of points.

Chinese Medical Pathology

This course discusses various principles regarding the cause of disease and theoretical recognition of pathological patterns. Internal causes of disease, external causes of disease, miscellaneous causes of disease, pattern identification, 6 stages of disease, 4 levels of disease and the triple heater will be discussed in depth. Students begin to use the fundamental theory in a practical way within this class. The student will take the knowledge he/she has learned previously and apply it to recognize patterns of disharmony.

OM Assessment

This course provides an in-depth study of the principles and techniques of assessment in Chinese Medicine. The focus of the course is on the use and understanding of the four diagnostic methods: Palpation, Observation, Inquiry, and Listening & Smelling. There is a strong focus on abdominal assessment. Masunaga's abdominal model is studied and practiced in depth. 6 position pulse assessment is a focus as well. A detailed study of asking assessment as well as observation skills will complete the students' skills in assessment. This class has both lecture and practical time built into it. A great deal of time is devoted to the development of these assessment skills.

Amma 1

This course serves as an introduction to bodywork. The "Amma form" for the supine position is taught within this section. Students will begin their journey into using their hands in a healing way. Exercises for developing sensitivity, posture, and patient draping are a focus for this class. Different techniques that are used in Amma are circular thumb pressure, circular digital pressure, and the proper way to apply these techniques as well as how to use them on the Tendino-muscle channels.

Amma 2

This course covers the prone position for Amma. Students will also begin to study how to apply Amma for several commonly seen imbalances including: cold & flu, neck & back pain, digestive disorders and migraine headache. Students will continue to learn the importance of draping, posture and sensitivity exercises that will allow them to become a skilled and competent practitioner.

Zen Shiatsu 1

This course will provide the history and background of Zen shiatsu as well as a "form" for the supine position. There will be a focus on the four principles of Zen shiatsu pressure: Perpendicular pressure, Static pressure, Supporting pressure and equal pressure. Exercises on how to breath and sink into the abdomen (hara) are taught as well.

Zen Shiatsu 2

This course will continue the study of Zen shiatsu in the prone position. Students are also taught different sensitivity exercises that will allow them to provide the natural leaning pressure that is required to give Zen shiatsu.

Zen Shiatsu 3

This course completes the fundamentals of shiatsu series with a study of Zen shiatsu in the side-lying and seated positions. There will also be a focus on integrating all the positions into a flowing treatment with an emphasis on effortless transitions from one position to the next.

Applied Asian Bodywork 1

This section is going to combine what we learn in the theory portion to what we learned in Amma 1 and 2. What will emerge is a dynamic form of massage that can be applied to an individual's disharmony. Here we will discuss how to treat specific imbalances through touch and different techniques for the advanced practitioner.

Applied Asian Bodywork 2

This course will combine what we have learned in theory and apply it to Zen shiatsu. Learning how to release the abdomen and two point treatments will be a focus as well. What will emerge from this class is a form of massage that can treat a wide range of physical, emotional, and energetic imbalances.

Adjunctive Therapies

This portion of the program is dedicated to teaching students other skills that are relevant to Chinese Medicine. Moxibustion, Gua sha, Cupping and basic Tui Na skills are taught. The purpose is to give students other skills to be able to treat a wide range of disorders and make them more complete Chinese Medicine practitioners. Contraindications and precautions are taught with each new skill learned.

Pediatric/Pregnancy

This course will focus on the specialized treatment of children and pregnant women. Sho-ni-shin is a specialized form of acupressure that utilizes different tools to stimulate the meridians and acupressure points. Children respond well to this form of treatment. Cautions and contraindications for pregnant women will be discussed as well as how to position their body for comfort and address specific complaints common during pregnancy. Students will feel comfortable and confident in treating this special population.

Patient Education

This course covers a wide range of topics related to communication, and education for one's patients. A set of meridian exercises is taught as well during this class that address specific complaints within the 12 primary channels. Learning how to teach and communicate is a skill that will be focused on in this portion of the class.

Physical Arts

The arts of Tai Ji, qi gong, and meditation are essential in becoming a sensitive massage therapist. This class teaches the student the principles of tai ji movement, 2 internal cultivation qi gong forms, and a meditation that will assist in the student's personal healing, as well as protect and ground him/her. Each day the class meets it will begin with qi gong and meditation. This routine will help instill the importance of daily practice in cultivating energy and healing.

Clinic

Students will have the opportunity to practice their skills in a supervised setting. 50 recorded sessions are required to complete this portion of the class. There is a good deal of time spent with reviewing evaluations for the treatments and "Rounds" where the students and instructor will meet to discuss the treatments given. Students are encouraged to take more responsibility with the care of the clinic and patient contact from the beginning to the end of the appointment.

Business/Ethics

This class will teach students the fundamentals of a business plan as well as how to advertise and market themselves for success in the field of Asian Bodywork Therapy. Ethical considerations are discussed as well as role playing for certain scenarios that are common in the massage field. A discussion of AOBTA, NCCAOM and NCBTMB code of ethics will be discussed.

Evaluation

Students will take weekly quizzes in the subject matter that they are studying. There will also be a cumulative midterm and final exam of all material. Grades will be given according to the scale below.

Grading Scale

Grade	% Range
A	96-100
A-	90-95
B+	87-89
B	84-86
B-	80-83
C+	77-79
C	74-76
C-	70-73
D+	67-69
D	64-66
D-	60-63
F	<60

Course Requirements

Attendance- 80% required

Quizzes-10%

Midterm Cumulative Exam-30%

Final Project Presentation-10%

Final Cumulative Exam-30%

Satisfactory Completion of Anatomy and Physiology portion 20%

*Percentages represent amount of Final Grade for Program

Note: 70% final grade required to pass course

- Students must retake exams until 70% is reached
- Tardiness 5 times of 15 minutes or more equals one absence
- Students must attend 80% of classes to pass (32 Weeks)
- If more absences are required, there will be make-up possibilities on a case-by-case basis.

Graduation Requirements

In order to graduate and receive the Certificate of Completion students must:

1. Pay tuition in full and all fees.
2. Satisfactorily complete all quizzes and tests (70% or greater final grade)
3. Have attended 80% or greater of the entire program.
4. Complete the clinical portion with 50 documented treatments.

Student Information Policy

Students have the right to access their file at any time. Information collected about a student is completely confidential and Elements of Healing will not share any information obtained about a student with a third party without the written consent of the student.

Complaints

If a student has a complaint he/she can speak directly to the director of the program. All complaints will be taken seriously and a resolution will be attempted in a timely fashion. If the student has a complaint that cannot be resolved then they can contact the Secretary of State's office at (802) 828-2191.

Directors

R. Scott Moylan, M.S., L.Ac. has a Bachelors Degree in English & Applied science, a Masters Degree of Science, and is a Licensed Acupuncturist. He has been studying Chinese medicine for 14 years and has been in private practice for 11 years. Teaching is his passion, and he has been guiding this program for the last 8 years. Scott is also a teacher and practitioner of Martial arts, Tai ji chuan, qi gong, and Chinese herbal medicine. He and his wife Barbara started Elements of Healing in 2003, and welcomed their daughter, Annaliese, into this world in 2006.

Barbara A. Moylan, M.S., L.Ac. has an Associates Degree in Biology, a Bachelors Degree in Anthropology & Applied Science, a Masters Degree of Science, and is a Licensed Acupuncturist. She has been practicing Acupuncture for 10 years and now supplies administrative support to the program. Barbara is very proud to be a full time Mother to her daughter. She is patient and kind and brings that with her to help students with their administrative needs.