

# Spring Renewal



## MASSAGE & LEARNING CENTER

### Professional Massage Training Program Volume Six–Winter 2007–Winter 2008

Letter of Introduction

Dear Prospective Student,

This catalog is intended to give you information about what to expect as you consider making a decision to enroll in the Professional Massage Training Program or Enrichment Courses at Spring Renewal, LLC.

The creation of Spring Renewal's Professional Massage Training Program is the result of nine years of planning, preparing, and praying. It grew from our own healing process and our experiences with massage as students, clients, and ultimately, therapists. As massage therapy continues to experience tremendous growth in all areas, including medical massage, spa massage, private practice, and alternative health care facilities, it is vital that students are given a wide range of training and experience. Spring Renewal's Professional Massage Training Program will enable and empower you to work in any of these exciting settings.

Your journey with us is intended to teach you massage techniques that will empower and enable you to grow into your own style as a therapist. You will develop professional skills and techniques that will make you a valuable part of the skyrocketing business of natural health care. But, even more importantly, it is designed to help you in your own personal growth and development. It is not just training, it is an opportunity to recognize your own ability to be an effective massage therapist and bodyworker by working not only with your hands and head but also with your heart.

You cannot take care of others effectively unless you take care of yourself as well. You cannot hope to take others down a path that you have not traveled. It is our job and intention to assist you in your journey of discovering yourself, massage therapy as a profession, and taking your next steps. Communication is the key. Keep in touch.

Peace and Blessings,

*Jacob*

Jacob Brodbeck, CMT  
School Director

*Freda*

Alfreda Brodbeck, ND, CMT  
Spring Renewal Administrator

# Spring Renewal



## MASSAGE & LEARNING CENTER

Letter of Introduction--2003 Update

Dear Prospective Student,

We are excited to introduce our 2003-2004 school catalog. The letter of introduction on the previous page is the original and still holds true today. Many changes have happened over the years that make our educational offerings better than ever. As a result of feedback from students, prospective students, massage therapists, health care practitioners and others, our Professional Massage Training Program has been revamped, enhanced and improved to better meet the needs of our present and future students. We combined the best of Western health models with Oriental approaches to offer a well-rounded curriculum.

So, what's new? Several new instructors have joined the Spring Renewal team, bringing with them a wide range of education, experience and insight. We are pleased to announce the start of an evening class format for PMTP , a homestudy course in Aromatherapy, and other Enrichment and Community Classes.

Many massage therapists and health care practitioners have requested admission to our classes for continuing education credits and career enhancement. We are honored by their acknowledgment of our programs and have created a format to welcome them into our integrative approach to massage and holistic studies. Prospective students frequently ask if there is a way to "try out" massage school before committing to the full program. Others just want to learn the massage basics for family and friends. In response to those requests, we have created a new class called The Spring Renewal Approach where students learn to do a full body relaxation massage using Spring Renewal's integrated method.

*Jacob*

Jacob Brodbeck, CMT  
School Director

*Freda*

Alfreda Brodbeck, ND, CMT  
Spring Renewal Administrator

## Program Goals

As part of Spring Renewal's multi-faceted approach to natural health care, the Professional Massage Training Program (PMTP) is just one facet epitomizing our overall mission statement:

To serve as a catalyst in helping others to achieve their physical, emotional, and spiritual goals and to teach others to teach others . . .

The goal of the Professional Massage Training Program is to prepare, teach and empower students to become certified massage therapists. Additionally, enrichment courses will be offered in other aspects of natural health care such as Herbology, Aromatherapy, Vibrational Healing and Homeopathy.

Spring Renewal also offers continuing education courses for graduates and advanced massage training and a variety of fun and educational community classes.

## How do I know the school is credible?

Spring Renewal Center for Health and Beauty was founded in 1993 and is licensed by the Michigan Department of Labor and Economic Growth. It is an Institutional Member of Associated Bodywork and Massage Professionals as well as the American Massage Therapy Association. Spring Renewal students are eligible to take the National Certification Exam upon graduation.

All 600 hours in the PMTP are supervised hours. We keep our classes small to provide lots of individual instruction.

Currently, Michigan is not a licensing state for massage therapists. Legislation has been introduced to set standards to license massage therapists. Graduates from Spring Renewal will not only meet but exceed the standards established in the proposed legislation.

There are lots of ways to check us out:

- \* schedule an informational meeting with one of our instructors
- \* get a massage here
- \* ask questions
- \* Sit in on part of a class

Do the same thing with other school programs. Then trust your heart to determine which school is right for you.

## What about your facility and services?

Spring Renewal Center for Health and Beauty's campus encompasses approximately 1.5 acres of wooded land with the center nestled in the trees in the center of the property. It is a working Health Spa as well as a school. Inside the building you will find:

- \* our main lobby and Aveda retail area
- \* a small lounge with water and coffee
- \* our holistic pharmacy
- \* alternative health care including Naturopathy, Quantum Biofeedback, Oriental Medicine, acupuncture, aromatherapy, and massage therapy; and more
- \* spa and salon services including hair care, skin care and nail care
- \* the school, which has a 28'x23' self contained classroom that is versatile in its design to accommodate many different uses and a smaller classroom as well

Spring Renewal is a non-smoking facility including our grounds and gardens. Students needing assistance to quit should consult with Dr. Brodbeck. Remember clothes, breath and hands absorb the smell and may offend others.

Our Address is:

Spring Renewal LLC  
3493 Washington  
Saugatuck, MI 49453.  
269-857-2602, Fax: 269-857-2402

Email: [peace@springrenewal.com](mailto:peace@springrenewal.com), [www.springrenewal.com](http://www.springrenewal.com)

## Who are the instructors?

Jacob Brodbeck, AB, CMT, CST is co-founder and the Director of Spring Renewal School Programs. He is a certified massage therapist and an instructor in the Professional Massage Training Program. He teaches other classes as well. Jacob has an Associates Degree in Business Management from Lansing Community College. He continues his education with advanced training through the Upledger Institute. Jacob has been practicing massage therapy for over twenty years and is a member of both Associated Bodywork and Massage Professionals as well as the International Association of Healthcare Professionals. His passion is CranioSacral Therapy and Somato Emotional Release Techniques. Clients come to him from across the country to experience his unique and nurturing therapies. Jacob creates and oversees the hands on training in every Module.

Alfreda Brodbeck, N.D., CMT or Dr. B., as she is affectionately called, is co-founder, Administrator of Spring Renewal, and an instructor. It was her vision that created Spring Renewal. Dr. B has an Associates Degree in Business Management from Lansing Community College, a Bachelor's Degree in Business Administration from Northwood University, a Master of Science in Natural Health and a Doctorate in Naturopathy from Clayton College of Natural Health. She is also a certified massage therapist. She is a member of the American Naturopathic Medical Association, the American Association of Nutritional Consultants and Associated Bodywork and Massage Professionals. In addition to her private practice which offers natural health care and Quantum Biofeedback, Dr. B. teaches many seminars and workshops across the country, including her original and innovative Financial Wellness: A Natural Approach. Dr. B teaches the Business, Marketing and Ethics Module, giving students the necessary training to handle the business aspects of massage. She also lectures in Fundamentals, Yin, and Yang.

W. Perry Dickinson, BS, NCTMB, ARCB has a bachelor of Science degree in Accounting. Perry is a nationally certified reflexologist and a nationally certified massage therapist. He is a member of Associated Bodywork and Massage Professionals. He teaches the Yang Therapies module and is the Program Development and Marketing Manager for Spring Renewal.

Guest presenters are often invited to share information in their specialty areas.

## Who may attend?

\* High school graduates (or equivalent) seeking a career in massage therapy or holistic work

\* Massage therapists seeking to expand their scope of practice and CEUs.

\* Nurses, doctors, alternative practitioners, caregivers, or anyone who seeks to use massage and holistic practices to enhance their current vocation.

\* Prospective students who have a high interest in massage but are not sure about committing to the PMTP

## What types of programs and training are offered?

Two types of certificate are currently offered as well as lots of other classes and workshops:

### Professional Massage Training Program

Students enrolled in the Professional Massage Training

Program will be required to complete a minimum of 600 clock hours of training. This professional training is divided into the following Modules:

- \* Fundamentals of Massage Module ~ 100 Hours
- \* Anatomy & Physiology for Bodyworkers Module ~ 100 Hours
- \* Yang Therapies Module ~ 100 Hours
- \* Yin Therapies Module ~ 100 Hours
- \* Business, Ethics & Marketing Module ~ 100 Hours
- \* Clinical Applications ~ 100 Hours

Students in professional training will also be required to do massage trades with other students, to receive professional massage therapy, and to practice massage techniques as part of homework.

One clock hour is equivalent to 50 minutes of supervised instruction.

### Enrichment Courses

Students enrolled in Enrichment programs will be required to complete the course of study with 20 clock hours of training. Evening and Weekend classes are offered. Current state licensed course offerings include: Herbology, Aromatherapy, Vibrational Healing, Homeopathy, and Aromatherapy home study.

### Community Classes

A wide variety of fun and educational Community Classes are offered. Topics, presenters, and schedules are posted on our website at [www.springrenewal.com](http://www.springrenewal.com) or available by mail. Certificates and costs vary.

## What are the hours and schedules?

### Professional Massage Training Program

Spring Renewal's Professional Massage Training Program offers three terms each year. Classes begin the 3rd week of January, the 2nd week in May and the 2nd week of September and run for 12.5 weeks. Two formats are offered. Students may attend one day per week from 8:30 am to 5 pm or they may attend two evenings per week from 5:30 pm to 9:30 pm. Evening class is available as student interest dictates.

Students are required to enroll in the Fundamentals of Massage Module first. Remaining Modules may be taken in any order. Clinical Application hours will be interwoven throughout the program following completion of the

Fundamentals of Massage Module. The Fundamentals of Massage Module meets on Tuesdays during the day and/or Tues./Wed. evenings. The other modules are offered on a rotating basis on Mondays and Wednesdays during the day and/or Mon./Tue. and Wed./Thur. evenings

Spring Renewal's classroom is closed the week of Easter, Memorial Day, Independence Day, and Thanksgiving. There is at least a two week break at the end of each term and a winter break approximately four weeks long to allow students the opportunity to spend holidays with family and friends.

Students who complete the Modules in subsequent order and fulfill Clinical Application requirements in conjunction with the other Modules can expect to complete the program in approximately 18 months.

With approval of Director of School Programs, students may enroll in an accelerated program. In the accelerated program, students complete the Fundamentals Module in their first term and in subsequent terms enroll in two Modules simultaneously. This requires a commitment of two full class days per week or four evenings per week. Completion time in the accelerated program is approximately eleven months.

Credit may occasionally be given for previous training and experience. Administrator approval is required. Transferring students will be required to complete a 16 hour pre-requisite called The Spring Renewal Approach which introduces Spring Renewal philosophy and the basics of the Spring Renewal integrated full body relaxation massage.

With administrator approval and completion of the 16 hour pre-requisite The Spring Renewal Approach, certified massage therapists and other health professionals may attend any of the PMTP Modules for career enhancement or CEUs.

Arrangements will be made for students with special needs. Tutoring for all students will be available at an additional cost.

### **Enrichment Courses**

Enrichment Courses are offered throughout the year with both evening and weekend options. Courses will be offered on a rotational basis. Current classes include Herbology, Aromatherapy, Homeopathy, and Vibrational Healing. These courses are state licensed with certificates upon completion.

### **Community Classes**

A variety of fun and educational Community Classes will be held throughout the year. Visit our website or call for schedule, cost and enrollment information.

# **Can you tell me more about the Enrichment Courses and Community Classes?**

Our four enrichment courses are offered at least twice each year. These programs are part of our state license and certificates are awarded upon completion of all 20 hours.

**Herbology** - This 20 hour program will focus on the introduction of commonly used herbs. Topics to be discussed will be: standardization, indications and contraindications and folklore. Cost is \$200 plus a \$20 lab fee.

**Aromatherapy** - This 20 hour program will discuss the history of essential oils, how they are produced, how they work in the body, natural vs. synthetic, and introduction of many well known oils. This program will also have lab time for students to make their own blends. Cost is \$200 and a materials fee of \$50 is required. This course is now available as a home study course.

**Vibrational Healing** - During this 20 hour program, the Chakra system will be introduced from a Western Perspective. Quantum Biofeedback, Polarity, Reiki, Crystal Healing, and Chakra balancing will be discussed and demonstrated. Cost is \$200

**Homeopathy** - Home and First Aid use of the most common homeopathic remedies will be discussed during this 20 hour program. A history of homeopathy and allopathic medicine will be highlighted. Understanding of homeopathic laws and preparation of remedies will also be discussed. Cost is \$200.

Handouts will be provided. No textbooks are required for on site classes, except for Aromatherapy. Additional material fees and textbooks will be required for online classes.

**Community Classes** - A variety of additional classes will also be presented at Spring Renewal. Length of class, cost, schedules and complete information are available on our website or by phone. Guest speakers may be invited.

Students in the Professional Massage Training Program may use these Enrichment Courses and Community Classes toward Clinical Applications Module Seminar hours. Depending on the specific class, certificates may or may not be awarded.

Some of our most popular classes include:

**Massage Weekend (a.k.a. The Spring Renewal Approach)** - Learn to give friends and family a full body relaxation massage. This is the perfect class for anyone thinking of going to massage school. If you sign up for our Professional Massage Therapy Training Program within six months of taking this class, we will waive your \$100 application fee. Class time: 16 hours. Cost is \$199.

**Hot Stone Massage** - This class is open to massage therapists and massage therapy students. Learn Spring Renewal's signature hot stone massage. Limited class size. Class time: 5 hours. Cost is \$99.

**Chair Massage** – This class is open to massage therapists and massage therapy students. For on-site events or times when a table is not available, learn massage techniques that can be performed with your client seated and fully clothed. Class time: 4 hours. Cost is \$59.

**Ear Candling** – This ancient technique is safe, fun and effective. Class time: 3 hours. Cost is \$59.

**Reflexology** – is more than just a good foot massage. Learn the specific reflex points that will treat the whole body through the feet. Class time: 4 hours. Cost is \$59

**Reiki I** – Learn the history of Reiki and receive your first attunement. Learn to treat yourself and others with this centuries old, non-intrusive method of hands on healing. Plenty of practice time to included to hone your new skills. Class time: 4 hours. Cost is \$99.

**Reiki II** – Receive your second attunement and learn the first three Reiki symbols. You will be taught a scanning technique to help find energy disturbances. You will also learn to send Reiki energy over a distance. Practice time is included to send distance Reiki both individually and as a group. Prerequisite: Reiki I. Class time: 4 hours. Cost is \$199

**Reiki Master** – Receive your Reiki Master attunement and learn the Reiki Master symbols. Plenty of class time is allowed to “master” your new skills. Prerequisite: Reiki I and II. Class time: 4 hours. Cost is \$299.

Visit our website or call for current schedule and to register.

## Can you tell me what to expect in each Module of the PMTP?

Students in the Professional Massage Training Program will learn many aspects of massage including personal and professional development; anatomy and physiology for bodyworkers; benefits, indications and contraindications for massage; self care; how to set up and market a professional practice, history of massage and related modalities; as well as specific massage therapy techniques. The student's inner development is an integral part of Spring Renewal's training. Massage is a personal healing experience. Therapists cannot effectively assist a client along a path they have not traveled. To facilitate the integration of inner personal growth and development with the outer, physical work, a Yin/Yang approach will be introduced and utilized throughout the professional program.

The Professional Massage Training Program is divided into Modules to provide focus on specific massage training areas. Each Module will utilize a variety of teaching methods, recognizing that individuals have many different learning styles. Lectures, group discussions, interactive exercises, guided journaling, written and sketching assignments, as well as student presentations, massage demonstration and giving and receiving massage create a program that gives Spring Renewal students a well-rounded and pleasant learning experience.

The following pages give an overview of each Module.

### Fundamentals of Massage Module Hours

Personal & Professional Development	26
Pathology	10
Anatomy, Physiology, & Kinesiology	20
Final Exam	4
Basic Full Body Massage Techniques	
* Face, Hands & Feet	
* Arms & Legs	
* Neck & Back	
* Abdomen	
* Sidelying	
* Integration & Finesse	
* Shoulder Release	
* Hip Release	
* Related Techniques	40

Total Hours      100

**Required Textbooks:**

*Mosby's Essential Sciences for Therapeutic Massage* by Sandy Fritz and M. James Grosenbach. Cost: \$54.95

*Mosby's Fundamentals of Therapeutic Massage* by Sandy Fritz. Cost: \$39.95

*The Anatomy Coloring Book* by Wynn Kapit and Lawrence M. Elson. Cost: 19.95

*Trail Guide to the Body Third Edition* by Andrew Beil. Cost: \$52.95

*Mosby's Pathology for Massage Therapists* by Susan G. Salvo & Sandra K. Anderson. Cost: \$44.95

**Anatomy & Physiology  
for Bodyworkers Module (Prereq: Fundamentals) Hours**

Personal Development 6  
Pathology 10  
Tablework 20  
Final Exam 4

Anatomy, Physiology, & Kinesiology 60  
\* Skeletal System  
\* Muscular System  
\* Integumentary System  
\* Cardiovascular System  
\* Lymphatic & Immune System  
\* Respiratory System  
\* Urinary System  
\* Digestive System  
\* Reproductive System

Total Hours 100

**Required Textbooks:** (Students will already have these books from the Fundamentals Module)

*Mosby's Essential Sciences for Therapeutic Massage* by Sandy Fritz and M. James Grosenbach. Cost: \$49.95

*Mosby's Pathology for Massage Therapists* by Susan G. Salvo & Sandra K. Anderson. Cost: \$44.95

*The Anatomy Coloring Book Third Edition* by Wynn Kapit and Lawrence M. Elson. Cost: 19.95

*Trail Guide to the Body Third Edition* by Andrew Beil. Cost: \$52.95

**Optional Book:**

*Medical Dictionary*. Cost: Varies

**Yang Therapies Module****(Prereq: Fundamentals) Hours**

Personal & Professional Development 11  
Pathology 10  
Anatomy, Physiology, & Kinesiology (Eastern Approach) 25  
Final Exam 4

Deep Massage Modalities 50  
\* Acupressure & Moxabustion  
\* Trigger Points  
\* Sports Massage  
\* Soft Tissue Mobilization  
\* Cross Friction  
\* Shiatsu

Total Hours 100

**Required Textbooks:**

*Intermediate and Advanced Acupressure Course Booklet* by Acupressure Institute School of Massage Therapy. Cost: \$9.00

*The Web That Has No Weaver: Understanding Chinese Medicine Second Edition* by Ted Kaptchuk. Cost \$18.95

**Optional Textbooks:**

*Between Heaven and Earth* by Harriet Beinfield and Efrem Korngold. Cost: \$15.95

*Basic Acupressure* by Acupressure Institute School of Massage Therapy. Cost: \$9.00

*Tsubo: Vital Points for Oriental Therapy* by Katsusuke Serizawa, Sc.D. Cost: \$25.00

*Staying Healthy With the Seasons* by Elson M. Haas, M.D. Cost: \$14.95

*Job's Body: A Handbook for Bodywork* by Deane Juhan. Cost: \$39.95

**Yin Therapies Module (Prereq: Fundamentals) Hours**

Personal & Professional Development 16  
Pathology 10  
Anatomy, Physiology, & Kinesiology 20  
Final Exam 4

**Continued, next page**

Subtle Massage Modalities	50
* Polarity	
* Craniosacral Therapy	
* Myofascial Release	

Total Hours 100

**Optional Textbooks:**

*The Chakra Handbook* by Shalila Sharamon and Bodo J. Baginski  
Cost: \$14.95

*Ayurvedic Zone Diet* by Dr. Dennis Thompson Cost: \$15.95

*Hands of Light* by Barbara Ann Brennan Cost: \$25.95

*Your Healing Hands* by Richard Gordon

*Polarity Therapy: The Complete Collected Works* by Randolph Stone

*You Can Heal Your Life* by Louise Hay

**Business, Ethics & Marketing Module (Prereq: Fundamentals) Hours**

Business Planning/tax issues	20
Practice Standards	10
Marketing	20
Final Exam	4
National Exam Review	6
Legal Issues	10
Ethics	10

Tablework	20
* Spa Services	
* Reiki	
* Alexander Technique	
* Review and Refine Skills	

Total Hours 100

Lab Fee: May vary from \$45-\$85

**Required Textbook:**

*Business Mastery Third Edition* by Cherie M. Sobnen-Moe Cost \$24.95

**Optional Textbook:**

*Ethics of Touch* by Ben E. Benjamin, Ph.D. and Cherie Sobnen-Moe Cost \$ 28.00

**Clinical Applications Module (Prerequisite: Fundamentals) Hours**

Seminars on related modalities and issues	40
Supervised Volunteer Work	60
Total Hours	100

In this Module, students will pick 40 hours of elective seminars to enhance their learning in areas of specific interest. Students will complete 60 hours of volunteer work that may include assisting the instructor in Modules they have previously completed, doing massage at community events, and providing massage for people who could otherwise not afford it. There is no charge to the public for student volunteer work and all clinical hours are supervised.

**Total Program Hours 600**

## How will I be graded and evaluated?

Spring Renewal's Professional Massage Training Program does not use a traditional grading system. Tests create lots of anxiety and are usually not a fair measure of proficiency anyway. Yet, it is important to have a fair system to measure process and progress.

The grading system will be composed of five elements: Attendance, Homework, Presentation and Report, Technical Skills, Quizzes and Testing, and Professional Development. While standard letter grades are not used, student must meet established criteria in these five elements for completion of a Module. Student must complete one Module before entering another unless the instructor gives approval.

Attendance is of primary importance in a hands on learning environment. Therefore, strict requirements are placed on attendance. It is a 600 hour program and students are required to complete 600 hours. Because of the unique nature of our Professional Massage Training Program, being tardy and absent will truly interfere with success and it interferes with the success of others.

Tardiness will not be tolerated. Students will be assessed 1/2 hour of absence time if late by ten minutes.

Students must get instructor approval to be absent in advance of the missed classroom time. Students may only be absent for a maximum of 6 % of any module. Absences in excess of this will be dealt with according to the length of time missed. Students who are frequently absent may be required to repeat a Module or may be administratively dropped from the program. With instructor approval, students may be allowed

to make up missed hours. There will be a \$20 per hour charge for make-up hours. Repeated modules MUST be taken the next time that the module is offered. The student may take classes in the interim provided he or she maintains adequate attendance. All other make-up hours must be completed prior to attending the next module. Any student who does not adhere to this attendance policy will be administratively dropped from the PMTP.

Emergencies do happen. Communication with the instructor is the key to working with our students for the highest good of all.

Technical Skills and Professional Development will also be evaluated in each Module. Near the end of most Modules, students will receive two hours of individual lab time with an instructor to demonstrate and review skills and development. Students will receive verbal and written feedback.

Presentation and Report is another important part of student development. One of the primary responsibilities of massage therapists is to educate the public about massage. Therefore, in each Module, excluding the Clinical Applications Module, students will be required to write a report and make a class presentation based on the report. During the first class of each Module, students will be given the requirements and evaluation factors for the Presentation and Report. Reports must be complete and turned in on time. Student must score 85% or above. Reports will not be returned.

Homework is a requirement in every Module except the Clinical Applications Module. Homework may include reading assignments, written assignments, projects, massage trades with other students, massage practice with family and friends, receiving professional massage, and journaling exercises. During the first class of each Module, students will be advised about homework and given the assignments for the entire Module. Points will be given for completed assignments. Students must score 90% on the homework assignments to complete a Module. 50% of available points will be deducted for homework that is one week late. No points will be given for homework that is over one week late. Students who fail to get a 90% on the homework assignments will be required to complete 2 extra assignments for each late or missing piece of homework before being allowed to attend the next module.

At the end of the module, incompletes that are not approved by an instructor will require the student to retake the module at a fee of 75% of tuition.

Quizzes and Testing are often not good indicators of knowledge. However, testing may be required for certain students to meet requirements for CEUs (Continuing

Education Units). As an alternative that meets this requirement, our PMTP offers many fun formats such as Massage Quiz Bowl, Anatomy Jeopardy, and group study sessions with study guide materials. This method of evaluation also helps prepare students to take the National Exam.

Professional Review is required upon completion of all Modules. Students will meet with an instructor who will offer feedback on Professional Development and review student's file for completion of all required elements.

If questions arise regarding any aspect of the grading criteria, student should consult with the student liaison or the instructor.

The instructors maintain current attendance, homework, and progress records. All other attendance, progress and homework records are maintained in the student's file by the Student Liaison. Students will receive written notice of incompletes during the last two weeks of each module.

## What should I wear and bring to class?

We stress professionalism throughout the PMTP. Preferred attire for students in class is navy blue or burgundy scrubs. Khaki or black slacks with a polo shirt or tee shirt are also OK for class. There must be no graffiti on the shirt. When students are outside class and in the public sector for volunteer opportunities, Khaki or black slacks, polo shirts and shoes are required. Nails must be SHORT and CLEAN.

Materials List for Class:

- \* closed water container. We encourage you to drink lots of water.
- \* two flat twin sheets
- \* large beach towel and/or small blanket
- \* pillow and pillowcase
- \* large set of colored pencils. 48 or more good quality pencils is a good investment.
- \* snacks and food. Day classes take a half hour lunch. Evening classes take a 15 minute break.
- \* Students are encouraged to take good care of themselves and eat when needed.
- \* breath mints
- \* proof of student membership in ABMP or AMTA following Fundamentals Module

## What not to bring to class:

Cell phones and pagers must be turned off during class. No tape recorders or cameras may be used in the classroom. Listen and learn with your hands and heart. Students, you will be surprised how much your head remembers when you learn this way. What your hands learn, your head remembers.

## What does Spring Renewal provide?

- \* Massage Tables, Massage Oils & Creams
- \* Tables, Chairs, Whiteboard, Overhead Projector
- \* Kitchen with a refrigerator, stove, and microwave that students may use. Students may eat in the classroom or outside.
- \* 2 skeletons, Reference Library, and an assortment of Learning Aids

## Do I have to buy a table?

No! In fact, we discourage you from buying a table until we have taught you what to look for. There are many features and safety issues to consider when purchasing a table. It is a major investment and you should not spend your hard earned money until you are sure about what you want. Tables may be purchased through the school at student rates from reputable companies that stand behind their products.

## What do you expect from me?

Students in the Spring Renewal Professional Massage Therapy Program agree to abide by the Student Code of Ethics, and Student Agreement

## Student Code of Ethics

I will remember the first rule is always do no harm--to others, to the environment, to myself.

I will remember that student's actions, choices and behaviors do reflect upon the profession of Massage and Bodywork, upon the school and upon me and to make conscious choices.

I will work within the scope of practice for which I have been trained and I will make my status as a student of Massage

and Bodywork clear to clients prior to working with them in a session.

I will strive to project a professional image of myself, my business or place of employment, my school and the profession in general.

I will respect boundaries at all times--my client's, my own, and those of others.

I will seek assistance to help with situations in my life that interfere with the intention of Massage and Bodywork; e.g., emotional instability, abusing another person/child, alcohol or drug addiction, allowing myself to be a victim of abuse, etc.

I will be clear and honest in all communications with clients, other students, instructors, and in my advertising.

I will maintain client confidentiality and I understand that anytime a person is on my table, that person is truly a client

I will speak directly to an Instructor or Director at Spring Renewal when a point of confusion, disagreement or imbalance occurs regarding the Program and Training or my role within it.

I will use my training as a Massage Therapist and Bodyworker as an opportunity to heal self and to work from my strengths as I come forward to work with others.

## Student Agreement

As a student of massage at Spring Renewal, I agree to:

- \*Be respectful of myself, instructors, others and the environment. Be mindful of smells (smoking, colognes, breath, etc.). Clean up after class.
- \*Be on time and fully present at all times.
- \*Observe confidentiality and respect physical and emotional boundaries.
- \*Participate 100% and to honor my process and the process of those around me.
- \*Give honest yet gentle feedback when asked.
- \*Follow instructions and complete the Module--including all homework assignments, reports, presentations, projects and payments.
- \*Allow no room for sexuality or manipulation of any kind in the client/practitioner (student/student) relationship .
- \*Refrain from recreational drugs, alcohol, and smoking during class hours and whenever I am doing session work. (Please remember the entire Spring Renewal Complex is a no-smoking zone.)

Any student not observing the Student Code of Ethics or Student Agreement may be asked to leave class. Consent of the Instructor or School Administrator may be required for re-entry. Severe or multiple infractions may result in the student being expelled.

## **What does it cost and are payment plans available? What about funding assistance?**

Tuition for the 600 Hour Professional Massage Training Program is \$4925 (\$8.21 per hour). Students will also have additional expenses for class materials, textbooks, professional massage, and possibly room rent for student trades. In addition, a \$100 enrollment/graduation fee is due at the time students apply for admission into the Program.

Books are paid at the start of each Module.

Funding Assistance--Merit scholarships awarded to high school graduates may be used for massage training. Unemployed workers MAY qualify for tuition through the MI Works program. Michigan Works also has a limited amount of funds available for workers who have been displaced due to outsourcing of jobs overseas. Michigan Rehab also may have funds available for qualified students. Contact your local unemployment agency and intermediate school district for details.

Some employers also assist with tuition under employee benefit plans. Be sure to check with your employer.

Banks, mortgage and financing companies may have loans or lines of credit available. In addition, Spring Renewal offers many options to enable motivated students to attend school which are outlined in the next section.

### **Payment Options for Professional Massage Training Program**

It is our goal to make it possible for all prospective students to attend our training programs. We offer several payment options.

Payment In Full--We offer an incentive program to students who pay in full. When payment in full is received by cash or check at least 14 days prior to the start of the PMTP, student will pay \$4925 and receives a book credit in the amount of \$200 as a program incentive.

Monthly Plan with Down Payment--Payment plans are worked out individually with our Financial Aid Director. Payments late by five days will incur a \$20 fee.

Credit Card Payment--the student pays tuition in full at least one week prior to the start of class by credit card. Incentive program does not apply.

Work study and Grants-- Spring renewal offers a limited number of work study opportunities and a limited number of partial grants. These are only intended to cover a portion of the students' tuition.

## **Could you summarize all the costs into a quick reference sheet?**

Description	Cost
Tuition for Massage School	\$4,925.00
Required Books (283.60 plus 6% tax)	\$300.62
Enrollment/Graduation Fee	\$100.00
Miscellaneous Lab Fees	\$40-75
Supplies (sheets, colored pencils, etc.)	\$50.00
Approximate total	\$5,450.62

Please contact the Financial Aid Director if you have questions about or need help with funding arrangements. We will do all we can to assist you with funding arrangements. It is our goal to help you succeed in all aspects of our PMTP.

### **Returned Checks**

Returned checks will be charged a \$25 fee plus any expenses incurred.

### **Default on Payments**

If a student defaults in payment by more than 30 days, Spring Renewal reserves the right to expel the student until all payments and fees are paid or re-negotiated.

## **What happens if I start the professional program and cannot complete?**

We certainly hope that never happens. Sometimes, however, life changes. A new job may require a student to relocate. A new baby may make it necessary for a young mother to take a leave from school for a few months, etc. We will work with every student to assure their successful completion.

If withdrawal is the only option, the following policies will apply:

### **Refund Policy**

All tuition and fees paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. An application fee of not more than \$25.00 may be retained by the school 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 the school. All refunds shall be returned within 30 days. Once the three business days have elapsed, the following policy will apply:

Student may withdraw from a Module during the first two weeks without receiving an incomplete. If withdrawal is requested before the second day of the Module, the student will not be charged for that Module. No refunds will be made after that.

If a student wishes to terminate from the PMTP, a refund will be given for Modules not taken, minus a fee of \$200. There is no refund of tuition if the student is expelled or administratively dropped from the program.

## **When I finish will there be a graduation ceremony and certificates?**

Yes, upon completion of the PMTP, students will be invited to participate in our yearly commencement celebration each June.

### **Professional Massage Training Program**

Upon completion of 600 hours of training; submission of all homework; completion of all reports, presentations, and projects; verification of required trades and professional sessions; professional review; demonstration of massage skills; and payment of all tuition and fees, the student will graduate. The official certificate designation will be Massage Therapist.

Students will be encouraged to maintain membership in a national professional organization and to take the National Certification Exam. Continuing education will also be encouraged.

### **Enrichment Courses**

Upon completion of the 20 hour enrichment courses, students will receive a certificate of completion as part of our state licensed school programs.

### **Community Courses**

Depending on the class, certificates may or may not be awarded. Information will be included with the class offerings.

What types of jobs are available for massage therapists ?

We can't promise you a job but we do promise you an excellent, well-rounded education that will enable you to work in any area of massage. Massage is growing rapidly in many industries including:

- \* wellness centers (medispas)
- \* spas
- \* salons
- \* medical offices
- \* hospitals
- \* cruise ships
- \* private corporations
- \* fitness centers
- \* private practice
- \* group practice

### **Placement Assistance**

Spring Renewal, LLC does not have a formal placement service. A bulletin board is available for job postings and information for students. Our graduates have all found work in massage therapy or related fields.

It sounds like exactly what I am looking for. How do I apply for admission to the PMTP?

If a class schedule and admission application are not included with this catalog, please visit our website, email or call for current information and an application form. Because we keep our classes small, we suggest you apply well in advance. The deadline for enrollment is 1 week prior to the start of class.

## **Is there anything else I need to know?**

We have tried to give you a complete overview of our educational programs but questions inevitably arise. We strongly recommend you call us at 269-857-2602 to schedule a time to visit our facility, meet teachers and students and get the answers you need. Be sure to write down your notes and questions. We look forward to meeting you.

## **Keep in touch.**