

Please Note: Underscore all the details of our classes is an environment of positive perspective, empowerment, transformation & fun! Students find learning easy & rewarding while opening to new potentials & perspectives that facilitate their healing & that of their future clients!

702 Hour Program Courses

Learning Strategies

LS - 32 hours - This course teaches students powerful strategies to be more effective learners. Through experiential super-learning techniques students are assisted in discovering their own learning style and how to make the best use of it. Then students learn strategies designed to enhance integration and embodiment of information. The focus includes strategies for the classroom, for test taking, and for studying outside of class. Students become very empowered, confident, optimistic, and self-motivated learners. No prerequisites

Accessing Resourceful Learning States
Using Right & Left Brain Learning Strategies
Acupressure to Stimulate Learning & Alertness
Strategies Excellent Learners Use
Advanced Classroom & Home Study Strategies
Visual, Auditory, & Kinesthetic Learning Styles & Strategies

Turning Stops into Steps / Goal Strategies
Brain Hemisphere Synchronization Techniques
Intelligence Categories & Their Applications
Diet & Activities that Improve Learning
Supporting Everyone's Learning in the Classroom

Business & Marketing

B - 34 hours - This course provides the business, accounting, and record keeping practices needed to run a successful massage therapy business. Students learn to use intake forms, soap notes, business plans, and marketing plans. Insurance billing is also covered. Prerequisites: Program enrollment or permission

Do a Basic Business Plan
The Attitude of Success & Abundance
Laws Pertaining to Massage & Business
Understanding Taxes & Tax Forms
Creative Marketing Strategies
What Money "really is" & How to be in Harmony with Its Energy

Business & Professional Ethics
Job Interview Strategies
Q & A Time with an Accountant
The Re-Hired / Desired Employee
Unique Treatments & Packages

Therapeutic Massage 1

TM1 - 44 hours - This course provides the basic understanding of Swedish massage and the skills needed to perform an efficient and effective 50 minute massage. Some of the topics covered are ethics, professionalism, draping, safety issues, oils and lotions, basic Swedish style, benefits of massage, and contraindications. Prerequisites: Aligning With Purpose & Learning Strategies or permission

Theory, Indications, Contra-Indications & Benefits of Swedish Massage
History of Massage Therapy
The Art of Being Present
Oils, Lotions, Cremes & Gels & Their Uses
Basic Swedish Massage Strokes
Ethics & Therapeutic Boundaries
"Endangerment" Sites of the Body
Swedish Massage for All Individual Parts of the Body
50 & 60 Minute Swedish Massage for All of the Body

Doing a "Job Winning" Swedish Massage
The Graceful & Flowing Massage
Therapist Ergonomics During Swedish Massage
Hygiene in Massage Therapy
Professional Draping Techniques
Basic Muscle & Skeletal Anatomy

Experiential Anatomy & Physiology 1

AP1 - 36 hours - This course provides the knowledge of anatomical terminology, the skeletal system, the myofascial system, and the integumentary system. Students gain a thorough and applicable understanding of anatomy and physiology in relation to massage, health, pathology, and healing. Prerequisites: Aligning With Purpose & Learning Strategies or permission

**The Muscular System
Bony Landmarks of the Skeletal System
Anatomy & Physiology of the Muscles of the Feet, Calf, Thigh & Abdomen**

**Anatomical Planes & References
Kinesiological References & Terms**

Therapeutic Relationships

TR - 28 hours - This course allows students to build professional quality therapeutic relationships that honor the client's needs, desires, perspectives, and process. Topics covered include the process of healing and change, professional boundaries, rapport skills, basic NLP skills, client outcomes, influencing with integrity, and more. Prerequisites: Aligning With Purpose & Learning Strategies or permission

**Questions for Clarity & Specificity
Understanding the Healing Response
Understanding Resistance
Artful Disagreement
Intake Skills & Questions
Clearly Defined Goals
Basic Reframing Skills
Pacing Skills**

**Listening Exercises
Paradigms of Relating
Transference & Counter-transference
Telephone Skills & Questions
Creating Client Safety
Increasing Client Satisfaction
Non-Verbal Communication
Rapport Building Therapy Room**

Therapy Integration 1

TI1 - 36 hours - This course introduces students to their major research projects and helps them to bring together and integrate all that they have learned at this point in the program. The focus will be on case studies, individual assessment, feedback, and integration. Prerequisites: Aligning With Purpose, Learning Strategies, Therapeutic Massage 1, Experiential Anatomy & Physiology 1, & Therapeutic Relationships

**The Efficient & Effective Swedish Massage
Practice Required to Prepare for Clinics
Fine-Tuning Flow & Ergonomics
Creating the "Big Hands" Effect
"Soft Focus" to Enhance Listening & Intuition**

**Additional Swedish Stroke Options
A "Spa Style" Swedish Clinic Experience
Breathing While Massaging
Listening to Your Hands
S.O.A.P. Notes & Intake Forms**

Therapeutic Massage 2

TM2 - 44 hours - This course provides additional massage techniques for stress reduction and a variety of therapeutic applications. Topics covered include tissue preparation, cross fiber techniques, massage for injuries, hydrotherapy, lymph drainage, passive stretching, client homework, reflexology, unique session packages, and others. Prerequisites: Therapeutic Massage 1 or permission

**Acupressure Techniques & Styles
The Main Styles of Massage & Bodywork
Golgi Tendon / Spindle Cell Technique
Stages of Inflammation & Massage Guidelines for Each Stage
Organizing Your Techniques - What Ones to Use in What Situations
All Techniques Designed to be Useful in the 50 or 60 Minute Swedish Massage Session**

**Muscular Conditions We Facilitate
Allied Modalities - Who & When to Referral Clients
Pin & Stretch Techniques to Release Muscles**

Experiential Anatomy & Physiology 2

AP2 - 32 hours - This course provides the knowledge of the rest of the body's systems, the design of the

body, and the effects of stress on the body. Students finish their study of the anatomy and physiology of the body's systems in relation to massage, health, pathology, and healing. Among other topics, mindbody physiology and the tissue repair cycle are also studied. Prerequisites: Experiential Anatomy & Physiology 1 or permission

Anatomy & Physiology of the Muscles of the Hand, Forearm, Arm, Shoulder & Back

The Nervous System	The Endocrine System
The CardioVascular System	The Lymphatic System
The Respiratory System	The Digestive System
The Urinary System	The Stress Response System

The Body Metaphoric

BM - 28 hours - This course is based on how the energy of life is manifested and expressed through the physical body. Students learn to think and understand the body, and how we use the body, metaphorically. This meta-level of thought provides valuable information from the unconscious, through the body, to the consciousness. This information is often not available during usual conscious self-assessment and therefore requires the input of another system of thought. Participants are given a model of exploration to discover these metaphoric messages as well as lists of some of the common interpretations. Supportive learning aids are available. No prerequisites

Understanding the Nature & Effects of Stress	Visualizations for De-Stressing & Relaxation
Beliefs That Affect Health & Healing	How & What Symptoms May Communicate
Whole Body Readings	Metaphors in the Posture & How We Move
Basic Underlying Attitudes That Affect Health & Healing	
Metaphor Lists for Areas, Systems, Organs, & Diseases of the Body	

Assessment Skills

ASK - 24 hours - This course teaches the sensitivity and techniques needed for massage therapists to accurately sense the conditions of the body. Topics covered include palpation skills, muscle condition assessment, posture assessment, range of motion assessment, and movement and gait assessment. Students will find that this information greatly adds to their understanding of the body and what is happening beneath their hands. Prerequisites: Experiential Anatomy & Physiology 1, CMT, or permission

Common Postural Imbalances: Lordosis, Kyphosis, Flat Back, Sway Back, Knock Knees, Bow Legs, Flat Feet, Temporo-Mandibular Joint Dysfunction, Scoliosis, Upper & Lower Cross Syndromes, Etc.

Understanding the Fluid Nature & Flexibility of Posture & Range of Motion	
The Basic Intake & Assessment Flow	The 7 Minute Assessment
Assessment Vs. Diagnosis	Muscle & Joint Injury Tests

Experiential Anatomy & Physiology 3

AP3 - 32 hours - This course provides knowledge and understanding of the principles and pathologies specific to the myofascial and nervous systems. Additional topics covered include the mechanics of healing, proprioception, the mechanic of pain, theories of pathology, neuromyopathic cycles, and muscular pathologies. Prerequisites: Experiential Anatomy & Physiology 2 or permission

Anatomy & Physiology of the Muscles of the Neck, Face & Jaw	
Definitions & Treatment Goals of Spasm, Strain, Sprain & Tendonitis Conditions	
Understanding Referred Pain	Cycles of Ischemia in Muscles Tissue
Reflex Arcs of the Body	The Vicious Pathological Cycle
Development of Tender Points & Trigger Points	The Neuromuscular Laws

experience through individual assessment, feedback, and integration as Therapy Integration 1. Students focus on increasing professionalism and effectiveness throughout this course. Prerequisites: Therapy Integration 1, Therapeutic Massage 3, Experiential Anatomy & Physiology 3, Assessment Skills, The Body Metaphoric, & T-NMT 1

Practice Required to Prepare for Clinics
A "Spa Style" Swedish Clinic Experience
Doing Better S.O.A.P. Notes
Additional Case Studies Ideas
Intake to Plan Flow Chart
Treatment Goals for Injuries

Mid-Term Feed-Back Exchange & Discussion
50 minute Swedish with 10 minutes of Extra Therapy
Making Choices in the Therapeutic Session
Refining Assessment Skills & Injury Assessment
4 Main Areas of Work on an Injured Client
An Injury / Chronic Pain 60 Minute Session Clinic

Transformational Neuromuscular Therapy 3

T-NMT3 - 48 hours - This course enhances and integrates the area of study covered in Transformational Neuromuscular Therapy 1 and 2. In addition to more muscle strokes and patterns, students learn trigger point therapy, practical muscle testing, multiple session patterns, working with common injuries, more posture conditions, and case studies. Prerequisites: T-NMT 2 or permission

Neuromuscular Strokes for the Arms, Forearms, Hands, Feet, Deep Anterior Neck, T.M.J., & Face.

Neuromuscular Techniques to Release Tendons, Ligaments, & Joint Structures

Ischemic Compression Technique

4-Directional Bruise / Swelling Release

Muscle Dysfunction Overview

Towel Roll Technique

Power Exercise Release

NeuroLymphatic (Chapman's) Reflexes for Muscles

Athletic Tune-Up Strategies

Advanced Assessment Flow Chart

Postural & Phasic Muscle Types

Levels of T-NMT Muscle Strokes

Assisted Stretching

AS - 34 hours - This course teaches several effective, efficient, and safe methods to stretch the myofascial system. These techniques release tensions, improve proprioception, create better balance in muscle groups and systems, and increase the range of motion. Student will know which techniques will bring the best results for the presenting symptoms of the client. This information greatly increases the massage therapist's effectiveness and ability to facilitate her/his client's myofascial healing. Prerequisites: Experiential Anatomy & Physiology 2 & Assessment Skills or CMT or permission

Understanding PNF, Muscle Energy Techniques, Facilitated Stretching, Isolated Muscle Stretches, Etc.

Isometric, Reciprocal, Concentric & Eccentric Assisted Stretching Techniques and Theory

Stretches for Spasm, Fibrosity, Tonification & When Injuries are present

Session Patterns for Conditions Like Low Back Syndromes & Chronic Joint Pain

Organizing Your T-NMT Program Techniques - What Ones to Use in What Situations

Experiencing Stretches on Many Muscles of the Body

Combination Techniques (I.R.P. & C.R.A.C.)

Stretching Theory & Reflexes

Passive Release for Muscles

Passive Release for Joints

Integrating Stretches into a Bodywork Session

Assisted Stretching as Client Home Work

Internal Organ Massage & Balancing

IO - 38 hours - This course teaches techniques for assisting the healing of the internal organs that include massaging the organs, mobilizing the organs, clearing areas that disturb or relate to the organs, and many reflexes that stimulate the physiological functioning of the organs. Concepts and techniques are explained in depth and practiced in class. Easy to follow handouts contain the class information as well as contraindications, cautions, and symptom information about each organ. This course is a must for a thorough massage therapist. Prerequisites: Transformational Neuromuscular Therapy 1 or CMT or

permission

Understanding Organ Pain & Its Relationship to Muscular Problems

The Relationship of Connective Tissue Layers of Organs & Musculo-Skeletal Symptoms & Vice Versa

Clinically Therapeutic Medical Massage

Releases for Over 12 Internal Organs

4 Basic Releases for Overall Health

Organ Referred Pain Zones

Oriental 5-Element Theory for Organ Health

NeuroLymphatic (Chapman's) Reflexes for Organs

Hara Energy Area Work for Organs

NeuroVascular (Bennett's) Reflexes for Organs

Muscular Clearing for Organ Health

Basic Energy Work for Organs

Acupressure Techniques for Organ Health

Therapy Integration 3

TI3 - 20 hours - This course provides the students with their final follow up on their major research projects and helps them to bring together and integrate all that they have learned in the program. The focus will be on final case studies, final individual assessment, program feedback, and final integration.

Prerequisites: All other CMT program courses

Written Final Assessment

Hands-On Final Assessment

Final Clinic

Final Review & Feed-Back

The below courses can be taken as electives for the 702 hour program

Awareness & Transformation

A&T - 32 hours - This course helps the student explore and increase their intrapersonal intelligence and understanding of the process of healing. Students explore centering exercises and presence exercises. Students spend time discussing and/or being facilitated through the intrapersonal and interpersonal issues that students and massage therapists may face. Students learn inner exploration, and intuition techniques. Prerequisites: Program enrollment or permission

Speakers on Allied Health Modalities

Oriental 5-Element Theory & Practices

Applied Kinesiology (Muscle Testing)

New Concepts & Theories of Healing

The 6 Healing Sounds

Facilitating the Process of School

The Language Of Relaxation

LD - 30 hours - This course teaches how to compose your language to best facilitate your client's own internal experience. These language patterns, based on the work of Milton Erickson, Dawna Markova, and the principles of Neuro-Linguistic Programming, have been molded to best fit the needs of bodyworkers and healers. The Language of Relaxation can be used during any type of bodywork session and is a necessary component of effective relaxation, inner exploration, and process work. Supportive learning aids are available. Prerequisites: Learning Strategies & Therapeutic Relationships or CMT or permission

Visualization to Encourage Healing & Relaxation

Brain Wave States & Healing

Pathways Visualization

VAK Relax Techniques

Affirming & Increasing Relaxation

Moments of Miracles Visualization

Questions to Find Meaning

Aligning With Higher Intention Visualization

Visualizations During a Swedish Massage

Visualization for Stress Release

Multi-Sensory Heart-Centered Affirmations

State or Resource Recall for Healing or Athletic Performance Enhancement

Transforming Trauma

TT - 38 hours - This course teaches a safe, confidential, and effective technique for changing stressful internal relationships to traumatic events. The shift of that relationship often brings deep release of holding patterns in the myofascial system as well as a very deep relaxation. Students learn trauma theory, symptoms, and contraindications and compare several techniques. A technique of accessing the body's own knowing helps the practitioner and receiver discover the events that seem to be traumatic, and which events would be appropriate to deal with at the time. Techniques focus on safety and personal ecology as they help release the energy held by trauma and make it available for more generative personal applications. This course brings greater depth and effectiveness to the art of massage therapy.

Prerequisites: Program enrollment or CMT or permission

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| Our Definition of "Trauma" as Deep Stress | The "Symptoms" of Deep Stress |
| Deep Stress & the Fight or Flight Mechanisms | Massage for the Disaster / Trauma Setting |
| Clearing Stress Receptors of the Head | ReScripting Stressful Events |
| The Future Pace Visualization | States of a "Trauma" |
| Noticing Deep Stress in the Massage Therapy Client & Athletic Performance | |
| How Health is Affected By Deep Stress & Patterns Imprinted in the Body's Bio-Computer | |
| Muscle Testing to Prioritize Treatment of Specific Muscles | |
| Understanding the Conscious & SubConscious Minds & Their Relationships | |
| The Affects of Deep Stress on Awareness, Creativity, Healing & Wholistic Thought | |
| Releasing the Patterns that Limit Our Success, Effectiveness, Performance & Fun | |

BodyGuide EnergyWork

EW - 32 hours - This course teaches a form of energy work that is based on the body's innate powers of manifestation and expression. This technique is a graceful balance of logic and intuition that most clients can easily understand. Powerful and responsive to the client, this technique can be used in any bodywork or process oriented sessions, or may be used as a complete, stand-alone facilitation. Still allowing the therapist to explore their intuitions, it is effective at even its simplest level. Prerequisites: The Body Metaphoric or permission

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| Basic Energy Theory & Models | Energizing & Sensitizing Our Hands |
| Basic Body Flows Clearing | Emotions Locked in the Body & Energy Patterns |
| Basic Chakra Clearing & Balancing | Running Energy for Injuries & Disease |
| Theories of Energy Blockage & Energy "Cysts" & Their Return to Flow | |
| Metaphoric Energy Flows for Healing & Empowerment | |
| Oriental 5 Element Command Point Acupressure Balance for the Meridians & Healing | |
| Oriental 5 Element Creation Cycle & Regulation Cycle Applications | |

Aligning With Purpose

P - 16 hours - Using several different methods of discovery, this course helps students reconnect with their sense of purpose in life and how their time at MountainHeart can best serve that purpose. Students can then align the focus of their classroom time, research projects, practice sessions, and personal growth sessions to be more purposeful for them. This course is great for anyone. No prerequisites

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| The Concept of Being On Purpose | Life Experiences that Teach Us Our Purpose |
| How the Body Guides US to Our Purpose | Creating & Sharing a Purpose Statement |
| Futuring Strategies for Clarity of Vision | Letting Go of Attachments & Aversions for Success |
| Creating & Aligning Our Goals so They Connect Us to the Power & Energy of Our Purpose | |