



Located at: 392 Connors Court, Suite C
Chico, CA 95926 (All Classes Are Held At This Address)
(530) 891-4301 office (530) 891-4359 fax
www.chicotherapywellness.com
B.P.P.E. School Code: 0400551
State Board of Nursing Provider # CEP12935

2018 School Catalog

Level I 500 Hour Certified Massage Therapy Training Program

Winter Session: Jan 2nd- May 11th & Summer Session July 10th-Nov. 15th, 2018

Level II Advanced Courses See online schedule for more details.

Chico Therapy Wellness Center Mission Statement:

Since 1989, our mission has been to provide the most professional and ethical bodywork training as possible, striving to maintain the highest standards of education, from the beginning student to the established therapist seeking continuing education. We continue to educate students on laws and regulations in the massage industry at federal, state, county, and city levels.



Chico Therapy Wellness Center
Was Established In 1989 &
Is A Private Institution, Licensed To Operate By The
Bureau of Postsecondary Education (BPPE)
Since 1992

CHICO THERAPY WELLNESS CENTER

Welcome To Our Massage School!

Our Instructors

Our highly skilled and nationally and internationally trained instructors come from a variety of backgrounds to ensure that you receive a well-rounded education in both Level 1 and Level 2 Course Programs. Our staff offers career counseling too. Our goal is not only to educate, but to make sure you are successful!



Mike L. Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

Director/Instructor for Level I Massage Therapy Certification & Level II Course Instructor for: Lymphatic Drainage Massage, Neuromuscular Therapy, Orthopedic Massage, Soft Tissue Release, Myofascial Release, Myoskeletal Alignment Massage, Sports Massage & Injuries, and various externships.

Locally owned and operated by Mike L. Metzger, Chico Therapy Wellness Center was established in 1989 and through his skillful vision, direction and creative nature the center was licensed by the state of California in 1992, and it has since become the largest and most well respected massage school in the north valley. California State Assembly has awarded Mike and Chico Therapy with the award for excellence. Mike has traveled the world acquiring over 3,000 hours of training. It is through these many years of training and his love for teaching that Mike has earned an incredible reputation for his healing techniques and creative teaching style that sets the tone at C.T.W.C. today. In addition to Mike's natural friendliness, he has a sincere desire to help individuals reach their goals. Mike is also very active in the community: he was the official massage therapist for the Chico Rooks for 8 years and on the Chico Heat and Chico Outlaws Baseball medical staff for 10 years. He is actively involved with charities such as Relay for Life, St. Jude Foundations, Boys and Girls club, American Cancer Society, American Red Cross, and various high schools, colleges and church fundraisers as well. A quick walk through the school halls, filled with memorabilia and gifts from alumni and grateful clients reveals why Chico Therapy Wellness Center is the largest and oldest massage school in the north valley.



Steve Metzger, RN-CMT (Owner of Revive Therapy Massage).
Instructor: Pre-Natal Massage &
Women's Health Massage

Revive Therapy Massage
Email: ReviveTherapy@yahoo.com
Website: www.ReviveTherapyMassage.com
Phone: 916-761-4852

Steve Metzger is a registered nurse at Kaiser Permanente, Sacramento and is also Nationally Certified in Pre- and Peri natal Massage Therapy. Steve is the owner of Revive Therapy in Sacramento where he specializes in Pre- and Peri natal Massage Lymphatic Drainage Massage, Orthopedic massage, Myofascial Release, Deep Tissue and Swedish massage therapy. Steve instructs Pre-natal massage with a slight emphasis on Post-partum.



Michael Turk, L.Ac. Instructor: Acupressure & Advanced Acupressure Instructor of Asian Therapy www.michaelturk.com

Basic: Acupressure Massage /Adv. 1: Master 101 Acupoints by Memory /Adv. 2: Yinyang and Five Elements Guide Practice.

Develop an intuitive understanding of which Acupoints to use and how to stimulate them for quick and lasting pain relief.

Michael Turk is a nationally known expert, author, and teacher who lectures on the use of acupuncture, massage, and moxibustion to treat chronic pain and disability. Turk has taught natural healing for over 40 years and traditional Chinese medicine for over 30 years at California schools and international conferences. His easy-to-read book on acupressure massage, Pain's Healing Secret, is used as a text in massage classes



Margaret Hansen C.M.T.

Reflexology /Advanced Neuromuscular Therapy

Margaret Hansen is a California Certified Massage Therapist and is currently self-employed providing exemplary services in Redding, California. She obtained her basic Massage Therapy training in Redding in 1997. She has taken advanced courses in Massage and Bodywork, Advanced Neuromuscular Therapy courses, is a Certified Reflexologist, and specializes in difficult cases. She holds 816 hours currently and will add 24 hours more in 2014. She has worked with Doctors, Chiropractors, and multiple professional groups; providing education, therapy, and training. She has been an instructor since 2003 in Redding. Students who take her reflexology course will gain the knowledge that will increase their skills, and give clients the optimum relaxation experience. angeltouchmassage@att.net



Aly Carlile C.M.T.

Transforming Abuse Through Massage

Domestic Violence Specialist & Forensic Child Interviewer. Aly specializes in Swedish, Myofascial Release and Neuromuscular trigger point massage therapy. Aly Carlile is a Domestic Violence Specialist and a Child Forensic Interviewer. For many years she has worked in the fields of domestic violence, rape and child abuse. Aly is a graduate of Chico Therapy Wellness Center and is completing her PhD in Forensic Psychology. She currently has a B.S. in criminal justice.



Jean Louise Green C.M.T.

Licensed Rolfing Practitioner

Instructor: Deep Tissue &
Advanced Deep Tissue

Jean Louise Green has been a licensed massage therapist in the state of Hawaii since 1987. She also received her certification as a practitioner of Structural Integration in the Dr. Ida Rolf Method in 1991. Her deep tissue classes are a synthesis of her understanding of body structure, body mechanics, and therapeutic work using myofascial release techniques that lengthen, organize and de-strain fascia. A California state certified teacher of massage, Jean Louise is a senior staff member at Chico Therapy Wellness Center, a massage school where she has taught since 2005. She maintains a robust bodywork practice along with the teaching of her deep tissue classes. Students of her classes have appreciated the thoroughness of her instruction, practical hands-on work in the sideline, prone, and supine positions, and meticulous attention to body mechanics, self-care techniques, and her knowledge of the energetics of the human body. She teaches both a deep tissue 1 class and an advanced deep tissue 2 class. Both classes address injuries and myofascial imbalances. The classes are 30 hours, held on two weekends in a row from 9:00am to 5:30pm and are applicable towards continuing education credits. Her deep tissue instruction is a must-have class for any CMT doing therapeutic work within a lasting career in the bodywork profession. <http://jeanlouisegreen.com>



Amy Alward, CMT Instructor
Certified Infant Massage Teacher
Certified Pediatric Massage Therapist
Certified Kinesio Tape Therapist

Some of us find our true calling late in life. At 45, Amy realized that decades of blood, sweat, and tears in an academic field were not feeding her soul. After earning a PhD in Business Administration, and over 10 years experience teaching university-level classes, she realized that her true calling was to help and share knowledge of pain relief, not the construction of financial statements. She is a California state Certified Massage Therapist (CMT), certified with the NCBTMB both as a therapist, and as a provider of continuing education. Her specialties were carefully chosen to address multi-dimensional pain relief for her clients: body, mind, emotions and spirit. Manual therapies include: Sports massage, myofascial release (using the principles of Tom Myers and Anatomy Trains), trigger point release, kinesio taping (CKTP), and pediatric massage (CPMT, CIMT with specialties in autism and cancer). As a Usui/Holy Fire II Reiki and Holy Fire II Karuna™ Reiki Master, Amy is recognized internationally as a powerful Reiki healer. She provides client sessions/training in the following modalities: Usui/Holy Fire Reiki, Crystal Reiki, Reiki Sound Healing, Reiki Drumming, and Self-Healing techniques.



Caitlin Linscheid, CMT
MBLEX Workshop

Hello! My name is Caitlin Linscheid.
I am a Certified Massage Therapist and Registered Yoga Teacher. I received my education in massage therapy from Chico Therapy and Wellness Center and my yoga training from the Yandara Yoga Intitute. I believe in the mind body connection and that regular therapeutic massage work has enormous physical, emotional, and spiritual benefits for all people. Whether you are looking to optimize your athletic performance, alleviate pain from a chronic condition, seeking relief from stress and anxiety, or simply hoping to give yourself a treat, the art of therapeutic touch has something to offer you! Website: salutationsmassage.com



Marti Darcangelo CCMT, LE

Craniosacral Therapy & Spa Therapy

Marti is a practicing Massage Therapist and Esthetician for two locations in Redding, California. She specializes in Craniosacral, Oncology, and Health Challenged Massage. She brings her knowledge and education into the classroom while teaching protocol for Craniosacral Therapy. Her class highlights steps for Craniosacral sessions, with an emphasis on comforting techniques inside the treatment room. Her class demonstrates how light-pressured holding patterns can bring about incredible changes in the human body while relaxing and calming clients.



Jennifer Miller CMT

Instructor: Self Care for Massage Therapists

Jenni owns and operates Prana Endura Therapeutic Massage and Yoga. The purpose of her practice is to empower other people to achieve their wellness goals. She is currently a Certified Massage Therapist and Registered Yoga Instructor working and collaborating with other health care professionals in the Chico area as she continues her education in Medical Anthropology. She specializes in various therapeutic bodywork modalities, particularly Ashiatsu, or massage with her feet. Her passion is helping people acquire quality health care that is in harmony with their cultural and personal beliefs, and that all people deserve good health and good medical care, regardless of income, gender, culture, sexual orientation, religion, or any other socioeconomic factor. Her personal philosophy is that massage is an inherently spiritual act. It offers a person an opportunity to get to know his or her own body's energy and needs in greater detail, to learn to trust another person as caretaker, and to learn to let go and relax. However, she asserts that massage is definitely not just spiritual. She's constantly gratified by how much research continues to verify and support the practice as a viable and legitimate alternative to many mainstream drugs and surgeries. Research shows that the simple act of touching and being touched has long-term, profound health benefits including mood alleviation, overall longevity, and heightened cognitive functionality, as well as incredible relief for conditions like sciatica, plantar fasciitis, chronic shin splints, and migraine headaches.

Our Massage School

Facility Space, Equipment & Supplies Description: We have (6) Massage Rooms, (1) Classroom with (6) Massage Tables, (3) Massage Chairs), (3) **Handicap Accessible** Bathrooms for Students & Client Use. All Massage Training Equipment & Supplies for Level 1A Course are provided by CTWC for use during the program session. This includes: Massage Lotion (2) 8oz bottles, Holster, Level I Course Manual (Level II Course Manuals or Materials per Instructor/Class), Massage Tables, Bolsters, Face Cradles, Massage Chairs and Stools.

Student Services Our Institution includes an Administration Office (for assistance with course enrollment and program communications) & Student Breakroom (with basic kitchen amenities and vending machine). We also have a small, conservative library selection of resource books available for student reference (subjects include, but not limited to various massage techniques/modalities, health & wellness, anatomy & physiology, business/marketing, business ethics relating to massage and continued education, and a variety of medical dictionary's & reference manuals). No other student services are offered by our school. *** **Our Institution DOES NOT offer job placement services, housing services or financial aid services.**

Classroom Description: Chico Therapy Wellness Center classroom provides (6) massage tables, (3) massage chairs, (3) yoga balls (stretching/sitting), extra folding chairs for class, anatomy manikins/skeletons, anatomy & physiology models and charts, massage sequence training charts.

Admission Requirements

In order to attend our award winning massage therapy training and classes, you must be at least 18 years of age, and provide a copy of your High school Diploma or Equivalent for our records. You do not have a high school diploma or equivalent you will need to take an “Ability to Benefit” exam from the California Department of Education.

California Department of Education
1430 N Street
Sacramento, CA 95814
HSEOffice@cde.ca.gov | 916-445-9438

Occupational Objective

We offer our Level I 500 hour Certificate Program, and our Level II classes. Our 500 and 1000 hour options are available by combining select advanced massage therapy training classes, externships and documented clinic hours and case studies. We also offer numerous continuing education classes recognized by the California State board of Registered Nursing fulfilling Continuing Education Units.

- Current Anatomy and physiology of the human body
- Proper body mechanics for therapists
- Current laws and regulations regarding ethics, H.I.P.P.A., etc.
- A low student to instructor ratio
- Proper massage etiquette, hygiene, and safety
- Full body Swedish (Level I) and other approved bodywork modalities at Chico Therapy Wellness Center
- History of massage
- Marketing and business skills for bodyworkers
- State Board of Nursing C.E.’s when applicable (BRN Provider# CEP12935)
- Postural analysis and range of motion assessment

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## **Bureau of Postsecondary Education (BPPE) Required Information for**

### **Future Students of Chico Therapy Wellness Center:**

**(1) Code 94909:** Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at:

Bureau for Private Postsecondary Education  
2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833  
P.O. Box 980818, West Sacramento, CA 95798-0818



Phone: (916) 431-6959, Fax: (916) 263-1897 www.bppe.ca.gov

**(2) Code 94909: NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION:**

Chico Therapy Wellness Center

The transferability of credits you earn at is Chico Therapy Wellness Center, at the complete discretion of an institution to which you may seek to transfer. Acceptance of the educational hours and certificate you earn in the Level I & Level II Courses programs are also at the complete discretion of the institution to which you may seek to transfer. If the credits hours or certificate that you earn at this institution (Chico Therapy Wellness Center) are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Chico Therapy Wellness Center to determine if your (credits hours or certificate) will transfer.

**(3) Code 94909: Admissions policies:** Including Chico Therapy Wellness Center's policies regarding the acceptance of credits earned at other institutions or through challenge examinations and achievement tests, admissions requirements for ability-to-benefit students, and a list describing any transfer or articulation agreements between the institution and any other college or university that provides for the transfer of credits earned in the program of instruction

**\*\*\*Chico Therapy Wellness Center, or any of its Level I or Level II programs, are not accredited by an accrediting agency recognized by the United States Department of Education.**

1. "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."
2. "NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION The transferability of credits you earn at (name of institution) is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the (degree, diploma, or certificate) you earn in (name of educational program) is also at the complete discretion of the institution to which you may seek to transfer. If the (credits or degree, diploma, or certificate) that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending (name of institution) to determine if your (credits or degree, diploma or certificate) will transfer."
3. "You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you: 1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and 2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party. You are not eligible for protection from the STRF and you are not required

to pay the STRF assessment, if either of the following applies: 1. You are not a California resident, or are not enrolled in a residency program, or 2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

4. "The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are BUSINESS, CONSUMER SERVICES, AND HOUSING AGENCY • GOVERNOR EDMUND G. BROWN JR. Bureau for Private Postsecondary Education 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833 P.O. Box 980818, West Sacramento, CA 95798-0818 P (916) 431-6959 F (916) 263-1897 [www.bppe.ca.gov](http://www.bppe.ca.gov) California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education. You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following: The school closed before the course of instruction was completed. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."
5. "Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833 or P.O. Box 980818, West Sacramento, CA 95798-0818, [www.bppe.ca.gov](http://www.bppe.ca.gov), (888) 370- 7589 or by fax (916) 263-1897"
6. "A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's internet web site ([www.bppe.ca.gov](http://www.bppe.ca.gov))."

## Our School Policies

### Transfer of Credits and/credentials Earned at C.T.W.C.

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION The transferability of credits you earn at (name of institution) is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the (degree, diploma, or certificate) you earn in (name of educational program) is also at the complete discretion of the institution to which you may seek to transfer. If the (credits or degree, diploma, or certificate) that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending (name of institution) to determine if your (credits or degree, diploma or certificate) will transfer."

Acceptance of our Level I, 500 hour Certified Massage Therapy Course by another state or institution is at the complete discretion of the institution and state you're requesting transfer to. We provide a transcript (\$15.00 transcript fee) for all of your completed course classes at C.T.W.C. at your request, and will mail your transcript from the school with our seal and Director's signature for validation. All tuition must be paid in full and/or up to current with Director's acknowledgement and approval.

### **Policy on Retention of Student Records**

C.T.W.C. maintains student records (in a secured storage room on campus) for a period of five (5) years post-graduation date per Level I Program. Once the (5) year mark of graduating students occurs, the hard copy of post-graduation records are subject to be purged. Records of "active post-graduates" are kept ongoing. Records of "inactive post-graduates", (meaning: students that have not taken any continuing educational courses with C.T.W.C. for greater than/or up to the (5) year mark post-graduation) are subject to be purged. Students are 100% responsible to obtain a transcript (\$15.00 fee) from C.T.W.C. for their own records and additionally to request C.T.W.C. to file a copy with C.A.M.T.C. (California Massage Therapy Council). Students are encouraged to keep all C.T.W.C. records and certificates in a safe place for future reference. Certificates are not replaced by C.T.W.C. if lost or damaged. Transcripts are maintained indefinitely. **Students are required to attend 95% (490 of 500 Hours) of the course as part of the requirements to receive a passing grade.** Attendance may be made up at the Director's discretion by assigning specific homework / essay assignments, additional student massage practical hours, and or assisting with any C.T.W.C. on-site promotional event (on or off campus). Students who are tardy or leave early will have the minutes of absence rounded up to the next half hour. Habitual tardiness or absences may result in student dismissal (see Probation and Dismissal Policy).

**\*\*\*California State requires that students who successfully complete a course of study be awarded an appropriate diploma or certificate verifying this fact. Upon completion of the Level I 500 Hour Certified Massage Therapy Course, passing the final practical exam, including any additional requirements and all fees paid in full, a certificate of completion will be issued. Students must complete the Level I 500 Hour Certified Massage Therapy Course and additional Level II Classes to meet the total of 500 hours for CAMTC State requirements.\*\*\***

### **Admission Policy**

- **Must be fluent in English, all teaching materials are in English only.**
- The applicant must have a high school diploma or equivalent.  
If a high school diploma or equivalent cannot be provided and or the applicant is under 18 years of age, the director will administer an "Ability to Benefit" Exam from the California Department of Education. 1430 N Street Sacramento, CA 95814 HSEOffice@cde.ca.gov | 916-445-9438
- Applicant must be interviewed on campus by the C.T.W.C. Office Manager and/or Director.
- Applicant must be able to provide official signed dated transcripts of any previous massage education if applicable.
- Transfer of credits in the form of transcripts and or original certificates from state approved or accredited institutions will be accepted. Credits earned through challenge examinations and achievements tests from other institutions are subject to the director's approval and may not be accepted.

- All previous and present medical conditions must be disclosed on the enrollment agreement form administered by C.T.W.C. Office Manager or Director.
- The applicant must be clear of any medical condition which may impair physical/psychological ability to attend and function cohesively with classmates. A medical release signed by the applicant's physician may be requested at any time by the director.
- The enrollment agreement must be completed in full and signed by the applicant. A signature from a parent or guardian is required for persons under 18 years of age.
- Chico Therapy Wellness Center reserves the right to refuse or cancel admission for any unethical or unsafe conduct or medical impairment compromising the learning environment for the applicant and other classmates.

**\*\*Chico Therapy Wellness Center reserves the right to refuse or cancel admission for any unethical or unsafe conduct or medical impairment compromising the learning environment for the applicant and other classmates.**

**Code 71810: If the institution admits students from other countries, whether visa services are provided or whether the institution will vouch for student status, and any associated charges. \*\*\*CTWC Requires a foreign student that wishes to enroll into our school to have the ability to read, write and understand the English language. Acceptance is based on their level of cognitive, communication exchange in our learning environment with fellow students and instructors. Visa services are not offered. All foreign students must be proficient in the English Language. The level of English language proficiency is required of students by demonstrating verbal communication and written documentation of proficiency, during the initial application process with the Chief Executive/Operating & Academic Officer at CTWC. (TOEFL), is not offered at CTWC. No other English language services, including instruction such as ESL, are provided .There are no other disclosures.**

## **Complaint Policy**

**Code 94909:** A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888)370-7589, or filling an online report form at [www.bppe.ca.gov](http://www.bppe.ca.gov)

### **Mailing Address:**

Bureau for Private Postsecondary Education  
P.O. Box 980818  
West Sacramento, Ca 95798-0818  
Phone: (916) 431-6959  
Toll Free: (888) 370-7589

### **Physical Address:**

Bureau for Private Postsecondary Education  
2535 Capitol Oaks Drive, Suite 400  
Sacramento, Ca 95833  
Web site: [www.bppe.ca.gov](http://www.bppe.ca.gov)  
E-mail: [bppe@dca.ca.gov](mailto:bppe@dca.ca.gov)

**This Institution has no pending petition in bankruptcy, and is not operating as a debtor in possession. No debtor has filed a petition within the preceding five years, or has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec1101 et seq.).**

### **Payment Plan Policy**

Students are allowed to make monthly scheduled tuition payments. Level I 500 Hour Certified Massage Therapy Training Program.

Tuition cost for a student in a payment plan is **\$6990.00**. Students on the payment plan are also required to pay the \$0.00 S.T.R.F. fee which is not included in the tuition and is non-refundable. Payment plan students are required to pay a down payment in the amount of \$1000.00 and the S.T.R.F. fee of \$0.00 prior to the first day of class in order to enroll and attend. A payment contract between the student and director will contain the following details:

- A statement including the student's first and last name that the student agrees to have the total tuition balance paid by the date of graduation.
- An agreed upon schedule of the amount of tuition payment with the specific day each payment is to be made each month.
- The student will be placed on probation, and not allowed to attend class if tuition payment is not made each month. The student will have one week from the date of probation to make a tuition payment before returning back to class. The student is responsible to do make up work for this absence with the directors approval. If no tuition payment is made, the student will receive a formal letter of dismissal from the class. No credit or certificate will be issued and the student will be reported to a collection agency if there is any outstanding debt such as rental fees or borrowed equipment not returned within thirty days of dismissal notification.
- A statement that if the student has not paid the full tuition balance by the date of graduation, the student is responsible to pay a **late fee of \$50.00 per week, up to sixty days past the date of graduation**, that the unpaid tuition balance is due in addition to the tuition balance.
- If the tuition balance and any fees remain unpaid after thirty days past the date of graduation, no credit or certificate will be issued and the student will continue to be held responsible to pay the tuition balance and any fees incurred.
- A statement that if the student has not paid the full tuition balance within 60 days after the date of graduation, no credit or certificate will be issued and the student will be reported to a collection agency.
- A statement that the payment plan contract, when signed and dated by the student and accepted by the director of C.T.W.C., is legally binding contract.
- A copy of the signed and dated payment plan agreement will be given to the student. A monthly tuition balance statement will be sent to the student. Each time a tuition payment is made the student will receive a receipt including their name, the date of payment, amount of payment and the remaining tuition balance plus any fees incurred.
- **No refund will be awarded to students on the Payment Plan.**
- Any portion of the student's unpaid tuition from the proceeds of a loan or grant will be held responsible to the lender or agency that made the tuition payments to C.T.W.C. for the tuition of our Level I Program or Level II Classes.
- If the student has received federal student financial aid funds, the student is entitled to a refund of moneys not paid from the federal student financial aid program funds.
- **If the student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less any amount of a refund.**

- "You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:
- You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
- Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.
- You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:
- You are not a California resident, or are not enrolled in a residency program, or
- Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."
- (b) In addition to the statement described under subdivision (a) of this section, a qualifying institution shall include the following statement on its current schedule of student charges:
- "The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in

educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

- You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:
- The school closed before the course of instruction was completed.
- The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
- The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
- There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
- An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."

### **If the student defaults on a guaranteed federal or government loan the following may occur:**

1). The federal student financial aid program, or government loan agency may take legal action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.2).The student may not be eligible for any other federal student financial aid program, or government loan or assistance program until the loan is repaid.

### **Financial Aid**

- C.T.W.C does not participate in federal and state financial aid programs. C.T.W.C will allow students to make payments (see Payment Plan Policy).
- If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.

## Tuition Transfer Policy (for tuition already paid towards a class).

Students may transfer their tuition to another course one time two weeks before the first day of class. The fee is \$25.00. After this point, students may transfer remaining balance **minus the non-refundable administration fee, (\$250.00)** to another course. Remaining balance must be paid prior to the first day of class.

## Level II Course Policy

- Level 2 contract filled out prior to first class
- One year to complete
- No Refunds
- Only one transfer of credit per contract

Classes are subject to cancel when enrollment does not meet the minimum requirements. Classes may be combined when enrollment in one class is low and the classes meet at the same time. Students may be transferred in the event they are unable to pay the tuition and/or the class has insufficient enrollment. Students must contact the office fourteen business days in advance of the first day of the desired advanced class to withdraw from, transfer to any other class. If proper notice is not given, students will be counted as absent and there will be no credit issued and no refund for the missed class.

The base price for advanced classes is \$16.00 per class hour. There may be additional material fees not included in the tuition. Material fees and amounts are clearly posted in the catalog with the description of the class. All material fees are due before the first day of class.

Example: Student wishes to enroll in Neuromuscular Therapy class. The class is 35 hours long. Student is to multiply \$16.00 by the number of class hours, 35, to calculate the total tuition cost for the class = \$560.00

All students currently enrolled in Level I Massage Therapy Certification training will get any advanced class/ classes at the rate of \$14.00 per class hour.

Anyone who pays in full for 3 or more advanced classes 30 days in advance will get the classes for the rate of \$13.00 per class hour.

## S.T.R.F. Fee (Student Tuition Recovery Fund) Information

"You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

(b) In addition to the statement described under subdivision (a) of this section, a qualifying institution shall include the following statement on its current schedule of student charges:

"The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."

California Law requires that upon enrollment a fee assessed relative to the cost of tuition (Education Code Section 94342). The Student Tuition Recovery Fund Fee is a state requirement that a student who pays his or her tuition is required to pay a state-imposed assessment for the Student Tuition Recovery Fund. These fees are support the Student Tuition Recovery Fund (S.T.R.F.), a special fund established by the California Legislature to reimburse students who might otherwise experience a financial loss as a result of untimely school closure. Institutional participation is mandatory.

**If the student has received federal student financial aid funds, the student is entitled to a refund of monies not paid from federal student financial aid program funds.**

**If the student defaults on a federal or state loan, both the following may occur:**

- (1) **The federal or state government or loan guarantee agency may take action against the student, including garnishing and income tax refund.**
- (2) **The student may not be eligible for any other government financial assistance at another institution until the loan is repaid. (Ed. Code 94911(g)(1),(2)).**

**For further information, contact:**

Mailing Address:

Bureau for Private Postsecondary Education  
P.O. Box 980818  
West Sacramento, Ca 95798-0818  
Phone: (916) 431-6959  
Toll Free: (888) 370-7589

Physical Address:

Bureau for Private Postsecondary Education  
2535 Capitol Oaks Drive, Suite 400  
Sacramento, Ca 95833  
Web site: [www.bppe.ca.gov](http://www.bppe.ca.gov)  
E-mail: [bppe@dca.ca.gov](mailto:bppe@dca.ca.gov)

## **Cancellation, Withdrawal and Refund Policy**

STUDENTS RIGHT TO CANCEL; An institution that does not participate in the federal student financial aid programs shall do all of the following:

(b) Institutions shall refund 100 percent of the amount paid for institutional charges, less a reasonable deposit or application fee not to exceed two hundred fifty dollars (\$250), if notice of cancellation is made through attendance at the first class session, or the seventh class day after enrollment, whichever is later. Code 94909: Mandatory

### **Cancellation, Withdrawal, and Refund Policies**

The Student is considered enrolled in the school on the date the enrollment agreement is signed.

The student has the right to cancel the enrollment agreement on or before the first day of instruction and receive a full refund minus a

**Nonrefundable \$250 deposit to hold your place: (\$250.00 Registration Fee) & \$250.00.**



After the first day of instruction and refunds are pro-rated minus the administrative fee, for up to 60% of the education hours, beyond which there is no refund on the unused portion of tuition. Cancellation of enrollment must be made either in person (delivered to office staff in writing) or by certified mail to the address specified in the enrollment agreement. The student receives written confirmation if notice is hand delivered. Cancellations cannot be made retroactive to a date prior to delivery of notice in writing to office staff. Attendance time is the time between the scheduled starting date of the first class and the date on which the student formally cancels their enrollment in writing whether or not the student attends class. Cancellation cannot be made verbally in person or by telephone or by e-mail. A refund will be made of the unused portion of tuition within 45 days following the student's formal written notice date of withdrawal. To void the enrollment agreement, the student must cancel in writing and send by registered mail, or hand deliver a dated copy of this cancellation notice, or any other written notice stating the following to: **Chico Therapy Wellness Center 392 Connors Ct. Ste. C, Chico, CA. 95926 (Example): "I wish to cancel the contract for instruction", Student Signature and Dated. Until written notice is given, students are responsible for ALL tuition and fees, NO XCEPTIONS!! Student who do not comply, as specified in the Cancellation, Withdrawal and Refund Policy and do not attend will not receive refund or credit.**

### Attendance Policy

Level II coursework at Chico Therapy Wellness Center is based in hours and it is required by the state that a minimum of 95% if the hours are attended in order to receive credit. Make-up policies are based on how many hours are in the course. Students will need to communicate with the administration when their absences exceed the maximum number of hours allowed to miss. Missed class hours must be made up before certificate or letter of completion will be awarded. To receive a certificate all phases of a program, and this includes all make-up hours, must be completed within 30 days after the official date of graduation. Make-ups must be taken in regular class segments (i.e. mornings, or evenings) and are offered on a space-available basis. The make-up fee, if applicable, must be paid prior to making up the hours. Students may elect to complete make-ups directly with instructors, all fees will be paid directly to instructor and make-up hours are reported to staff. Tardiness is a disruption of a good learning environment and is discouraged. Time missed due to tardiness will be accumulated and must be made up. Any such absences should be communicated to the administration as soon as possible. Director will make all decisions regarding their situation that has resulted in absences. \*\*\* Please Note: C.T.W.C. Does not provide housing information, dormitory facilities, or information on the availability of housing located reasonably near the institution's facilities or an estimation of the approximate cost or range of cost of the housing, and has no responsibility to find or assist a student in finding housing. If you live at of the area and are planning to commute to C.T.W.C. we encourage consideration for your travel time to support consistent and timely attendance. Please provide communication to our office staff if you expect a change or delay in attendance during/and or, prior to your enrollment. Your attendance is 100% your responsibility!! Thank you!!

### Make-up Policy

Upon returning to class the student is responsible to meet with the director immediately to discuss and agree on make-up work. The student will have two weeks (14 days) from the date returning to class to complete all director assigned make up work. Students making up a class are required to stay for the full length of the session. For example, if you need to make up 2.5 hours, you are required to make-up the 5 hours block. You will only be charged for the number of hours you have missed, unless extra clinical completed (one clinical hour equals 1.5 hours of attendance missed). All make-up fees must be paid prior to attending make-up sessions.

### Tardiness

Tardiness is considered anything exceeding 15 minutes. All tardiness will accumulate and may result in required make-up time.

## **Leave of Absence / Grievances Policy**

- ✓ In emergency situations a student will be allowed to submit a written signed and dated request for a leave of absence to the Director of C.T.W.C.
- ✓ The request must state the reason(s) in detail for the request for the leave of absence.
- ✓ The school Director will make a ruling within two weeks of the student's written submitted request. Approval will be supplied to the student in writing.
- ✓ The student may take a leave of absence with the Directors approval up until the date the first written exam is issued, approximately six weeks into the class.
- ✓ Students who are granted a leave of absence must agree to attend and complete the class session offered in order to graduate.
- ✓ A leave of absence contract between the Director and the student will be signed and dated. This contract will contain details about the requirements and policies for re-admission including agreed upon a scheduled return date of student's re-admission of the student taking the leave of absence. Copies of the signed, dated leave of absence contract will be issued to the student and placed in student file.
- ✓ If the student fails to attend the next scheduled class offered and complete all requirements, no refund will be issued and no credit will given.

## **Probation and Dismissal Policy (At the discretion of the Director) a student may be dismissed for the following reasons:**

- Inappropriate dress (any revealing clothing such as low cut or tightly fitting tops/dresses or short skirts/shorts). Please adhere to this guideline as we here at C.T.W.C. prefer to project a comfortable, modest and professional image.
- Intoxication of drugs, alcohol or inhalants.
- Inappropriate behavior which may include abusive or vulgar language, physical inappropriate acts or gestures, physically fighting or mental cruelty including slanderous comments projected towards students or staff members.
- Improper touching or draping during class or while on school premises.
- Behavior creating a safety hazards to others.

- If any member of C.T.W.C. staff or affiliates becomes aware of any unethical conduct by a student outside of C.T.W.C., the Director will be informed and has the right to immediately dismiss the student.
- Disruptive entrance or departure to or from the classroom or bathroom facilities.
- Disruption of the learning environment; excessive talking, texting, e-mailing, making or receiving phone calls during class. If disruption continues after feedback has been given student will be formally dismissed.
- **Poor Attendance.**
- Students on payment plan who do not make a monthly tuition payment will be on probation and not allowed to attend the class until payment is made. The student will be given one week from probation date to make a payment or otherwise be dismissed from the class. The student is responsible to do make up work assigned, by the Director, for any absences. See Payment Plan.

**Any other behavior deemed inappropriate by the staff member in charge .....Final dismissal will be decided by the Director. A formal letter of dismissal will be sent to the student.**

### **Transfer of Credits and/credentials Earned at C.T.W.C.**

Acceptance of our Level I, 400 hour Certified Massage Therapy Course and our Level II classes (additional 100 hours) fulfilling the requirements for CAMTC (California Massage Therapy Council) by another state or institution is at the complete discretion of the institution and state your requesting transfer to. We provide a transcript (\$15.00 transcript fee) for all of your completed course classes at C.T.W.C. at your request, and will mail your transcript from the school with our seal and Director's signature for validation. All tuition must be paid in full and/or up to current with Director's acknowledgement and approval. **Code 71810:** The institution's policies and procedures for the award of credit for prior experiential learning, including assessment policies and procedures, provisions for appeal, and all charges that a student may be required to pay; policy on credits earned through prior experiential learning whether a cost is associated with it. **\*\*\*Students are not required to pay on credits earned through prior experiential learning, there is no cost is associated with it.**

### **Graduation Policy**

**Please Note:** Chico Therapy Wellness Center retains the option to make changes to certificate programs at its discretion. Students currently enrolled may be subject to "now" requirements.

- Students are required to attend 95% (490 of 500 Hours) of the course as part of the requirement to receive a passing grade. Attendance may be made up at the Director's discretion (See Attendance Policy).
- Every student is required to complete 20 supervised homework hours.

- Students must complete 50 documented, on campus, practical massage appointments on the public, 1-hour for \$20.00. The student is expected to market their selves using the skills and knowledge they have been taught to find clients and schedule their own massage appointments. Instructors will assist minimally in helping students find clients to massage.
  - Client's payment for student massage, payable to C.T.W.C., is to be collected by the Director of Office Manager. Payment for the massage is not to be collected by the student. The student is allowed to accept tips.
  - Two required C.T.W.C. approved Certified Massage Therapist or Instructor critiques are to be completed on campus where in the student gives the C.M.T. / Instructor a massage and receives written feedback on proper massage technique.
  - Students must achieve a passing grade of 70% or higher on each of the two written exams and pass the final hands on exam.
  - **C.T.W.C. does not provide job placement service. Externship opportunities are available upon request to arrange for professional business's requesting massage students with interest specific to the primary function of that business (example; Chiropractors, Sports Clubs, Spas, Resorts etc.).**
  - All tuition fees must be paid in full. All rental (or borrowed) equipment must be returned to the school.
  - California State requires that students who successfully complete a course of study be awarded an appropriate diploma or certificate verifying this fact. Upon completion of the Level I 500 Hour Certified Massage Therapy Course, passing the final practical exam, including any additional requirements and all fees paid in full, a certificate of completion will be issued. **Students must complete the Level I 500 Hour Certified Massage Therapy Course to meet the total of 500 hours for CAMTC State requirements.**
  - Student has 30 days from the date of graduation to complete all graduation requirements and, if on payment plan contract, make final tuition payment.
  - A \$50.00 late fee will be charged to the student each week the graduation requirements remain incomplete.
  - After 30 days past the date of graduation of the requirements are still incomplete, no certificate or credit will be issued to the student, no refund will be issued, and the student is considered to have withdrawn from the class. The student is still responsible to pay full tuition balance including any fees incurred.
  - If fees are not paid within 60 days of the date of graduation, the student will be turned over to collections. See Payment Plan Policy for details.
- Code 94909: If the institution provides placement services, a description of the nature and extent of the placement services.  
**\*\*\*Chico Therapy Wellness Center does not provide placement services for future employment.**

## Our Program

### Level I Certified Massage Therapy Practitioner Program - 500 Hours

**Instructor: Mike Metzger** CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

Level I 500 Hour Massage Therapy Practitioner training allow you to get started with basic Swedish massage therapy techniques. Upon completion, you will be prepared to start a career as a massage practitioner. This program includes basic full-body Swedish massage techniques with an emphasis on proper body mechanics, basic anatomy and physiology of the human body. Massage etiquette and business guidelines, tips on advertising and marketing are also covered to help generate quick cash flow. Introductions to additional massage techniques also offered at Chico Therapy Wellness Center.

Class hours are divided with approximately 40 % lecture, 20% demonstration, 40% hands on. Other certificate requirements include: 20 documented hours of guided hands on practice, 35 documented clinic appointments (student massage appointments on campus), 95 % classroom attendance required, two critiques by a Chico Therapy Wellness Center instructor or approved certified massage therapist, two written exams with a 70% or higher score and hands on practical final exam. A high school diploma or equivalent is required for enrollment. People under 18 years of age without a high school diploma or equivalent may take an “Ability to Benefit” test administered by Chico Therapy Wellness Center to determine the potential student’s ability to succeed in the class. Feel free to review this Catalog and our School Performance Fact Sheet. All Massage Training Equipment & Supplies will be provided by CTWC for use during the program.

Students in this Level I training will learn:

- Full body Swedish massage techniques
- One on one instructor to student training.
- Basic anatomy and physiology of the human body.
- Proper body mechanics, massage etiquette.
- Approved by State Board of Nursing (BRN Provider # CEP12935) Continuing Education Units (CEUs).
- Business ethics, advertising and marketing to generate cash flow.
- Introductions to many advanced massage and bodywork modalities.
- Small library area, available to students.

**Level I Certified Massage Therapy Training Program classes are scheduled on Tuesdays, Wednesdays, and Thursdays at 8am-1pm and three weekends from 9:00 am-5:00 pm will also be required.**

### Level I 500 Hour Massage Training Program 2017

| <u>Course Segment</u>          | <u>Demonstration</u> | <u>Lecture</u> | <u>Hands-On</u> | <u>Total HRS</u> |
|--------------------------------|----------------------|----------------|-----------------|------------------|
| Anatomy Lecture                | 10 HRS               | 55 HRS         | 0 HRS           | 65 HRS           |
| Physiology/Kinesiology Lecture | 10 HRS               | 40 HRS         | 0 HRS           | 50 HRS           |

|                                              |        |        |        |        |
|----------------------------------------------|--------|--------|--------|--------|
| Anatomy Demonstration/Hands-On               | 20 HRS | 0 HRS  | 20 HRS | 40 HRS |
| Swedish Massage Lecture/Demonstration        | 15 HRS | 20 HRS | 0 HRS  | 35 HRS |
| Swedish Hands-On                             | 20 HRS | 0 HRS  | 70 HRS | 90 HRS |
| Proper Body Mechanics                        | 15 HRS | 5 HRS  | 0 HRS  | 20 HRS |
| Business, Hygiene, Legal Regulations         | 0 HRS  | 15 HRS | 0 HRS  | 15 HRS |
| Client Communication and Ethics              | 0 HRS  | 15 HRS | 0 HRS  | 15 HRS |
| Pathology                                    | 10 HRS | 10 HRS | 5 HRS  | 25 HRS |
| Marketing                                    | 0 HRS  | 15 HRS | 0 HRS  | 15 HRS |
| History of Massage                           | 0 HRS  | 5 HRS  | 0 HRS  | 5 HRS  |
| Instructor Guided Practice Appointments      | 5 HRS  | 0 HRS  | 45 HRS | 50 HRS |
| Student Critiquing by Instructors            | 0 HRS  | 0 HRS  | 15 HRS | 15 HRS |
| Written Testing Administered by Director     | 0 HRS  | 8 HRS  | 2 HRS  | 10 HRS |
| Introductions to other Massage Techniques    | 10 HRS | 20 HRS | 10 HRS | 40 HRS |
| Level II Inst. & Pro. C.M.T. Business Intros | 0 HRS  | 5 HRS  | 5 HRS  | 10 HRS |

**Schedule of total charges for a period of attendance and an estimated schedule of total charges for the entire educational program if “Tuition Paid In Full” prior to beginning of program:**

- Tuition Cost: (if paid in full \$6500.00) Due prior to the first day of class. \*\*See “Directors Special” on website for savings towards tuition.
- Student Tuition Recovery Fund Fee (non-refundable): \$0.00
- TOTAL TUITION & FEES: \$6500.00
- **(\$250.00 non-refundable registration fee is included in the total cost.)**

**Schedule of total charges for the “Payment Plan” for the period of attendance excluding any additional fees:**

- Total payment plan tuition: \$6990.00
- Student Tuition Recovery Fund Fee \$0.00
- Down Payment due prior to first day of class: \$1000.00
- Total Remaining Tuition Balance: \$5990.00, Due by date of graduation otherwise subject to additional late payment fees.

Please Note: Only students who have made the minimum payment will be guaranteed a place in the class. **(There are no refunds on Payment Plans).**

**\*\*\*We Offer A “Last Chance” to save \$200.00 if balance paid on tuition is up to \$6790.00 by week 12 of your Payment Plan!!!\*\*\***

## **Level II Classes**

**All Level II classes are held in the CTWC Classroom located at 392 Connors Court Suite C, Chico, CA 95926. Call office for any questions 530-891-4310**

### **Level II Advanced Massage Therapy Courses**

Pre-requisite: Level I Certified Massage Therapist Training completed or equivalent transcripts from other state approved massage therapy institutions. An assessment test may be given to determine if the student is qualified to enroll. A score of seventy percent or higher is needed in order to enroll. Ninety five percent attendance is required to pass any of the advanced massage therapy classes and obtain a certificate of completion and documented credit for

completing the class. Homework assignments, research projects, clinic hours, externships, and case studies may be required to complete certain advanced massage therapy classes. Days and times of the advanced massage therapy classes vary. The scheduled dates for the advanced massage therapy classes can be found on line at [www.chicotherapywellness.com](http://www.chicotherapywellness.com) under “Upcoming Class Schedule” or you may obtain a copy of the Upcoming Class Schedule at the administration desk. Advanced massage therapy classes are scheduled a minimum of three months in advance. See catalog for class descriptions and advanced class payment policy. You will be required to have transcripts sent from the state approved organization you graduated from proving your massage therapy certification prior to enrolling in an advanced class if you are not a Chico Therapy Wellness Center Graduate. A total of 400 clock hours are required to complete the Level I Certified Massage Therapist Course. Course is to be completed within 16 weeks of initial enrollment. Students must also complete 100 hours of electives (Level II) to comply with CA State Requirements of 500 hours.

### **Externships 25 Hour Blocks of time required**

For twenty years, CTWC Director, Mike Metzger has created externship opportunities in many different local work environments. Past graduates have worked with various chiropractors, health clubs, spas, sport teams, and businesses, etc. Tuition is paid in advance (Level 2 Payment Formula). Director must approve location of desired externship and met with owner/supervisor and externship candidate. If all parties agree, externship can start. Externship candidate will be supervised by owner/supervisor each work day. A time card must be signed at the end of every work day. CTWC Director/Staff will supervise occasionally. Time card is to be turned in to CTWC at termination of agreed hours. A certificate will be awarded at completion of externship.

### **Level II Classes:**

- **\$13.00 Per Class Room Hour- 3 or More Classes Package (Paid in advance)**
- **\$14.00 Per Class Room Hour - Level I Student Discount**
- **\$16.00 Per Class Room Hour - Base Price**
- **\$20.00 Per Class Room Hour - 1 Week of Class Starting**

### **Shiatsu/Tuina** (Acupressure for CMTS - 20 hours)

Instructor: Michael Turk L.Ac.

Acupressure's 28 Great Points

Friday, Saturday, and Sunday

(10 Hours lecture/demonstration: theory, anatomy, and physiology; 10 hours guided hands-on practice using Touch Your Memory methods)

### **Course Description**

Acupoint therapy is the root of Chinese acupuncture with a tradition going back at least 3,000 years. Acupressure evolved into modern Asian massage techniques. In China, gentle anmo—rub and press—massage and deep tissue tuina—stroke and pinch—were developed; while in Japan, shiatsu—finger acupressure—massage emerged. Students will learn how to integrate acupressure into their massage practice thus offering the pain relieving benefits of acupressure to their clients. Because acupressure reduces most pain quickly and with less effort, the massage practitioner benefits by expending less energy.



Ancient texts clearly state the goal of stimulating acupoints is a qi sensation called deqi. Acupoints when properly located and stimulated are known by specific qi sensations, energy feelings that accompany the reduction of pain. Named acupoints are found at specific anatomical locations and produce unique sensations that indicate the qi energy is flowing. The most powerful acupoints for relieving pain are hidden. An ancient medical text described a test to locate hidden acupoints. When located and stimulated correctly, hidden acupoints produce the most powerful qi sensations.

The class will include lecture, discussion, demonstration, and practice, giving students an opportunity to learn how to locate and stimulate 28 acupoints thus producing qi sensations. Students will also be taught methods of locating, evaluating, and stimulating hidden acupoints.

### **Learning Goals**

Students who prepare for and participate in “Shiatsu/Tuina” will develop a deep understanding of the Chinese theory of yinyang and how yin and yang guide the practice of acupressure. They will know how to correctly locate 28 acupoints using anatomical markers. Students will be able to analyze the state of health of their clients and themselves and use that evaluation in the application of acupressure treatments to reduce pain and increase energy and vitality. They will be able to analyze the pain of their clients and use that evaluation to guide the application of acupressure treatments using a step-by-step approach.

### **Student Responsibilities**

To prepare for the class, the following reading and exercises are suggested from Pain’s Healing Secret. To prepare for discussions on healing, qi energy, types of pain, and how to locate acupoints read the following sections:

- The Experience of Pain, pages 1-18
- The Experience of Qi Energy, pages 19-28
- Traditional Chinese Medicine, pages 51-96
- Key concepts to remember (at the end of each acupoint chapter) between pages 97-196
- Also from Pain’s Healing Secret exercises:
- Survey your body for energy-pain sensations on page 22
- Use the method described that can produce a qi sensation—Rapid Healing, pages 23-5
- Locate the 28 acupoints covered in the book; see “Key concepts...”
- Evaluate your health according to yin and yang—Yinyang Theory, pages 60-86

### **Acupressure Theory 20 hours**

Instructor: Michael Turk L.Ac.

- Acupressure theory guides practice in treating pain and disease.
- 10 Hours lecture/discussion: theories of yin/yang and five elements
- 10 Hours exercises: yin/yang and five element thinking
- For General Information: "Betty" at (530) 213-3332 or Bmamag@gmail.com

The study of Chinese medicine trains the mind in pattern recognition for the evaluation of pain and other disorders to restore balance and health. Patterns of two describe opposites (yinyang), patterns of three describe levels (heaven, earth, and human), patterns of four describe time and space (seasons and directions), and patterns of five describe interactive phases of change (five elements).

Specifically this course teaches a method of thinking from the mind of the ancient Chinese doctor. The early Chinese developed theories of medicine based on number patterns rooted in a network of associations and terms. This correlated symbolic system of terms forms a multi-dimensional pattern. These spatial relationships describe predictable changes that guide action.

It is possible to educate your intuition. Intuition is that flash of insight that sheds light into darkness or simply a gut feeling. Ideas connect in the subconscious mind, the part of the mind that uses symbolic associations. Yinyang thinking and the five steps of energy creation and regulation are ancient principles that guide the transformation of energy from blocked and painful to free flowing and pain-free!

### **Learning Goals**

Know how to apply acupressure at specific acupoints to stimulate the desired effect. Students will develop a rich understanding of the theories of yinyang and the five elements. Learn to evaluate the unwanted disorder with the signs and symptom in relation to the patient with a specific constitution. Establish a Chinese correlative cosmological department in the visual/spatial part of the brain.

### **Schedule**

**Friday:** Introduction and discussion to introduce the different functions of the right brain and the left brain, information science east and west, Chinese correlative cosmology. Discuss the theories of qi, yinyang, five elements and etc.

**Saturday and Sunday:** Based on the theories introduced Friday participate in interactive practice by writing and recalling and imaginative storytelling with a partner and in class.

### **Resources**

Kaptchuk, Ted J. The Web That Has No Weaver: Understanding Chinese Medicine. (Buy either the first edition, very low cost when used or the expensive second edition.)

Turk, Michael. Pain's Healing Secret. Chico, California: Acu Press, 2001.

Turk, Michael. Chinese Cosmology handout accompanies the course.

### **Student Responsibilities**

To prepare for the class discussions, in Pain's Healing Secret, read pages 1-90, study pages 64-86. Read The Web That Has No Weaver: Understanding Chinese Medicine, a basic classic that introduces correlative cosmology used by practitioners of Asian medicine.

## **Craniosacral Therapy – 20 Hours**

Instructor: Marti Darcangelo C.M.T.

Class highlights steps for craniosacral sessions, with an emphasis on comforting techniques inside the treatment room. Her class demonstrates how light-pressured holding patterns can bring about incredible changes in the human body while relaxing and calming clients.

## **Deep Tissue 30 Hours** (15 hours lecture: anatomy/physiology 15 hours hands on)

Instructor: Green, Rolfing Practitioner, Licensed C.M.T.

The term deep tissue massage is defined as the use of different massage styles that are directed towards the deeper tissue structures of the muscles and fascia. During this course you will learn:

- Deep tissue techniques
- How to access tissue safely
- How to apply appropriate pressure
- To understand body profiling
- How to structurally analyze clients

### **Deep Tissue II -30 Hours** (15 hours lecture: anatomy/physiology, 15 hours hands on guided practice)

Instructor: Green, Rolfing Practitioner, Licensed C.M.T.

This class is an extension of the basic Deep Tissue class. The class provides a more advanced massage technique directed toward deeper tissue structures of the muscle and fascia.

Instructor educates students about how to raise their bodywork to the next level.

### **Kinesio Taping-20 Hours**

Instructor: Amy Alward CMT

Learn how, when the tape is applied correctly, it achieves the last of these effects by lifting the skin to create a small space between the muscle and dermis layers. That space takes the pressure off swelling or injured muscles, allows smooth muscle movement and makes space for drainage and blood flow.

### **Lymphatic Massage - 20 Hours** (10 Hours lecture: anatomy/physiology 10 hours hands on guided practice)

Instructor: Mike Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

The lymph system of the body is the center of our immune system. Learn the powerful but gentle Vodder technique, as taught by French physician Bruno Chikley M.D. Dr. Chikley is one of the top experts in the world on the lymphatic system and has received various European Awards. Lymphatic massage has proven effective for autoimmune problems (Fibromyalgia, Chronic Fatigue, Lyme's, Lupus, etc.) as well as sinus and allergy problems, and boosting the immune system. Students will learn about:

- Sports injuries
- The layout and flow of the Lymphatic system
- Location of lymph nodes and how they help the body
- Where to find lymphatic organs and tissue.
- Benefits and contraindications
- Scar tissue integration
- Swelling (Edema), lymph edema

### **MBLEX Workshop-10 Hours**

Instructor: Caitlin Linscheid, CMT

Prepare for the FSMTB boards exam questions and know how to study for success!

- Application Requirements
- Application Process
- Taking The Exam
- Exam Content
- MBLEx Result Transfer Form
- MBLEx & Licensure FAQ
- MBLEx Study Guide

### **Myofascial Release - 20 Hours** (10 Hours lecture: anatomy/physiology 10 hours guided hands on practice)

Instructor: Mike Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

Fascia is what covers the body's muscles, tendon, and organs. When it becomes stressed or injured it can cause a wide array of problems. The techniques covered in this class were developed by John Barnes, P.T., who is considered the world's leading expert on myofascial problems. He has spent 35 years perfecting these cutting edge techniques from around the world. Myofascial bodywork is excellent used alone or in conjunction with most modalities.

The class will teach techniques to help with the relief of:

- Headaches
- Sciatica
- Joint Problems
- Plantar fasciitis
- Auto-Immune issues such as Fibromyalgia and Chronic Fatigue for example
- Chronic low back pain
- And many more symptoms

### **Myoskeletal Alignment Massage - 20 hours**

Instructor: Mike Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

This "cutting edge massage therapy technique", was developed by Erik Dalton PhD. He teaches this technique all over the world and is based out of the Freedom From Pain Institute, in Oklahoma City, Oklahoma. This class will teach quick and effective Postural Analysis, how to identify Upper and Lower Crossed Syndromes on your clients (before they create painful and chronic issues). This class will also teach how to treat Kyphosis, Scoliosis, Pelvic Imbalance, Hyper - Lordosis, Cervical and Lumbar Compression, Tendon and Ligament Issues, Repetitive Stress Injuries and much more.

## **Neuromuscular Therapy (NMT) - 35 Hours** (17 Hours/ lecture: anatomy/physiology 18 hours guided hands on practice)

Instructor: Mike Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

This course teaches students how to work on typical problems often confronted by massage therapists. Students will learn Myofascial trigger points, referral pain areas, muscle attachments and functions, the laws and principals of muscle/nerve communication and the St. Johns Institute's technique for treating muscle problems. With this knowledge, you will be able to work on issues such as:

- TMJ
- Scoliosis/ and low back problems
- Cervical Injuries
- Whiplash, Shoulder Pains
- Chest and Ribs
- Arm injuries, Carpel Tunnel
- Pelvic re-alignment
- and many more ...

## **Advanced Neuromuscular Therapy (NMT)- 20 hours** (Pre-requisite: NMT 35-hour course from CTWC)

Instructor – Margaret Hansen CMT, Certified Reflexologist, Certified Natural Health Practitioner, Advanced Certified Massage

Neuromuscular Therapy (NMT) is a highly specialized form of massage which focuses on the nervous system in order to address pain or health problems of the skeletal and muscular systems. It is a system of soft tissue massage techniques that aim to balance the central nervous system with the musculoskeletal system to correct any disorders brought about as a result of any imbalances between the two. Neuromuscular therapy enhances the function of joints and muscles, and speeds healing by facilitating the release of endorphins. Neuromuscular therapy aims to restore homeostasis between the two systems. It helps to address the underlying causes of pain, spasm, or tension. Neuromuscular therapy has a holistic approach towards healing in that emphasis is laid on stimulating the body to heal itself. NMT techniques are used to stimulate soft-tissue repair in the affected areas.

Benefits of Neuromuscular Therapy: The American Academy of Pain Management recognizes Neuromuscular Therapy as an effective treatment for specific pain points. Dysfunctions such as acute to chronic pain resulting from occupational, sports and/or automobile injuries, benefit from receiving Neuromuscular Therapy. Specific types of dysfunctions and repetitive motion and accumulative traumas respond well to this treatment, including sciatica, rotator cuff dysfunction, carpal tunnel and thoracic outlet syndrome, pain issues, Sciatica, Piriformis syndrome, TMJ, and migraines. – also problems with numbness and tingling in the extremities (arms, legs, hands, or feet). Students will gain knowledge in more advanced techniques to help their clients gain more balance and mobility, healing, and vitality through use of refined skills. Students will learn to assess postural distortion, to correct inflare/outflare, cranial release, cervical stabilization, shoulder compartment techniques, Movement and Flexibility, Low back, upper back, what overrides all the good done for clients, and many other techniques that enhance the healing experience.

Class size is limited so sign up today.

## **Orthopedic Massage 20 Hours** (10 Hours lecture: anatomy/physiology 10 hours guided hands on practice)

Instructor: Mike Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

This technique was pioneered by James Waslaski, Whitney Lowe and Leon Chaitow. They have worked with some of the top physicians in the U.S. as well as many professional athletes. This class is a must for anyone working in the medical and sports massage fields. This is very helpful with frozen shoulder, scar tissue release, adhesions, rotator cuff issues, whiplash, sciatica, carpal tunnel, thoracic outlet syndrome, muscle imbalance and more.

This is essentially a 12-Step medical massage protocol, for most issues.

## **Pre-Natal Massage - 25 Hours** (10 Hours lecture: anatomy/physiology anatomy 15 hours guided hands on practice)

Instructor: S. Metzger, RN, C.M.T.

Learn how to safely perform a relaxing and therapeutic massage for clients in various stages of pregnancy. The instructor will teach students:

- Universal precautions/ contra indications of pre-natal massage
- Positive and negative effects of pregnancy
- Side lying and semi-reclined positions
- Sequence of massage strokes in both positions
- Muscles and connective tissues commonly involved in pregnancy
- Safe and dangerous essential oils for pre-natal massage
- Postpartum issues

## **Reflexology - 20 Hours**

Instructor: M. Hansen C.M.T.

Reflexology is a therapy that correlates reflexes throughout the body to areas on the feet, hands and ears. Applying various, specific reflexology massage techniques to these areas can have an effect on the corresponding body part. The affect that reflexology has on the targeted part of the body is to increase circulation to that area and promoting healing through that circulation. Often reflexology therapy promotes more than just increased circulation in the body, it promotes the individual into a state of rest and relaxation which also aids and assists the body to begin the process of natural healing.

Students will gain the knowledge that will increase their skills, and give clients the optimum relaxation experience. This class will address what Reflexology is, how to “meet the feet”, how to “think beyond the obvious and facilitate healing in the client”, and how to assess imbalances and restrictions in the body. It will also cover what the 10 zones are, proper use of hand techniques, and how to properly administer a Reflexology session. Techniques for children, elderly, and labor and delivery are taught, as well as the proper use of Essential Oils, and their contraindications. Students will also learn how to protect the hands and will learn a comprehensive and complete Reflexology routine.

## **Reiki - 20 Hour Class**

Instructor: Amy Alward CMT Certified Reiki I & II

Reiki relaxes the mind and body as it flows through bio-energetic currents, providing a calming sense of wellbeing while promoting balance and wellness. It rejuvenates, bringing profound emotional and physical attunement, allowing you to ramble on down your life path feeling refreshed. It reconnects you with the source of your innate essence by the passive laying of the hands on fully clothed body and can also be integrated into massage, conventional; or complimentary healthcare.

## **Self-Care for Massage Therapists -10 Hours**

Instructor: Jennifer Miller CMT

- Practical & Experienced Education on Proper Body Mechanic
- Exercises for Career Longevity

## **Soft Tissue Release - 20 Hours (10 Hours lecture: anatomy/physiology 10 hours guided hands on practice)**

Instructor: Mike Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

This technique can be used in a passive or aggressive approach for deep tissue work and provides training for upper and lower body. The curriculum is designed to teach you cutting edge techniques that Stuart Taws of the British Sports Institute, developed for use on Great Britain's Olympic athletes. It is the quickest soft tissue technique for getting muscles to release tension.

This technique is great for:

- Sports Massage and therapeutic problems
- Quickly and effectively breaking up scar tissue and adhesions
- Increasing range of motion and flexibility to muscles and joints.
- Helping to eliminate minor muscle spasms.
- Increasing energy and power to muscles.

## **Spa Therapy with Hot Stones - 20 Hours** (5 Hours lecture: anatomy/physiology 10 hours guided hands on practice)

Instructor: Marti Darcangelo C.C.M.T., L.E.

Today's massage technician is an important element in the salon and spa industry. Knowledge of these spa treatments offered are essential. This class covers a common range of the treatments offered by salon, spas and wellness centers all over the world. Spa therapies will teach different specialty treatments to enhance anybody worker's menu of services. This is a great way to provide a unique massage experience, increase revenue and customize client's desires and needs.

This class covers:

- Spa ethics, professionalism and teamwork
  - Introduction to Aroma therapy
  - Contour and Detoxifying Body Wrap treatments
  - Full Body Polishing
  - Explores Mud Packs and paraffin applications and removals
  - Body scrubs and polishing
  - Body wraps and detoxifications
  - Facials
  - Enhancements
  - Aromatherapy
  - Paraffin treatments
  - Mixing ingredients for skin conditions
- (Material fee to be paid directly to instructor on first day of class).

## **Sports Injuries Massage - 20 Hours** (8 Hours lecture, 12 hour anatomy/physiology guided hands on practice)

Instructor: Mike Metzger, CMT, NMT, LDT, OMT, MFT, STRT, MST, SMT

This class will teach students how to recognize and treat sports related injuries as well as injuries that are caused by repetitive stress. The student will experience a multitude of soft tissue injuries under the supervision of the instructor. Students will also learn pain management techniques along with advanced anatomy and physiology. Students will learn:

- The difference between healthy and damaged tissue
- General injury treatment.
- How to train in hot and cold environments.
- How to apply different techniques to treat injured joints, and muscles.
- How to deal with tendonitis and frozen shoulder
- Different types of sports massage.



## **Transforming Abuse Through Massage - 18 Hours** (Lecture: anatomy/physiology and guided hands on practice)

Instructor: Aly Carlile, Domestic Violence Specialist, Forensic Child Interviewer, C.M.T.

This class specializes in educating the massage therapist or anyone working with clients that are having (or have had) a history of abuse or trauma. “Secrets” are the lifeblood on which physical stress and disease feed, by the very nature of massage and body work, those secrets are evoked. Shock and trauma become locked in the body and touch will activate it. Topics include: Incest, rape, child abuse, domestic violence, high conflict situations, and their effects on your client; unresolved issues within yourself and your experience with trauma; the power of positive touch and thought; and massaging with tenderness.

In the class students will learn:

- How to use the hands to bring out the hidden wounds, unspoken truths whether they are articulated or not.
- How to look for changes in skin tones.
- To understand voice intonation.
- To have quality contact with your client.

## **Women’s Health Bodywork Class Description - 25 hours**

Instructor: Steve Metzger RN-CMT

Learn knowledge and skills to support women of all ages. Women have unique needs and you will gain better understanding and learn techniques to support your female clients for better health and function. This class is an advanced hands-on course. Prerequisite Training: Massage Level I and Myofascial release.

In this 25 hour course, you will learn:

- The primary health needs of women at different ages
- Anatomy and physiologic considerations for female clients
- Postural alignment and pelvic balancing
- Techniques for headaches, migraine and stress management
- Techniques for opening the shoulders and chest for pain management, better posture and function
- Treatment after cosmetic surgeries (liposuction, tummy tucks and breast surgeries)
- Self-care for the woman

Supplies needed for the course include: Twin size sheet set, 2 pillows and unscented massage lotion or cream