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Student Catalog

May 2010

*23925 Denton, Clinton Township, MI. 48036
(586) 469 - 3811*

Visit our Web Site at : Myomas.com

HEALING HANDS HOLISTIC HEALTH CENTER
SCHOOL OF MASSAGE

Healing Hands Holistic Health Center School Of Massage is a State licensed educational facility of Myomassology / Bodywork located in Clinton Township, Michigan. The School is dedicated to providing the best massage education possible.

Healing Hands Holistic Health Center School Of Massage prepares ethical and competent Myomassologists, able to respond as an integral part of any total health care program.

Over the past several years the health awareness of the public has grown tremendously. Part of that awareness is the important role professional massage provides. With this in mind the Healings Hands Holistic Health Center School Of Massage educational program was developed to provide this very specialized training and information.

Healing Hands Holistic Health Center School Of Massage provides quality education with a foundation of European and Swedish style massage and builds on that with a number of very effective techniques and new forms of bodywork. Personal instruction and hands on experience provides for the best practical and well - rounded education available.

Healing Hands Holistic Health Center School Of Massage offers a great opportunity for personal growth and development. We prepare the student with a practical trade in Myomassology that they will find personally satisfying. Our program encourages continuing education and advancement in massage and other related health professions.

HEALING HANDS HOLISTIC HEALTH CENTER
SCHOOL OF MASSAGE

ADMINISTRATION

Dennis Scheffler
Owner / Instructor / Administrator

FACULTY

All of the massage instructors for the Healing Hands Holistic Health Center School Of Massage are certified by the International Myomassethics Federation Inc. or NCTMB National Certification. The selection of workshop leaders is based on their practical experience and expertise in their specialty of training.

MESSAGE INSTRUCTORS

Dennis Scheffler NCTMB / I.C.M. T.
Lynn Parker, Carolyn Barber / Teaching Assistants
Melissa Freeman, Mary Brock / Teaching Assistants
Sharon Macy, N'Zinza Washington / Teaching Assistants
Kelly Colegrove, Deanna Hughey / Teaching Assistants
Elaine Stobaugh, Mindy Czeiszperger / Teaching Assistants

ELECTIVE INSTRUCTORS

Dennis Scheffler	Barbi Head
Betty Rinaldi	John Anthony
Chad Allen	Catherine Greene
	Amanda McKinley

ENROLLMENT DATES / CLASS HOURS

Enrollment at the Healing Hands Holistic Health Center School Of Massage are three times a year with sessions starting in October, February and May.

Start dates / class hours for November 2010 session are:

November 29, 2010
Monday A.M.
9:45 A.M. - 2:00 P.M.

December 2, 2010
Thursday P.M.
6:45 P.M. - 11:00 P.M.

Start dates / class hours for the February 2011 session are:

February 23, 2011
Wednesday P.M.
6:45 P.M. - 11:00 P.M.

February 25, 2011
Friday A.M.
9:45 A.M. - 2:00 P.M.

Start dates / class hours for the April 2011 session are:

April 12, 2011
Tuesday A.M.
9:45 A.M. - 2:00 P.M.

April 12, 2011
Tuesday P.M.
6:45 P.M. - 11:00 P.M.

LOCATION

The Healing Hands Holistic Health Center School Of Massage is located at 23925 Denton in Clinton Township, Michigan 48036. Our office hours are Monday through Saturday 10:00 A.M. to 9:00 P.M. The office can be reached by calling (586) 469 - 3811. Our website can be found at www.myomas.com

ADMISSIONS

Applicants must be 17 years of age and have a high school diploma or equivalent before being accepted into the program. Some exceptions may be taken into consideration and addressed by the Healing Hands Holistic Health Center School Of Massage Administration.

Applications are available from the School upon request. Applications are to be filled out and sent in to the School with the following information and requirements:

- A. Name, address, and phone number
- B. Date of birth
- C. Social Security / Drivers License Number
- D. Who referred the applicant
- E. Previous education
- F. Choice of class A.M. / P.M.
- G. \$25.00 registration fee, signature, date.

REGISTRATION

Registration for classes can be submitted at anytime. The deadline for registration is two weeks prior to the starting dates of class. Classes tend to fill quickly, it is highly recommended that applicants register as early as possible to secure a seat in the class of their choice

ACCEPTANCE

Upon the School receiving an applicants completed registration form and fee, acceptance will be determined. Applicants not accepted will have their registration fee returned to them. (Applicants are accepted without regards to race, religion and/or sex).

PREREQUISITES

It is very helpful for the student to have a basic understanding of human anatomy and physiology, though it is not a requirement.

STUDENT CONDUCT

Students are to act in a mature and professional manner while in attendance of the basic and/or elective classes. (Also see page 12 under Dismissal).

HOLIDAYS AND VACATIONS

Classes will not be held on the following holidays:

Memorial day, Independence day, Labor Day, Thanksgiving or Good Friday. There are no classes during the weeks of **Christmas and New Years.**

TUITION

An advance deposit of \$25.00 for registration is due with the application. Weekly tuition is payable every week, every two weeks or once a month. Weekly tuition is also due whether the student is present for class or not. If a student does not make his/her weekly tuition payments on time, and by the fourth week, payment is not made in full, you will be dismissed from the program The student is expected to perform a make-up class session for the time missed. In the event the student requires a seperately scheduled make-up session, there will be an additional \$15.00 charge. Transcripts, certificates, or diplomas shall not be issued to a student until all financial obligations to the Healing Hands Holistic Health Center School Of Massage are met.

FEES:

Registration Fee	\$25.00 due with application
Application Fee	\$400.00 (after deadline \$425.00) due upon first day of class
Weekly	\$60.00 total \$3000.00 payable every week, two week, or monthly intervals.
Electives	\$1800.00 approximate elective fees
Total tuition	\$5225.00 approximate total fee*

* Other expences may be acquired by purchases made for the course. These purchases may include, though are not limited to such items as towels, sheets, anatomy flash cards, workbooks, massage equipment, massage oils, etc.

REFUNDS

Registration fee of \$25.00 is retained by the school if the applicant is denied enrollment. Elective class fees are nonrefundable after the student's attendance in the first day of class. For individuals who pay a partial tuition or their full tuition at the start of the course, shall be refunded if the applicant is rejected by the school before enrollment. Tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with the school. This policy shall adhere to the policies of applicable state, federal and accrediting agencies. All refunds as described in this paragraph shall be returned within 30 days.

ELECTIVE DEPOSITS

Upon signing up for an elective class, the student is required to put a 60% deposit on the class ONE week prior to class date (or before).

GRADING

Students must have a 75% grade score or higher to pass written tests and graduate. Students that score below 75% on a written test have a one time opportunity to retake the test and achieve a passing grade. Any tests retaken after a second attempt will have a fee of \$10.00 to retake a test for a passing grade.

There are 6 written tests that must have a grade of 75% or higher to meet the test requirements of the course. The tests are as follows:

**Skeletal
Posterior Muscle
Reflexology
Anterior Muscle
Basic
Therapeutic**

The grading scale for the written tests are as follows:

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

Students that desire additional help may choose to form study groups with fellow classmates or tutoring services are available. Please see your instructor for further information on tutoring services.

ATTENDANCE

Regular attendance of the weekly sessions is mandatory. In the event of an absence it is important that the student call the School to acknowledge their absence in class for that day or evening.

Students are allowed two excused absences throughout the duration of the **weekly course**, in which there is no make up class required, due to possible emergencies or illness.

Students unable to attend a scheduled elective must call the school. Cancellations of elective classes must be made immediately or at the soonest possible moment **by calling 586-469-3811.**

PROGRAM DESCRIPTION

The Healing Hands Holistic Health Center School Of Massage 600 clock hour Myomassology diploma is attained by supervised clock hours accumulated from the total 1008 clock hour State licensed Myomassology Program. These hours are accumulated as follows:

200 clock hours of basic Myomassology training consisting of massage theory, massage history, basic massage strokes, massage benefits and methods.

400 clock hours of classroom training in studies and methods which are:

125 clock hours instruction of Anatomy / Physiology in structure , function , terms and definitions.

60 clock hours instruction of clinical pathology and recognition of various conditions indicated and contraindicated to massage practices.

155 clock hours instruction of elective / workshops on which the students selects from a complete total of 408 clock hours of specialized elective workshops. (see pages 14 thru 22 for an overview of the elective / workshops).

10 clock hours instruction of massage ethics and professionalism.

50 clock hours of supervised massage / bodywork clinicals. The school does operate a clinic during student internships and does charge a fee for student massages. These hours are supervised student massage contact hours.

Students must pass the 6 required written tests with a 75% grade or higher

Upon completion of all course work totaling to 600 contact hours this allows the student to receive their Myomassology diploma.

The students progress in achieving this total is tracked on computer and kept in a student file. Students can review their files upon request to the administrative office. In the event a student does not complete all of the hours, though has passed all of the written exams, they shall receive a letter stating the total hours that they have completed. Once the uncompleted hours are fulfilled the student will receive their diploma.

Independent study (homework) that the student will have contact with is:

Reading assignments in the Human Body In Health And Illness

A verbal presentation and type written report on a chosen system or organ of anatomy (A list of organs and systems is provided)

Anatomy coloring book assignments

Three minimum practice sessions per week and record these on the practice sheet provided.

Maintaining a journal of practice sessions and completion of a type written summary on their experiences.

PROGRAM COMPLETION

The Myomassology program is structured to be completed in one year. It is encouraged that the student finish the 600 hour program on time. If a student fails to complete all the hours by the end of the 50 week program, they will have one additional year to complete the total hours . If the 600 hour program is not completed by the second year, the student will be dropped from our records and be required to start the program from the beginning again.

CREDIT ACCEPTANCE

Acceptance of previous credits are allowable only from other state licensed schools of massage and bodywork therapy. A maximum of only 150 contact hours of training shall be accepted from another state licensed school of massage and bodywork therapy based upon review of the students previous records and at the discretion of the administration at the Healing Hands Holistic Health Center School Of Massage. It is the responsibility of the enrolling student to bring this to the attention of the administration during the students registration. The student must also provide a student record and a letter from the administration of the previously attended state licensed school validating proof of the students attendance in their program.

STUDENT PLACEMENT ASSISTANCE

The Healing Hands Holistic Health Center School Of Massage currently has a job board that will have postings of local employers that are looking for graduates that have completed and received their diplomas. (Note: Most of our students through their own social contacts have found successful placements by word of mouth and referrals from their friends and family.)

WITHDRAWAL

A student who for any reason finds it necessary to withdraw from the 600 hour course at the Healing Hands Holistic Health Center School Of Massage must do so in writing to the administration. Failure to do so may result in forfeiture of a large portion of the set tuition or show the student as still enrolled in the program and obligated to continuing financial commitment.

DISMISSAL

Dismissal may result from any of the following reasons:

1. Unexplained absence from 3 consecutive or 4 total class sessions.
2. Continuous conduct deemed disruptive and/or disrespectful to any fellow student or staff members.
3. Being unable to maintain satisfactory performance in the practical sessions and written tests over the time of three testing periods. (remember tutoring services are available upon request).

RE-ENTRANCE CONDITIONS:

Students may reapply for the next session. Acceptance will be based upon discretion of the administration upon student withdrawal or dismissal. Each student re-entering the course will be addressed on an individual basis.

STUDENT GRIEVANCE POLICY

A grievance policy for complaints filed by students against a proprietary school licensed under the Proprietary Schools Act, Act 148, 395.102c "Written policy for complaints filed by students" allows students to file a complaint with the department for any violation of this act or rules promulgated under this act at www.michiganps.net.

ELECTIVE / WORKSHOP DESCRIPTIONS

Listed are the variety of elective workshops that are available at the H.H.H.H.C. School Of Massage. The elective / workshop name, contact hours, instructor and brief description are included. Cost for each elective / workshops can be found on pages 22 and 23. Students enrolled in the 600 hour Myomassology program will be required to complete 155 contact hours by choosing classes of their interest from the 408 total elective / workshop contact hours available. For more detailed elective information please call 586-469-3811 or for elective / workshop dates go to www.myomas.com and see our elective calendar schedule.

INSTANT EMOTIONAL HEALING 8HRS

Instructor: Dennis Scheffler
Instant Emotional Healing Is a self help tool incorporating acupressure points, polarity and tapping techniques to address emotional imbalances.

MEDITATION & POWER OF INTENTION 2HRS

Instructor: Catherine Greene
Meditation is used with the power of intention to help bring balance to the body, mind and spirit.

PILATES/YOGA (6) (1HR CLASSES) 6HRS

Instructor: Amanda Mckinley
This class provides a blending of both yoga and pilates to help develop both strength and flexibility. Six one hour classes spread over six evenings.

SPORTS MASSAGE #1 16HRS

Instructor: Dennis Scheffler
This elective provides pre event sports massage training and techniques for athlete preparation at the site of the sports event.

INTRO TO TRADITIONAL CHINESE MEDICAL APPROACHES 16HRS

Instructor: Dennis Scheffler
This elective introduces the philosophies and traditions used by TCM practitioners. Great for massage students desiring to learn about eastern therapies.

TRIGGER POINT (LOWER BODY) 16HRS

Instructor: Chad Allen
Identifying trigger points and how to release key trigger points in the musculature of the lower body to help with pain management.

ASIAN HOT STONE MASSAGE 8HRS

Instructor: Dennis Scheffler
Instruction, use and precautions on providing the proper service of hot stone massage within the massage setting.

FACE READING IN CHINESE MEDICINE 8 HRS

Instructor: Dennis Scheffler
Similar to reflexology the face, in Chinese medicine, reveals much about our inner - outer self and our energetic balance. Blends well with the TCM elective.

CHAKRA BASIC'S 8HRS

Instructor: Catherine Greene
Insight into the basic function, energy principles and understanding of the ayurvedic Chakra system.

G-JO ACUPRESSURE 16 HRS

Instructor: Dennis Scheffler
The G-Jo acupressure workshop helps the body-mind connection restore balance to the flow of the life energy that causes health and addresses discomfort called imbalance.

SPA CERTIFICATION I **19 HRS**
Instructor: Barbi Head
This elective covers types of spas, body treatment basics, types of body treatments, spas today, treatment goals for the client, hot paraffin - hands and feet, consultation, treatment table setup and work area setup.

FLOWER ESSENCES **8HRS**
Instructor: Dennis Scheffler
Flower essences are dilute extracts of various types of flowers and plants that are used to treat animals and people. This elective presents how flower remedies act to balance disharmony in the emotional and spiritual body, and bring about a gentle healing by bringing the body back in balance with itself.

REIKI 1-2 **20 HRS**
Instructor: Dennis Scheffler
This elective introduces Reiki which is a Japanese technique for stress reduction and relaxation that also promotes self-healing. Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.

MEDITATION & TRANSFORMATIONAL YOGA (3) (2HR CLASSES) **6 HRS**
Instructor: Catherine Greene
Combining meditation and yoga philosophies this workshop transforms the energetic awareness of the individual as they achieve a deeper sense of inner balance.

TAI CHI (6) 1 HR CLASSES **6HRS**
Instructor: Dennis Scheffler
This workshop will teach the tai chi short form that is a widely practiced Chinese martial art and is not only great exercise but is an extremely effective moving meditation.

SPA CERTIFICATION II (BODY WRAP) **8 HRS**
Instructor: Barbi Head
This elective involves body wraps which are all-natural, most often containing a mixture of herbs and minerals designed to beautify the skin.

SOMATIC STRETCHING **6HRS**
Instructor: Dennis Scheffler
In somatic stretching the topics covered are why stretching is important, stretching before a sports event, proper forms of stretching, stretching do's and don'ts and a variety of assisted stretches.

INTRO TO CHINESE HERBALS **8 HRS**
Instructor: Dennis Scheffler
There are over three hundred Chinese herbs that are commonly being used today that have a history that goes back at least 2,000 years. This elective investigates Chinese herbal theory, history of herbs, types of herbs, preparation of herbs, patent herbs, extracts and capsules.

CHAIR MASSAGE **16HRS**
Instructor: Dennis Scheffler
In this elective the instruction will be on how to effectively massage a client while sitting in a massage chair. The client remains fully clothed and no oils are used while their shoulders, neck, upper back, head, and arms are massaged.

TRIGGER POINT (UPPER BODY) **16 HRS**
Instructor: Chad Allen
Identifying trigger points and how to release key trigger points in the musculature of the upper body to help with pain management.

ADVANCED REIKI**8 HRS**

Instructor: Dennis Scheffler

Advanced Reiki also known as ART, provides additional healing and meditation techniques for those who have completed Reiki I and II. It is designed to increase your Reiki energy and improve your Reiki skills. It is a very powerful class, and will take your skills to a new level.

MICRO COSMIC ORBIT**2HRS**

Instructor: Catherine Greene

The Micro Cosmic Orbit is a Taoist Qigong meditation technique. It is based on observing the natural flow of energy in the body during respiration. The meditation involves consciously raising the focus of awareness up the Governor Vessel meridian at the back of the spine during inhalation, and returning the focus of awareness down the Conception vessel meridian at the front of the spine during exhalation.

COLOR AND SOUND**16 HRS**

Instructor: John Anthony

This workshop will examine what multi-modality therapy is and it's effect on the body, mind and spirit connection. It will also examine the history of sound and its uses and history of color and its uses.

POLARITY THERAPY**16 HRS**

Instructor: Dennis Scheffler

Polarity Therapy is a comprehensive health system involving energy-based bodywork, diet, exercise and self-awareness. Scientifically, it works with the Human Energy Field, electromagnetic patterns expressed in mental, emotional and physical experience. This elective studies the perspective to all these subjects as applied to Polarity Therapy.

LYMPHATIC REFLEXOLOGY & SELF MASSAGE 5HRS

Instructor: Catherine Greene

The study of Reflexology along with Lymphatic therapy is combined in this workshop to enhance the benefits of both modalities as they are involve self-care techniques and benefits.

SHIATSU**16HRS**

Instructor: Dennis Scheffler

Shiatsu is a Japanese form of bodywork. The word shiatsu means "finger pressure", and shiatsu is sometimes described as a finger pressure massage. In this elective it is examined how shiatsu is based on the holistic system of traditional Chinese medicine, where illness is thought to result from imbalances in the natural flow of energy, or chi through the body.

INTRO TO CRANIAL**16 HRS**

Instructor: Dennis Scheffler

This elective involves assessing and addressing the movement of the cerebrospinal fluid (CSF), which can be restricted by trauma to the body, such as through falls, accidents, and general nervous tension. Learning how to gently work with the spine, the skull and its cranial sutures, diaphragms, and fascia, the restrictions of nerve passages are energetically eased, so the movement of CSF through the spinal cord can be optimized, and misaligned bones are said to be restored to their proper position.

MYOFASCIAL**16HRS**

Instructor: Dennis Scheffler

Myofascial Release is a very effective hands-on technique that provides sustained pressure into myofascial restrictions to eliminate pain and restore motion. Myofascial release aims to access these areas of blockage and tension to release them, thereby freeing up the muscle and allowing it to move more easily and effectively.

AROMATHERAPY **8HRS**
Instructor: Dennis Scheffler
Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being. In this workshop aromatherapy theory, history, essential oils, carrier oils, cautions and storage will be covered along with blending and uses of essential oils.

MEDITATION/ HANDS ON HEALING **6HRS**
Instructor: Catherine Greene
This elective integrates the centering of meditation and the dynamics of energetic hands on healing. Meditation is presented as the focus and intention of the combined modalities to connect with purpose and meaning.

FIBROMYALGIA **16HRS**
Instructor: Dennis Scheffler
The study in this workshop will address fibromyalgia history, symptoms, possible causes, managing and how massage has become a very complementary tool for those suffering with fibromyalgia. Recommended study for all massage practitioners.

SPORTS MASSAGE #2 **16 HRS**
Instructor: Dennis Scheffler
This elective provides post event sports massage training and techniques for the athlete after completion of their sports event. This type of sports massage is also provided at the site of the sports event.

INTRO TO MAGNETICS **8HRS**
Instructor: Dennis Scheffler
Study of this therapy introduces the use of magnetic fields which have a beneficial effect on health. This workshop examines how magnets near or on an injury site, encourages muscle relaxation and increased blood flow, while reducing inflammation.

MEDITATION (4 CLASSES) 2 HRS EACH **8HRS**
Instructor: Catherine Greene
Learning Meditation is not a technique but a way of life. Meditation means 'a cessation of the thought process' . It describes a state of consciousness, when the mind is free of scattered thoughts and various patterns . The focus of this elective is to provide skills that the participant can practice daily to calm the activity of the mind and develop a deeper inner balance.

CPR **8HRS**
Instructor: American Heart Association or Red Cross as available to provide classes.
In this class Cardiopulmonary resuscitation (CPR) is presented in which a combination of rescue breathing and chest compressions are demonstrated and practiced that can be delivered to victims thought to be in cardiac arrest. Student gains CPR qualification on completion.

REIKI MASTERS **16 HRS**
Instructor: Dennis Scheffler
In Reiki Masters training the student will receive additional Reiki energy understanding, symbols and techniques that will add value to their all ready acquired Reiki abilities. The student will also learn how to treat them self by giving their self and others healing attunements and treating others in person and at a distance will all be noticeably improved.

**ANGEL AWARENESS/
DREAM INTERPRETATION** **8HRS**
Instructor: Dennis Scheffler
This class introduces the student into the spiritual world of the unseen and opens insights about angel awareness in our daily lives. Documented experiences are investigated. Paralleling angel awareness is our dream states. The class continues with discussion on the meaning behind our dreams and their significant message to ourselves.

CHRISTMAS MEDITATION/ CELEBRATION 2 HRS

Instructor: Catherine Greene

This is a meditation that is practiced here at the Healing Hands holistic Health Center School Of Massage that is significant to the Christmas holiday and honors its celebration. Very wonderful moment to spend in consciousness of peace and goodwill to all mankind.

ELECTIVE / WORKSHOPS COSTS

Listed below are the elective /workshops offered at the HHHHHC School Of Massage and their cost. Students enrolled in the 600 hour Myomassology program will be required to complete 155 contact hours by choosing classes of their interest from the 408 total elective / workshop contact hours available. For more detailed elective information please call 586-469-3811 or for elective / workshop dates go to www.myomas.com and see our elective calendar schedule and get our elective schedule download.

INSTANT EMOTIONAL HEALING	\$100.00
MEDITATION THE POWER OF INTENTION	\$35.00
PILATES/YOGA (6) (1HR CLASSES)	\$60.00
SPORTS MASSAGE #1	\$215.00
INTRO TO TRADITIONAL CHINESE MED. APPROACH.	\$185.00
TRIGGER POINT (LOWER BODY)	\$185.00
ASIAN HOT STONE MASSAGE	\$215.00
FACE READING IN CHINESE MEDICINE	\$125.00
CHAKRA BASIC'S	\$225.00
G-JO ACUPRESSURE	\$205.00
IT'S A WRAP (BODY WRAP)	\$175.00
FLOWER ESSENCES	\$115.00
REIKI 1-2	\$275.00
MEDITATION & TRANSFORMATIONAL YOGA	\$150.00
TAI CHI (6) 1 HR CLASSES	\$160.00
SPA CERTIFICATION	\$275.00
SOMATIC STRETCHING	\$105.00

ELECTIVE / WORKSHOPS COSTS

INTRO TO CHINESE HERBALS	\$115.00
CHAIR MASSAGE	\$195.00
TRIGGER POINT (UPPER BODY)	\$200.00
ADVANCED REIKI	\$125.00
MICRO COSMIC ORBIT	\$50.00
COLOR AND SOUND	\$200.00
POLARITY	\$185.00
LYMPHATIC REFLEXOLOGY & SELF MASSAGE	\$150.00
SHIATSU	\$185.00
INTRO TO CRANIAL	\$215.00
MYOFASCIAL	\$185.00
AROMATHERAPY	\$215.00
MEDITATION/ HANDS ON HEALING	\$150.00
FIBROMYALGIA	\$185.00
SPORTS MASSAGE #2	\$215.00
INTRO TO MAGNETICS	\$125.00
MEDITATION (4 CLASSES) 2 HRS EACH CLASS	\$125.00
CPR	\$115.00
REIKI MASTERS	\$525.00
ANGEL AWARENESS/DREAM INTERPRETATION	\$155.00
CHRISTMAS MEDITATION/ CELEBRATION	\$30.00