

TABLE OF CONTENTS

Facility, History of school, Location	1
Mission Statement, ITMW Philosophy Massage Therapy Certificate Program Objectives	2
Admission Requirements	3
Graduation Requirements, Licensing, National Certification Exam Job Placement Assistance, Transfer of Credit Policy	4
Commonly Asked Questions & Answers	5
Curriculum Descriptions, Massage Theory, Massage Technique	6-7
Anatomy and Physiology, Pathology, Community Services, Student Clinic	8
Body Mechanics, Business Practices Pregnancy Massage, Shiatsu, National Board Review, Reflexology, Spa Therapy, Hydrotherapy	9
Aromatherapy, Seated Massage/On-Site Chair, Polarity Therapy, Reiki, CPR & First Aid, Trigger Points Therapy, Acupressure	10
Additional certifications	11
Professional Teaching Staff	12-15
Administrative Staff, Medical and Professional Advisory Board	16
Accreditation, Educational Curriculum Approval	17
Program Costs and Financial Arrangements	18

INTRODUCTION TO THE INSTITUTE OF THERAPEUTIC MASSAGE & WELLNESS

Thank you for your interest in The Institute of Therapeutic Massage & Wellness (ITMW) and our Professional Massage Therapy/Bodywork training program. If you work full or part time, no matter what shift, we offer convenient hours that will be great for you. The program is designed for the working adult and offers affordable tuition. Our students range in age from 18 – 64. Our class size is approximately 20 students per instructor during lecture and 20 students per 2 instructors during bodywork exchange.

The Main Goals of the Institute are:

1. For the students to pass the National Certification Board/Exam and become State Licensed Professional Massage Therapists.
2. To produce knowledgeable Massage Therapist (Alternative Healthcare Consultants) that can work in any professional environment.
3. To produce medically sound, confident Massage Therapists.
4. Putting the students needs & concerns first.

Dr. Dan and Bonita Howes started ITMW in June of 1997 through a combined effort with the Board of Directors. The school was founded based on the basic principles of providing the community with well-trained and educated massage therapists. The goal of the owners and Board is to provide the students with the latest, most up to date information available for massage therapy and bodywork.

About The Campus

Our facility is located in Davenport, Iowa, the Heart of Chiropractic, with Palmer College of Chiropractic and St. Ambrose University nearby. Our school is located on an entire city block, with a large outdoor area, close to several restaurants, shopping centers, etc. There is also a wide variety of close student housing available locally.

Our facility is a customized over 35,000 square foot, three story brick schoolhouse with many large classrooms – including two lecture rooms and three modality training/practical rooms. We also have a student break room with a fully equipped kitchen, student lounge areas, spa clinic with showers, reception area, a picnic area, laundry facilities, and a bookstore. The library provides a quiet place to read & study, a gymnasium in which to shoot hoops, a stage, 4 computers with high speed internet access are available for student use, and plenty of full-sized student lockers. In addition, the school has **13 private** massage therapy clinic rooms.

ITMW Massage City:

**massage therapy training school*

**massage therapy and spa therapy clinic*

**chiropractic healthcare*

**health/nutrition consultant*

**yoga and tai chi classes*

**whole body reflexology certification program (an additional 110 hours)*

**spa therapy technician program (an additional 50 hours)*

Dr. Daniel Howes & Bonita Howes - School Directors/ Owners
Dr. Charles Elmendorf - Medical Advisory Board Chairperson

**We invite you to call (563) 445-1055 and set up a time to tour
our customized facility and see the difference for yourself!**

ITMW MISSION STATEMENT

The Institute of Therapeutic Massage and Wellness is dedicated to our role in educating the student in professional therapeutic massage and a variety of alternative therapies. ITMW promotes confidence with an emphasis on health and wellness, educating the community through knowledge and compassion.

ITMW PHILOSOPHY

The Institute of Therapeutic Massage and Wellness believes that massage therapy is a valuable tool in the holistic approach to health care. The practitioners of this profession must thoroughly understand the human body and its functions and be able to apply this knowledge in practical situations.

ITMW is dedicated to providing quality, personal instruction in the art and science of massage therapy, thereby delivering highly skilled professionals to the public. We view massage as a healing art that is vitally important in today's health care. We feel that it is important for the massage therapist to be a caring individual as well as knowledgeable and skillful in the therapeutic aspects of his/her vocation.

We recognize that each individual is unique and therefore we provide training in a variety of techniques to enable each student to develop his or her own style.

ITMW believes in graduating students with an appreciation for safe practices, effective techniques, and a high standard of professional ethics. It is our intention to graduate students prepared to practice their profession with competence, confidence, and enthusiasm.

MESSAGE THERAPY CERTIFICATE PROGRAM OBJECTIVES

- ✦ To prepare students for a position as a professional massage therapist through a well balanced program, integrating theory, technique, anatomy and physiology, practical experience, and personal as well as professional development.
- ✦ To help students, through various classes, acquire proficient business and technical skills to specialize and address special populations, and to work in various settings.
- ✦ To provide students with a supportive atmosphere which encourages professional and personal growth along with the development of a unique style of massage.
- ✦ To guide students towards the acquisition of a certificate of completion needed in order to practice massage therapy.
- ✦ To prepare students to take the National Certification Exam for Therapeutic Massage and Bodywork, and be licensed by the state as a Licensed Massage Therapist.
- ✦ To give the students a thorough working knowledge of the structure and functions of the human body and the theory of natural health care methodologies.

ADMISSION REQUIREMENTS AND PROCEDURES

Applicants must:

1. Submit a completed application form with a \$50 non-refundable fee.
2. Submit a high school diploma and transcript (or GED) and any other college transcripts.
3. Submit two letters of recommendation addressing character, work attitude, and/or past academic performance.
4. Attend a personal interview. The director of admissions evaluates your personal qualifications as well as your academic readiness during the interview. This interview is designed to give the applicant personal and specific guidance in fulfilling entrance requirements. We also invite you to ask questions at this time, tour the facility, listen to an explanation of the program, make arrangements for the payment of tuition, and view the textbooks. The prospective student and their family may attend a class for the day, if desired.
5. Show resources that they are capable financially and/or are able to be entered into one of the school's loan programs.
6. Display a genuine desire to become a part of a learning atmosphere with the ability and attitude to succeed in the classroom. Must submit a short essay (paragraph) as to why you would like to attend our school.
7. Project a well-groomed and professional image that would reflect positively on the school and the profession.
8. Be free from dependency of any drug or other controlled substance.
9. Be physically and mentally competent to practice. Must be free of any communicable diseases.

Furthermore:

1. Anyone who has been convicted of a felony may not be eligible for a state license, which is a requirement by the state of Iowa and most cities and states to practice. Applicants must not have been engaged or convicted of prostitution (state law).
2. The practice of massage therapy evokes changes in all aspects of our being. A practitioner must have the perspective and insight to allow for these changes.
3. All handicapped applicants are treated on an individual basis due to the fact that massage therapy doesn't lend itself to all handicaps.

*****ITMW does not discriminate on the basis of sex, race, ethnic origin, color, religion, age, disability, sexual orientation, or other status protected by law.**

GRADUATION REQUIREMENTS

Upon graduation, students will receive a transcript and diploma stating the completion of the program. In order to graduate, the student must have satisfactorily mastered all the courses of study, attended the required number of classroom and clinic hours, completed the minimum number of clinic massages, and passed the final exams of their contracted program. All fees and tuition must be paid in full or other financial arrangements must be made. All borrowed books and equipment must be returned prior to graduation.

NATIONAL CERTIFICATION EXAM FOR THERAPEUTIC MASSAGE AND BODYWORKERS

The National Certification Exam for Therapeutic Massage and Bodywork (NCTMB) was developed in 1992 in response to the growing need to create a standard of competency. The exam has proven to be a valid and reliable exam. Almost all states have adopted this exam as the written portion of their state license requirement. Iowa and Illinois are both. All graduates of the ITMW meet the eligibility requirements to take the exam. The current cost of this exam is \$225 and is good for 4 years. During those four years you will need 48 C.E. credits to stay current. Our graduates have demonstrated a ninety four percent success rate on the National Certification Exams since January 1, 1999.

LICENSING

Licensing is handled differently in each state and can also vary by city and county. There are over 42 states requiring licensing with the completion of 500 hours or more from an approved massage therapy school. This number is increasing every year. The 650-hour Massage Therapy Program certificate earned and completion of NCTMB meets the requirements of most city and state ordinances. In Iowa, the state license currently costs \$120 for a two-year license, and requires 12 C.E. credits. Also, in order to receive a license in Iowa & Illinois, students must complete a minimum of a 500 hour massage training program and pass the National Certification Exam.

JOB PLACEMENT ASSISTANCE

Although we cannot guarantee employment upon completion of the program, ITMW will encourage students to use the school as their resource for employment opportunities and references. We are constantly receiving job requests from salons, spas, chiropractors, massage clinics, and sports/athletic centers. We hear many positive comments from employers about our students. Our graduates represent us well in their work around the country and the world, and we enjoy hearing from them. We have graduates practicing in 35 different states and also in Spain, Canada, Brazil and Australia. Some of our graduates have even gone on to massage top athletes and top celebrities.

TRANSFER OF CREDIT POLICY

Because of the nature of our *Massage Theory* class, we rarely accept transfer credits from other schools. We do accept transfer credits of *Anatomy & Physiology and Pathology*. Course credits will be reviewed on an individual basis. Class subjects that are consistent with the course work for ITMW will have the opportunity to be transferred. ITMW reserves the right to reject any transfer of credit.

Commonly Asked Questions About Massage Therapy

Question: Where do you see massage therapy going?

Answer: We are currently seeing resurgence in the media regarding on massage and its many positive benefits. This gives every therapist an opportunity to educate the general public. The more educated the public is about the many therapeutic benefits of massage and the types of massage and bodywork available, the more credence it adds to the educated Massage Therapist.

We stress educating the public by going to many community service events such as: the BIX at 6 practice run massaging the runners both before and after the run, the BIX 7 road race, the Fire Cracker Marathon, Women's Life Style Fair doing over 400 chair massages in one weekend, American Cancer Society Relay for Life Walkathon, Palmer College, Alzheimer's Memory Walk, Quad-Cities Marathon with over 400 post event sport massages, Miss Iowa Scholarship Pageant Contestants, college fairs, and various community health fairs. By participating in these events the students find themselves talking about the many benefits of massage and receiving future clients. By volunteering for community service events, ITMW creates a positive awareness of bodywork in the community.

Our students and graduates are very proud of the fact that they have earned or are earning 650 hours of education in many aspects of therapeutic massage, various types of bodywork, and alternative healthcare classes. The concept of a health care is undergoing a great change, with a larger emphasis on preventative care. People are looking for a more natural and more holistic approach within the health care system.

Employment opportunities may include positions in:

Sports Medicine Rehabs	Chiropractic Facility
Massage Therapy Clinics	Private Clientele
Physical Therapy Clinics	Health Resort Spas
Hotels & Resorts	Health Clubs
Ski Resorts	Salons
Cruise Ships	Day Spas
Pain Clinics	Hospitals
Naturopathic Clinics	Fitness Agencies
Professional Athletic Teams	Acupuncturist Office
Wellness Clinic	OB/GYN Offices/Midwives
Naturopathic Clinics	Fitness Agencies
Professional Athletic Teams	Hospitals
Physician & Osteopathic Offices	Psychiatrist & Psychologist Offices

Question: Am I strong enough to be a massage therapist? Don't your hands get tired?

Answer: Certainly massage therapy is a physical profession. In order to remain in optimal condition it is very important for the massage therapist to be mindful about self-care. Self-care includes such things as stretching, rest, exercise, nutrition, and balance in life – in fact, all of those things we talk about to our clients. Our students receive Yoga, self stretching, therapeutic exercises, and body mechanics training to help condition them.

When actually working on a client, proper body mechanics are critical to avoid fatigue and injury. Body mechanics require alignment with the direction of your work, using your legs and body weight to provide the power behind your strokes, maintaining proper table height adjustments and always remembering to breathe. With good body mechanics, your arms and hands provide the refinement to the strokes, but the power comes from your entire body by leaning, not pushing. Also, in addition to the hands, we also stress the use of the forearms; elbows and fists. Massage Therapists are able to use different techniques and modalities to be able to engage the deeper layers of soft tissue so that they avoid an over-reliance on sheer strength. So no matter what the students' size or physical ability may be, with the proper instruction and education about the use of body mechanics that the students receive at ITMW, all of them can achieve a career with less physical strain.

Question: How much money can I expect to make my first year as a practicing Massage Therapist?

Answer: The starting wage for a Massage Therapist is very diverse. It is determined by several factors: venue of practice, geographic location, financial arrangements, self-employment or employee, personal drive and motivation to succeed. According to information reported by graduates, the average graduate performs 15-30 massages per week at \$40-\$75 per hour for those who are self employed. Those who choose to work for someone else can earn between 40-60% commission or a flat hourly rate. Taxes paid and tips received may not be included.

The graduates in the field who are financially successful and *happy* are those who enter the field out of a sincere desire to help other people, who have good skills, and who have the determination necessary to achieve success.

Question: Who are ITMW massage therapy students?

Answer: ITMW attracts students from very diverse backgrounds, including nurses, teachers, engineers, homemakers, factory workers, sales people, farmers, musicians, artists, chiropractors, students, chiropractic technicians, and retirees. All are looking to better their lives and feed their spirit. Some graduates go back to college to finish degrees in the other areas of healthcare. In an average class, half of the students drive from up to 1-2 hours away to receive a very well rounded education in massage therapy. Many move here to the Quad-Cities from all over the country and then move back once finished.

Question: Is it all Relative?

Answer: ITMW has graduated 16 sets of sisters (including all 7 sisters from one family), 5 brother/sisters, 12 mother/daughters, 5 mother/sons, brothers, cousins, aunts, nieces and in-laws. 5

Question: Athletes, do I have to be one?

Answer: No, but we have had 5 Division 1 collegiate female athletes from Illinois, Iowa, South Dakota, Utah and Idaho. Also 2 Division 1 collegiate males from Illinois and Nebraska.

Question: Will I get to work with Professional Athletes?

Answer: ITMW is the official Sports Massage Therapists for the Q.C. Steamwheelers Arena II Football Organization since 2000 when they first were organized. Also, ITMW is the official Sports Massage Therapists of the Q.C. Flames Hockey League-AHL also with the (Q.C. Mallards Hockey Team.) ITMW students have the opportunity to attend games and practices of both teams. Also, some travel to away games. ITMW students also attend the BIX 7 Road Race and work with the runners.

COURSE DESCRIPTIONS

*****The Following Subject Hours Are An Approximation,
And Are Subject To Change Without Notice! *****

The Institute of Therapeutic Massage & Wellness makes all efforts to address the different learning styles of the individual students. All instructors utilize audio, visual, and kinesthetic teaching techniques whenever possible.

Prerequisites

Because our program is inclusive there are no prerequisites. However any backgrounds in health care or anatomy are helpful.

MESSAGE THEORY 80 Hours

Massage Theory Level 1-

In Level 1 Theory, students will learn the history of massage and bodywork, benefits, contraindications, and effect of massage, proper body mechanics, basic strokes of relaxation massage, and learn about massage equipment and products.

Massage Theory Level 2-

In Level 2 Theory, students will learn procedures for a complete body massage, consultation, medical documentation, therapeutic exercise, athletic/sports massage, laws, and ethics.

Massage Theory Level 3-

In Level 3 Theory, students will learn hydrotherapy; nursing and healthcare, specialized massage, business, and have an Anatomy and Physiology Overview.

MESSAGE TECHNIQUE 90 Hours

Massage Technique Level 1-

Level 1 Technique class coincides with Level 1 Theory. This level emphasizes body mechanics. We use Yoga classes to help learn the basis of body mechanics and self care, as well as build endurance through exercise. After students have completed all their Yoga and Tai Chi classes and have a basic knowledge of Anatomy and Physiology, students learn to palpate with sensitivity and to organize a one hour relaxation massage with techniques such as: resting position, rocking, compression, shaking, effleurage, petrissage, tapotement, and vibration.

Massage Technique Level 2-

Level 2 Technique class coincides with Level 2 Theory. At this level students learn to assess and apply therapeutic techniques to deep structures. They learn to use their forearms, elbows, and leverage to produce deep pressure. They learn such modalities such as pre-natal massage, stretching, jostling, range of motion, deep gliding, and muscle stripping. They learn sports massage for pre-and post-event. Students gain extra opportunities to improve their massage skills previously learned in Level 1 Technique class as well as what they are currently learning in Level 2 Technique class by beginning their supervised student clinic hours.

Massage Technique Level 3-

Level 3 Technique class coincides with Level 3 Theory. Students learn the effects of massage on the lymphatic and circulatory systems. Students will recognize and work therapeutically with symptoms such as sciatica, fibromyalgia, low back pain, scoliosis, neck and shoulder pain, whiplash, and knee and ankle problems. They will learn specific massage techniques such as: prenatal massage, lymphatic drainage, myofascial release, and meridian therapy. Students will discuss case profiles and review skills learned in Level 3 Theory class.

ANATOMY AND PHYSIOLOGY 125 Hours

Level I: Levels of structure of the body, studying in-depth the integumentary, skeletal, and muscular systems. Name and identify most of the bones, joints, and major muscles of the body. Describe their locations and actions in anatomical terms and their significance in massage therapy. Special topics covered are arthritis, posture analysis, and skin disorders.

Palpatory Integration: This course provides a hands-on supervised setting for students to practice and integrate both their massage skills and their anatomy knowledge. Students will gain experience in locating bony landmarks and muscle attachment sites through palpation (touching, feeling, or perceiving by sense of touch).

Level II: Nervous and endocrine systems including where the organs of the systems are, what they do, how they do it, and how these two systems interact in the body's response to stress. Also included is study of the muscles, learning exact locations of deep and accessory muscles of the head, neck, torso, and their upper and lower extremities. Includes learning about the functions, common injuries, and conditions of the body that come at risk of injury from massage.

Level III: Study of cardiovascular, lymphatic, respiratory, digestive, and renal systems as they relate to one another, to other body systems, and to massage therapy, as well as an introduction to the known concepts of immunity, metabolism, and essential nutrients. Special topics covered include cardiovascular considerations, herbs/vitamins as common prescription drugs, post-operative massage, and specific health considerations.

Kinesiology: This course expands on the fundamentals of the musculoskeletal systems. We will examine their role in various sports as well as their involvement in specific injuries. The dynamics of eccentric-concentric interaction will be discussed and these principles will be practiced in the clinical setting.

PATHOLOGY 40 Hours

This course offers an in-depth examination of the most common illnesses a massage therapist will encounter. Etiology and prevention are discussed with appropriate massage interventions practiced in the clinical setting.

STUDENT CLINIC 130 Hours

Students learn to develop professional skills while working with clients who receive massage for a variety of reasons. Immediate feedback is available for improvement in communication skills, technique, and assessment. 50 one-hour massages will be documented by each student and approved by the clinic supervisor.

Prerequisite: students must provide proof that they have taken CPR / First Aid and that it will be valid the entire time they are in clinic.

COMMUNITY SERVICE 12 Hours

This experience assists students in developing their marketing and presentation skills as well as providing confidence and a sense of service. Community service allows each student to participate in the responsibility of educating the public about massage therapy and wellness. Options may include providing treatments at athletic events, community fund raising walks, job or health fairs, and volunteer programs.

SEMINAR AND MODALITY CLASS DESCRIPTIONS: 196 Hours Total

BODY MECHANICS / SELF CARE (PART OF TECHNIQUE CLASS)

Students learn how to use their back strength and how to transfer weight. Movement exercises are incorporated to help students find their “neutral back” and to strengthen their legs for full body support. Physical therapy specializing in hands and wrist teach students to care for their arms, hands, elbows, and wrists. Stretching and flexibility exercises are prescribed for some students; while others learn to change the way they use their hands and arms on a daily basis. The massage instructors take care to see that these concepts of proper body mechanics are practiced in each class setting. Students are tested on their ability to recognize improper use and to be able to demonstrate correct form and posture while doing massage. Yoga is also taught for conditioning of the students.

BUSINESS / ETHICS

This course covers the basic skills necessary to set up and operate a business while preparing the student for job applications upon graduation. It includes goal setting, writing a resume, creating a business plan, networking, advertising, marketing and self-management as well as bookkeeping and taxes.

Massage/bodywork professionals daily encounter ethical issues and occasional ethical dilemmas in their work. In massage therapy, ethics cover adhering to prevailing laws, upholding the dignity of the profession, respecting each client, staying committed to quality, working within the appropriate scope of practice, being client centered, and remaining service oriented.

PREGNANCY MASSAGE (PART OF TECHNIQUE CLASS)

The classes teach indications and contraindications for performing massage during pregnancy. The use of bolsters, pillows, and props are also emphasized in relation to pregnancy massage and other special medical conditions. The students will work and educate moms-to-be.

NATIONAL BOARD EXAM REVIEW (PART OF THEORY CLASS)

The ITMW takes pride in its student’s success, and it’s our most important goal. Our students have a 94% passing rate on the national board exam. We bring in different educators to assist the student’s with the preparation of the national exam. Also a mock national exam is prepared for the students, with different quizzes to have them ready to meet the challenge of the exam.

REFLEXOLOGY

Reflexology is a five thousand-year-old system from China whereby the foot is viewed as a “mini map” of the body, with every section of the foot corresponding to an organ or gland, which is manipulated by the hand. Learn the basic principles and history of reflexology massage and two reflexology techniques to relax the feet and strengthen the entire body with general guidelines for these sessions.

SPA THERAPY / HYDROTHERAPY

The latest techniques in this growing field are examined. Demonstration as well as a hands-on practice includes application of body wraps, cellulite treatment, paraffin dips, exfoliation. Scientific application of water for the purpose of therapy and rehabilitation by using hot packs, cryotherapy, and contrast baths will enhance your skills as a valuable massage therapist professional.

SHIATSU

This course promotes optimal health by improving proper function in the musculo-skeletal, lymphatic, and circulatory systems, as well as supporting the proper function and interaction of all internal organ and endocrine systems through overall energy balancing. Instruction includes an efficient system of finger pressure meridian massage. By altering the dynamics in application of Shiatsu's unique compression/release technique, rhythm, and tempo the practitioner can bring about different results for the client. Depend upon the needs of each client; the practitioner can alter the effect from very relaxing and calming to revitalizing and energizing. Shiatsu offers the rare opportunity to learn and apply the ancient proven principles of Oriental natural healing.

AROMATHERAPY

Aromatherapy is the ancient arts of health care and rejuvenation. It is the practice of using oils extracted from aromatic plants to enhance health and appearance. It is the most natural of treatments.

Aromatherapy is often done in conjunction with massage.

POLARITY THERAPY

Polarity focuses on the energy currents that exist in all life. Polarity uses the hands as conductors of energy. The intention is to balance the electromagnetic energy in the body, toward the ultimate goal of uniting the body, emotions, mind and soul.

TRIGGER POINT THERAPY

This refers to any of several systems of working with trigger points that are based on western anatomy and physiology. Trigger points are tender congested spots in muscle tissue, which may radiate pain to other areas. Significant relief often results when the trigger point is treated.

REIKI

Reiki is an energy process for restoring and balancing energy and promoting healing and personal transformation. This approach is thousands of years old. Each student receives professional balancing from a Reiki practitioner.

SEATED MASSAGE / ON-SITE CHAIR

The versatility of the massage chair provides the therapist with virtually limitless therapeutic possibilities while creating endless promotional and marketing opportunities. It allows the therapist to bring massage therapy to the corporate work place by learning how to utilize the chair in giving effective fifteen-minute sessions. This seminar will provide the therapist with an excellent foundation in using the massage chair to perform stress relief techniques.

ACUPRESSURE

Learn the centuries old Chinese compression massage which acts upon the total energy flow of the body. This course will further investigate the fourteen major meridians and the major points along these meridians.

ADDITIONAL CERTIFICATIONS

SPA THERAPY TECHNICIAN CERTIFICATION (50 HOURS)

This program includes: Hot Rivers Rocks, Siddha Body Detoxification, Herbology Body Wraps, Arctic Algae Wraps, Cellulite Treatment, Mud Therapy Wrap, Aromatherapy II, Introduction to Herbology and Ayurvedic/Marma Massage. Also Face Toning Massage.

WHOLE BODY REFLEXOLOGY CERTIFICATION (110 HOURS)

This is a four-part program. Including special topics: hands, feet, ears, meridian therapy protocols, homeopathy. Helping to rebalance, revitalize, and heal without drugs. Instructor: Dr. Taylor

SPORTS MASSAGE CERTIFICATION

Course includes specific sports injuries classes, deep tissue for athletes and use of acu-cupping.

RUSSIAN MEDICAL MASSAGE

Courses includes: Migraines/Headaches, Carpal Tunnel, Fibromyalgia and Sciatica.

PROFESSIONAL STAFF AT THE INSTITUTE OF THERAPEUTIC MASSAGE AND WELLNESS

We strive at ITMW to have on staff a collection of professional, qualified individuals who come from many various educational and life backgrounds. We feel that when our students have the chance to learn from an instructor who specializes in the particular field that they teach, it increases the chances of their success in this program and their future careers. We are very proud of all of the instructors on our educational team and are happy to share them with you.

SCHOOL DIRECTORS:

Dr. Dan Howes, B.A.

Dr. Howes received his Doctor of Chiropractic at Palmer College of Chiropractic in Davenport, Iowa. He graduated Cum Laude with high honors from Palmer. While attending Palmer College of Chiropractic, he was on the President's and the Dean's Academic List. Dr. Dan was Student President for the American Chiropractic Association and traveled to Washington D.C. several times. He received BAs in both Biology and Physical Education at Coe College in Cedar Rapids, Iowa. He was awarded all-conference honors in football and track and was a member of the Tau Kappa Epsilon Fraternity at Coe College. He also received additional course work in athletic training and athletic injury prevention. Having a strong background in health and fitness, Dr. Dan worked in health clubs as a physical and athletic trainer. He was on the President's List for scholastic honors at Scott Community College for a Pre-Chiropractic major. He is the Director of Administration and is one of the instructors for Anatomy and Physiology and Pathology. Dr. Dan is also a Certified Equine Sports Massage Therapist. He has a local private chiropractic practice. Dr. Dan is married to Bonita and they have three beautiful children who all love massages.

Dr. Dan is the Team Chiropractor for the Quad City Flames Hockey Team & the Quad City Steamwheelers Arena II Football.

Bonita Howes, L.M.T. C.I.M.T.

Bonita has completed a 90-hour Certification thru the Spirit of Learning as a Certified Massage Therapy & Bodywork Instructor. "It's been wonderful going back to school with other massage instructor's from all over the country", she says. Bonita has been a professional member of the American Massage Therapy Association (AMTA) since 1994 and is an Associated Bodywork and Massage Professional. She was a member of the Iowa Sports Massage Team and has worked on many professional athletes and Olympic runners. Bonita graduated from Kirkwood College in Cedar Rapids, Iowa. She worked at several undergraduate colleges in the office of admissions. Bonita has been in the fitness/wellness industry since 1989. She had her own personal fitness consulting business for four years. She worked in physical therapy for five years where she incorporated specialized massage techniques for rehabilitation and chronic pain relief. She was involved in national fitness pageants and bodybuilding for eight years as a competitor, judge and promoter. Having taught various aerobics classes and fitness programs for over twenty years, & still going strong! Bonita has developed a strong love for helping people stay healthy with therapeutic exercise. She graduated with nine hundred hours of massage training and has combined her fitness background with the benefits of therapeutic massage. She is also a motivating public speaker on Health and Wellness for all ages across the Midwest and incorporates an entertaining wellness presentation. Bonita is certified with the National Arthritis Foundation in water therapy and P.A.C.E. (People with Arthritis Can Exercise) Instructor, a Certified Personal Fitness trainer and a Certified Yoga and Pilates Instructor. Bonita is certified in Hot Rocks Therapy & Advanced Cold/Hot Rock Massage. She's also a Certified Face Toning Massage Therapist. She teaches several Yoga, Pilates and weight training classes at a local fitness center, in addition to her private massage practice. Bonita is the Director of Admissions for ITMW and teaches Yoga, Meditation, Fibromyalgia Awareness, Massage Lab

Practical, and Therapeutic Modalities.

THE INSTRUCTORS:

Dr. Pamela Taylor B.A. N.D.

Dr. Taylor is a Naturopathic Physician. Her bachelor's degree is from Beloit College in Wisconsin. Before entering the four-year post-graduate program at the National College of Naturopathic Medicine, she took additional course work in anatomy, physiology, organic and inorganic chemistry, developmental psychology, and biology. Naturopathic Medicine is a distinct system of health care, which includes both modern and traditional methods of diagnosing, treating, and preventing disease. In the summer of 1991, she had the privilege of visiting the clinic of Dr. Jan DeVries, N.D. in Scotland, as well as Tyringham, a resident naturopathic clinic outside of London. While in Britain, she visited the London School of Osteopathy and Naturopathy. Pamela met with many practitioners, as well as patients, to study and observe treatment methods and results. She was impressed by what was widely available in the UK, and became determined to be a part of making Naturopathy more accessible here in the U. S. After graduating in 1994, she took additional studies in naturopathic therapies, particularly relating to food tolerance and hydrotherapy. Since moving to Illinois, Pamela has conducted a number of seminars and workshops in Iowa through Scott Community College, and nationally at learning retreats. Dr. Taylor will be teaching reflexology, aromatherapy, introduction to herbology, acupressure, and the whole body reflexology certification program. She has been teaching here at ITMW since 1997.

Amanda Wheeler, L.M.T.

Amanda received a Pre-Chiropractic degree from Scott Community College in Bettendorf, IA. She is a graduate of ITMW. She completed her Spa Therapy Certification Program at the Conservatory of Esthetics in Chicago, IL with over 100 hours in day spa operations. She is almost finished with her Bachelor's Degree at Western IL University. Amanda's training has provided her with continuing education in the spa world with many inspiring modalities to be experienced by and enjoyed everyone. Amanda is the Accreditation Coordinator. She teaches Hydrotherapy, Hot River Rock Massage and Spa Therapies I, II, III. Amanda owns & operates Exotic Escape Day Spa at Northpark Mall in Davenport, where she employs ITMW graduates that she herself trained. Amanda has been teaching at ITMW since 2000.

Erin Anderson, B.A. L.M.T.

Erin graduated from Augustana College in Rock Island Illinois with a degree in Biology. She also graduated as Valedictorian and perfect attendance from our M.T. program. She recently opened a massage therapy business, TEC Bodyworks, with two ITMW colleagues. She has also worked in chiropractic and physical therapy clinics for several years. Erin uses her extensive knowledge in Biology to teach our Anatomy & Physiology and Pathology classes. She is the supervisor for the sports massage students when working with the Quad-City Hockey Team and Steamwheelers Football for practices, pre-game and post game. Erin has been with ITMW since 2004. Erin truly practices what she teaches.

Thomas Briegel, A.S. L.M.T.

Tom graduated from Scott Community College with an A.S. degree for Pre-Chiropractic and ITMW with a Massage Therapy Certification. He is a Certified Reflexologist and Spa Technician with additional training in Russian Medical Massage and Sports Massage. Tom's experience includes 10 years working at Scott Community college as an Events Coordinator, Evening/Weekend Administrative Assistant to the Dean and tutoring. With his past and present positions, Tom has had 15 years of total tutoring and 3 years teaching experience in massage therapy. At ITMW, he presently holds teaching positions for: Anatomy, Physiology, Pathology, Theory, Professional Development, National Board Review, Clinic Supervisor, Asian Body/Shiatsu, Aromatherapy I & II. Tom has been with ITMW since 2001.

Sandra Grace, B.A. L.M.T. C.H.T.

Sandra comes to ITMW with 15 years of teaching experience at Bettendorf Senior High School where she taught Speech, Debate, Advanced Speech, Advanced Debate, Interpersonal Communication, Directed nationally competitive Forensics team, Advised Student Council, and served as Teacher Liaison to Student Senate. She is a graduate of Iowa State University with a B.A. in Speech Communications and Secondary Education, Upper Iowa University English endorsement, and Western Illinois University for graduate courses in Counseling. She is a Usui Shiki Rycho Reiki and is a Reiki Master and specializes in Energetic Healing, Chakra Balancing, and Reiki instruction. She has a National Guild Certification in Hypnotherapy. Sandra is a graduate of ITMW program. She has a very busy practice, Hands of Grace, in Bettendorf where she actively practices the art of Massage Therapy, Reiki, Hypnotherapy. Sandra is the teacher for Massage Theory, Business, Ethics, Polarity and Reiki.

Tami Roberts L.M.T. Tami graduated as Valedictorian and perfect attendance from our M.T. program and Medical Massage Program. She recently opened a massage therapy business, TEC Bodyworks, with two ITMW colleagues. She has also worked in a chiropractic office specializing in pre-adjustment massages for several years. Tami is the supervisor for the students for the Quad-City Steamwheelers Arena II Football League. It's her 6th season with the team. She travels with the team to California, Kentucky, Illinois and Connecticut. Tami love of sports and die-hard fan makes her a great instructor for Sports Massage, Stretching and Deep Tissue techniques. Tami has been with ITMW since 2003.

Shelley Drayer, L.M.T.

Shelley is a graduate of our program and has been working in the massage therapy field since 2002. She graduated with her brother and sister-in-law while attending ITMW. Shelley worked for local Chiropractic Clinics and currently is a full-time massage therapist at a very busy day spa. Shelley enjoys what she does for a living and teaches our Tech.I and Massage Theory classes. Shelly has been with I.T.M.W. since 2004.

Erika Kall C.M.T.P.T. C.N.H.P. L.M.T. Erika is a Certified Myofascial Trigger Point Therapist and a Certified Natural Health Professional and NeuroModulation technique practitioner. Erika has extensive background in nutrition, aromatherapy, and iridology. Erika has over 20 years of practical hands-on experience and education. Erika has received extensive training in Trigger Point Therapy in Massachusetts. She works at local chiropractor's office in addition to her own private practice. Erika teaches introduction to Trigger Points Therapy here at ITMW.

Mandy Furne, L.M.T. C.N.A.

Mandy graduated from our program in the second class in 1998. As well as being a Licensed Massage Therapist, she is also a Certified Nurse's Assistant. She specializes in Geriatric Massage, Spa Therapy, and Hydrotherapy. She has many years experience working in hospitals and nursing homes, as well as massage therapy clinics. Mandy teaches Hydrotherapy, Sports Massage, Massage for Nursing and Healthcare, Stretching and Water therapy.

Barb Petri, B.S., OTR/L, L.M.T.

Barb graduated with a Bachelor of Science degree in Occupational Therapy from the University of North Dakota in 1974. She has worked over 30 years at Genesis Medical Center in the Occupational Therapy Department. Since graduating from the ITMW in 2001, Barb has continued her education by becoming a ITMW Certified Reflexologist and has special training in massaging people with cancer. Barb teaches Study Skills, Intro to Meridians, National Board Review, and Massage for People with Cancer. Barb is also available for tutoring students.

April Johnson M.B.A. L.M.T. April has a double major in Business and Marketing from Western Illinois University and her M.B.A. from St. Ambrose University. She was employed by John Deere Inc. before fulfilling her dream of owning her own business. She is a 2002 graduate of the ITMW. She owns and manages two successful massage therapy clinics in Downtown Chicago. April incorporates all of business & marketing experiences when she teaches. April is the teacher for Marketing and Business.

Karen Waurzyniak-Hogg, B.S.

Karen graduated with a B.S. in Education from Wayne State University. She trained in Tai Chi Chuan at

the Great River Tai Chi Chuan Society with Grandmaster classes William CC Chen and Dr. Tao Pin-Siang. Karen's teaching experience includes teaching Tai Chi at the Great River Tai Chi Chuan Society, Palmer College, Scott Community College, and The Family Museum of Arts and Sciences with her Master Scott Caulpetzer. Karen is our Tai Chi Chuan Instructor.

GUEST INSTRUCTORS:

Zhenya Kurshova-Wine

Zhenya K. Wine has pioneered Russian Medical Massage in the USA, and has been presenting seminars on her treatment techniques for the past 18 years across the world. Zhenya was trained as a physiotherapist in the former USSR and had a privilege to work for several years with the Olympic cycling team in Russia prior to her immigration to the USA. Being the originator of the concept of Medical Massage in USA, Ms. Wine will present the students with a unique 100% physiological approach to physical rehabilitation using tactile re-education techniques that she designed and has used in practice for the past 28 years. Zhenya uses her medical knowledge to teach many seminars here on topics such as Migraine Headaches and Sciatica, Fibromyalgia, Carpal Tunnel, as well as a certification course in Russian Medical Massage and Sports Massage.

Dr. Douglas J. Berry, M.S., B.S., C.C.E.P.

Dr. Berry has practiced chiropractic in Cedar Rapids, Iowa from 1988 until 1997 and in Davenport, Iowa since 1997. Dr. Berry graduated from Palmer College of Chiropractic in 1988. He served as assistant to Dr. Wayne H. Zemelka in the teaching of the Thompson Advanced course at Palmer College of Chiropractic from 1991 until 1996. Dr. Berry joined the diagnosis faculty at Palmer College of Chiropractic in 1996 teaching neuromusculoskeletal diagnosis until 1999. Dr. Berry serves on the continuing education faculties of Palmer College of Chiropractic and New York Chiropractic College teaching twelve hour seminars on neurology, extremity adjusting, the Thompson and Segmental Drop Techniques. Dr. Berry graduated from the Iowa State University with a B.S. in Physical Education and Biology in 1970. He went on to teach and coach at the high school level in the suburbs of Chicago. He earned an M.S. from the University of Illinois in 1976 while working a graduate teaching assistant. He has been honored by Oxford's Who's Who and the Iowa Amateur Athletic Union as well as various civic groups for his service and dedication to excellence. Dr. Berry has completed extensive post-graduate studies in chiropractic orthopedics and the diagnosis and treatment of extremity complaints. The Council in Extremity Adjusting certifies him in Extremity Adjusting. Dr. Berry has taught at Rich Township High Schools, Park Forest, IL; Kirkwood Community College, Cedar Rapids, IA; University of Illinois, Urbana, IL; Palmer College of Chiropractic, Davenport, IA; and St. Ambrose University, Davenport, IA. Dr. Berry teaches Nutrition, Herbiology, and Pathology here at ITMW.

Dr. David Ranier Pavlicek, B.S., D.C.

Dr. Pavlicek is a graduate of Palmer College with a Doctor of Chiropractic. He also graduated from Brigham Young University with a B.S. in Athletic Training and is a Certified Athletic Trainer. He is a member of the National Strength and Conditioning Association, The American Chiropractic Association, and The National Athletic Training Association. He currently the Rehabilitation Resident at Palmer College. Dr. Pavlicek teaches Athletic Injuries at our school.

Dr. Tara Pratt B.A., L.M.T.

Tara received her B.A. degree in Sports Medicine, with concentration on Athletic Training from Loras College in Dubuque, Iowa. She graduated with her Doctor of Chiropractic degree at Palmer College of Chiropractic. She is a graduate of ITMW along with fellow classmates her Aunt and sister in law. Dr Pratt is owns two chiropractor offices and massage therapy clinics where some of her fellow ITMW classmates also practice at. She is proud to say that she employees ITMW graduates. Dr. Tara is the Assistant Instructor for Anatomy and Physiology, Patient Consultation and Sports Massage at ITMW.

Brian Morgan B.S. L.M.T. C.S.C.S.

Brian is a graduate of Western Illinois University in Macomb, IL, with a BS in Physical Education-Fitness Instruction. He is a Certified Strength and Conditioning Specialist (C.S.C.S.) through the National Strength and Conditioning Association (NSCA). Brian graduated in ITMW's first class in 1997. Brian has

previously worked for a physical therapy rehabilitation center in addition to being a personal trainer. He teaches Sports Massage, Myofascial Release Technique, and Therapeutic Exercises, as well as seminars on Creative Exercise Solutions.

ADMINISTRATIVE STAFF:

Dr. Dan Howes	Director of Administration
Bonita Howes, C.M.T.I. L.M.T.	Director of Admissions
Thomas Briegel, L.M.T.	Administrative Assistant
Mandy Furne, L.M.T.	Support Staff
Pamela Scott, C.M.T.	Support Staff
Kelley Luett, C.M.T.	Support Staff
Betsy Smysor	Support Staff

MEDICAL AND PROFESSIONAL ADVISORY BOARD

Chairperson: Dr. Charles Elmendorf, D.O.
Spring Street Family Medical Practice
Davenport, IA

Dr. Jack Avalos, M.D. & Sheila Avalos R.N.
Director of Radiology

Dr. Dave Juehring
Rehabilitation Director
Palmer College of Chiropractic
Davenport, IA

Dr. Tara Pratt
Owner: Body in Balance Chiropractic & Massage Therapy Clinic
Davenport, IA
Midway Chiropractic & Massage Therapy Clinic

Dr. Dan Howes
ITMW Administrator
Davenport, IA

ACCREDITATION:

Curriculum approved by the Iowa Board of Examiners for Massage Therapy.

The Secretary of State, as designee of the Iowa Director of Education, has received the completed Statement of Financial Responsibility of the Institute of Therapeutic Massage and Wellness to advertise and sell courses of instruction in the State of Iowa.

EDUCATIONAL CURRICULUM IS APPROVED BY:

- State of Iowa Massage Therapy Advisory Board
Iowa Department of Health
Lucas State Office Building
Des Moines, Iowa 50319-0075

- ABMP (Associated Body Work & Massage Professionals)
1271 Sugar Bush Dr.
Evergreen, CO 80439

- AMTA (American Massage Therapy Association) – Council of Schools

- AMMA (American Medical Massage Association)
P.O. Box 272
Gainesville, VA, 20156-0272

- International Massage Association & Movement Schools
3000 Connecticut Ave. N.W.
Suite 102
Washington D.C.

- National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)
1735 N. Lynn St.
Arlington, VA 22209

- Davenport Chamber of Commerce
102 South Harrison Street
Davenport, Iowa 52801

APPROVED PROVIDER FOR CONTINUING EDUCATION

- NCBTMB National Certification Board for Therapeutic Massage & Bodywork

- State of Iowa Massage Therapy Advisory Board
Iowa Department of Health

PROGRAM COSTS & FINANCIAL ARRANGEMENTS

Tuition: Tuition and fees for the 650-hour Massage Therapy Certification Program is **\$5872.08**.

Once the student is accepted for admission, a non-refundable tuition deposit/holding fee of \$200 is due when the Student Enrollment Contract is signed and returned to ITMW.

Other Costs: Required textbooks/tax, application fee, School Uniforms, Massage Accessories Kit, Student Massage Supplies, Student Liability Insurance, National Certification Exam Fee and transfer fee are a total of \$803.90.

Total cost is \$6675.98 including the \$50 application fee required when you apply.

ITMW has many different styles and tables available for students, before their make a purchase, to work on ensure the table style suits their professional needs. Massage table may be ordered through the school at a discount. The cost of a new massage table package and accessories averages between \$300-\$650.

Tutors are available at the student's own expense.

Please be aware that ITMW enforces a policy that states that if a student needs to make up any hours from the required 650 hours past the scheduled last day of class they will be charged \$10 per hour. Please also note that there is a \$500 administrative fee to transfer from one class to another.

CPR/First Aid Certification is required before entering clinic. This must be paid for by the student and is not included in the total cost.

At this time, we do not offer federal financial aid, we do offer the following financing options:

ITMW students are eligible to apply for a Career Training Loan from SLM Financial Corporation. SLM is a division of Sallie Mae – one the nation's largest sources of affordable educational loans. Students who qualify may borrow money for tuition, books, supplies and equipment... as well as living expenses during the program. Loan fees and interest rates will depend upon the financial status of the applicant. Students can choose a repayment schedule from 1 to 15 years in length, and may elect to defer repayment of loan principal until after graduation.

or

You may pay 50% percent of your tuition by the first day of class and pay the other fifty-percent half way through the program without penalty. A 10% tuition surcharge will be levied if the remaining fifty percent is paid during the later half of the program.

or

ask about other financial assistance that may be available.

REFUND POLICY

ITMW utilizes a fair and equitable refund policy that is applied consistently to all students that are terminated or withdraw from the school. If requested, examples of calculated refunds are available in the Administration Office. For a student that wishes to withdraw, the student should notify the school in writing to the director and each terminating student should attend an exit interview session.

Under the Refund Policy, the institution will refund:

- 100% of tuition charges if the student withdraws on or before the first day of class.
- At least 90% of tuition charges if the student withdraws within one week or 30 hours of the enrollment period.
- At least 50% of tuition charges if the student withdraws between two weeks and four weeks or 30-60 hours of the enrollment period.
- At least 25% of tuition if the student leaves between 4 weeks and 8 weeks or between 60-120 hours of

the enrollment period.

These do not include the \$50.00 application fee or the \$200 holding/administration fee, which holds your place in the class. Neither of these are refundable.

All students are entitled to the Buyers Right to Cancel Policy.