



**NEW HAMPSHIRE INSTITUTE
FOR THERAPEUTIC ARTS**
School of Massage Therapy

***Continuing
Education
Program
2006***

**Offered in Hudson
New Hampshire**

June 10 & 11	Advanced Sports Massage
June 24	Corporate Chair Massage
July 7, 8 & 9	Ayurvedic Massage
July 22 & 23	Strain/Counterstrain
August 2	Stretching
August 5 & 6	LaStone Therapy
August 9	Strengthening

**Offered in Bridgton
Maine**

June 24 & 25	Advanced Sports Massage
July 8 & 9	Strain/Counterstrain
July 15	CPR/First Aid Recertification
July 21, 22 & 23	Ayurvedic Massage
August 4	Ethics
August 12 & 13	LaStone Therapy
August 29	CPR/First Aid Recertification

Ayurvedic Bodywork

16 Hours

Instructor: Nancy Tripp, LMT
Friday 6 to 8 PM, Sat and Sun 9AM to 5PM

Ayurvedic Bodywork has been used for thousands of years to cleanse and balance the body, mind and spirit. In this class we will learn 2 techniques: Garshana - a silk glove lymphatic massage and Abhyanga - a full body warm oil massage. Information on the herbal oils and therapeutic benefits for each dosa will be presented. The fundamentals of Ayurvedic System will be introduced through the five element theory, the three dosas and special energy centers, marmas. Participants will learn the use of daily rituals to help clear our minds and create a healing environment.

Strain / Counterstrain

14 Hours

Instructor: Janna Kucharski-Howard, PT, DPT, MSM
Sat and Sun 9AM to 5 PM

Strain Counterstrain is a highly effective manual technique for the treatment of neuromuscular and musculoskeletal disorders. Strain Counterstrain is effective in acute and chronic injuries without applying deep, prolonged pressure to painful areas. This 2-day course will review the musculoskeletal system and focus on an alternative and gentler method of treating tender points of the spine and extremities. Participants will learn the theory and technique of strain counterstrain and have the opportunity to practice the techniques for muscles highlighted in the course.

Basic Stretching for Massage Therapists and their Clients

3 Hours

Instructor: Janna Kucharski- Howard, PT, DPT, MSM
Wednesday 6 to 9 PM

This course offers the massage therapist an understanding of the importance of stretching. We will review the major muscles of the body, discuss the rationale for stretching particular muscle groups and focus on exercises and techniques to stretch safely. Participants will begin to develop safe stretching programs for themselves and clients.

Basic Strengthening for Massage Therapist and their Clients

3 Hours

Instructor: Janna Kucharski-Howard, PT, DPT, MSM
Wednesday 6 to 9 PM

This course offers the massage therapist an understanding of the importance of strengthening. We will review the major muscles of the body, discuss the rationale for strengthening particular muscle groups and focus on exercises and techniques to strengthen safely. Participants will begin to develop safe strengthening programs for themselves and clients.

Ethics

3 Hours

Instructor: Karen Schilling MS, LMT
Friday 9AM to 12 PM

Ethics is a subject that seems to get less clear the longer we are in practice. What seemed black and white in school all of a sudden gets murky. We need to continue to challenge ourselves to remain professional in our practices. This discussion based course will explore the decisions Massage Therapists make everyday that shape their careers. We will discuss issues related to business procedures, personal policies, dual relationships and boundaries. Participants will have an opportunity to share ideas and learn from others. *Prerequisite: At least 1 year in practice.*

LaStone Therapy - Simply Stones

18 Hours

Instructor: Jill Dew, BS
Sat and Sun 9 AM to 7PM

Simply Stones is an introduction to the history and physiology of geo-thermo-therapy. You will learn the types, shapes, sizes, uses, harvesting and care of stones. You will learn proper body mechanics in stone massage, and be shown how to eliminate repetitive stress in your work. The benefits of geo-thermo-therapy to you business and to a wide range of clients are thoroughly explored, including how to market stone massage, and how to make it portable. This class integrates the use of chilled stones into a hot stone treatment and explains why the balance of hot and cold is more therapeutic than heat alone. *A packet with additional information and supply list will be sent on registration.*

Advanced Sports Massage

14 Hours

Instructor: Paula Tate, LMT- Hudson
Karen Schilling, MS, LMT - Bridgton
Sat and Sun 9 AM to 5 PM

This course will address specific sports related injuries, assessment tools and sports massage technique. The course will focus on particular muscle groupings with a review the anatomy, discussion of potential injuries and demonstration and practice of technique. Participants will learn the application of specific sports massage techniques that can be used on athletes and non-athletes alike.

Corporate Chair Massage

6 Hours

Instructor: Joanne Atkinson, LMT
Saturday 9AM to 4 PM

Get involved in the exciting field of corporate chair massage. This increasingly popular form of massage therapy is being utilized throughout the corporate world for a wide variety of corporate sponsored events. This course will offer creative new ideas on how to set-up and market your business while providing a thorough understanding of the technique used to achieve stress relief. This day long course will include an extensive hands-on chair massage workshop with an explanation of the Shiatsu/Swedish strokes used. Participants will leave with a complete understanding of the chair massage technique and its many uses in the corporate world. (please bring massage chair if you have one)

CPR/First Aid Recertification

4 Hours

Instructor: Liz Como EMT-B, RN, LMT
Tuesday or Saturday 8 AM to 1 PM

Based on the American Heart Association CPR/First Aid training, this recertification program is sure to be fun with lively instruction and many activities to bring this subject to life. This is not your basic recertification course - you will be energetically lead to mastery of the subject and gain the confidence to use these techniques if the need arises in your massage practice or your life.

Joanne Atkinson, LMT
Corporate Chair Massage

Joanne earned a BS in Communications from Boston University and had been working in advertising for many years before deciding to pursue a career in massage therapy in 1995. After graduating from NHITA in 1996, she founded Backbeat Inc., an on-site chair massage company servicing businesses in the greater Boston area. Over the last ten years, Backbeat has grown to include dozens of massage therapists becoming the largest on-site massage business in the region.

Liz Como, EMT-B, RN, LMT
CPR/First Aid Recertification

Liz has worked as an instructor for the Hurricane Island Outward Bound School since 1984. She has a BA in English Literature and secondary education. After graduating from NHITA in 1999, Liz returned to school to become an RN and works as a Labor and Delivery Nurse at a busy hospital in Portland. When Liz is not working she enjoys her sled dogs. She has been mushing since 1989 and recently began racing mid distance events.

Jill Pingree Dew, BS
La Stone Therapy - Simply Stones

Jill earned a B.S. in Secondary Education in 1986 with high honors from the University of Maine Farmington. After teaching high school social studies in Maine for four years, Jill moved to Colorado to attend massage school. She graduated from the Connecting Point School of Massage and Spa Therapies in Telluride in 1992. She taught Swedish and Therapeutic Massage as well as Anatomy and Physiology at the Connecting Point School for four years before beginning her teaching career with LaStone Therapy in 1998. Jill has conducted over 60 successful LaStone workshops in a dozen states and in the U.S. and British Virgin Islands.

Janna Kucharski - Howard PT, DPT, MSM
Strain Counterstrain, Stretching, Strengthening.

Janna is a practicing physical therapist. She specializes in manual therapy in both the pediatric and orthopedic settings. In addition to being a NHITA graduate, she has a Bachelors degree in Exercise Physiology, her Masters and Doctorate degrees in Physical Therapy from the University of Massachusetts Lowell. She also holds a Masters degree in Management from Emmanuel College. She brings her extensive background of anatomy and clinical practice to her teaching.

Karen Schilling, MS, RD, LMT
Advanced Sports Massage in Bridgton
Ethics

Karen came to Massage Therapy after 15 years as a CPA. After graduating from NHITA in 1995, she pursued further education in the field of nutrition and has since added RD to her credentials. She teaches Ethics and Sports Massage at NHITA. Karen has been trained in CORE Myofacial and OMERI Orthopedic Massage, and was a member of the 1996 British Olympic Camp Sports Massage Team. Karen has been working with athletes for 10 year in her practice and has participated in Maine Sports Massage Team events.

Nancy Tripp, LMT
Ayurvedic Bodywork

Nancy has been teaching at NHITA for over 10 years after leaving a career as an innkeeper. She brings her excellent people skills to the classroom as she gently teaches multiple subjects. Nancy completes her extensive training program at Kripalu Center in Massachusetts in June when she will be an Ayurvedic Counselor. She has a very busy Massage Therapy practice in Bridgton and Conway NH, specializing in Eldersage.

Paula Tate, LMT
Advanced Sports Massage in Hudson

Paula has been practicing Massage Therapy since 1988 when she graduated from NHITA and maintains a busy practice at Muscular Rehabilitation Center of New England in Hudson NH. She is also a certified Nutritional Consultant and a Certified Personal Trainer. She furthered her education and graduated from New England Institute for Oriental Arts. She holds a black belt in American Parker Kenpo System of Self Defense. Paula's passion for fitness is reflected in many bodybuilding titles received from 1982-1991. She is the Northeast program director for the AMTA sports team.



Registration Form

Space is limited - Please Register Early

Name: _____

Address: _____

Phone: _____

E-mail: _____

		<i>Register By Date</i>	<i>Registration Fee</i>		<i>Amount Enclosed</i>
Hudson courses					
June 10 & 11	Advanced Sports Massage	May 19, 2006	\$280		_____
June 24	Corporate Chair Massage	June 2, 2006	\$120		_____
July 7, 8 & 9	Ayurvedic Massage	June 16, 2006	\$320		_____
July 22 & 23	Strain/Counterstrain	June 30, 2006	\$280		_____
August 2	Stretching	July 12, 2006	\$ 60	**	_____
August 5 & 6	LaStone Therapy	July 14, 2006	\$350		_____
August 9	Strengthening	July 19, 2006	\$ 60	**	_____

** \$50 each if registered together

Bridgton Courses					
June 24 & 25	Advanced Sports Massage	June 2, 2006	\$280		_____
July 8 & 9	Strain/Counterstrain	June 16, 2006	\$280		_____
July 15	CPR/First Aid Recertification	June 23, 2006	\$ 50		_____
July 21, 22 & 23	Ayurvedic Massage	June 30, 2006	\$320		_____
August 4	Ethics	July 14, 2006	\$ 60		_____
August 12 & 13	LaStone Therapy	July 21, 2006	\$350		_____
August 29	CPR/First Aid Recertification	August 8, 2006	\$ 50		_____

Total

Make Check Payable to: *New Hampshire Institute for Therapeutic Arts*

If paying by credit card: Visa or MasterCard. Name on Card: _____

Card number: _____ Three digit code on back: _____

Address (if different from above) _____

<p>Mail To: New Hampshire Institute for Therapeutic Arts 153 Lowell Road Hudson, NH 03051 Phone: 603-882-3022 Fax: 603-598-9101</p>	<p>New Hampshire Institute for Therapeutic Arts 27 Sandy Creek Road Bridgton, ME 04009 Phone: 207-647-3794 Fax: 207-647-3794</p>
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*Also on the Web at: www.nhita.com
 e-mail: janhita@nhita.com*