

## **Massage Therapy C. E. (Continuing Education)**

This program is designed for individuals already with a certificate who need to recertify. Advanced, up-to-date, hands-on experience courses are offered.

Course #	Course	Lecture	Lab	Clinic	C.E Hours
MCE301	Advanced Reflexology	18			18
MCE302	Hot Stone Massage	16			16
MCE311	Advanced Deep Tissue Massage I	20			20
MCE312	Advanced Deep Tissue Massage II	20			20
MCE321	Holistic Approach to Muscles and Joints	9			9
MCE322	Advanced Muscle Anatomy	9			9
MCE331	Ethics and Standards of Practice	10			10
	Total 8 courses				

- **MCE301 Advanced Reflexology (18 C.E. Hour)** - This course provides a thorough understanding of reflexology. It focuses on both hands and feet (mostly on feet). It includes the effectiveness of reflexology, locating points, elements of meridian theory, common ailments and natural remedies, exercises, business practices, great techniques, and many more. Students also learn how to confidently practice reflexology and get to feel the results of this relaxing and therapeutic modality on hand and foot.
- **MCE302 Hot Stone Massage (16 C.E. Hour)** – Hot stone massage is a specialty massage that uses smooth, heated stones. Stones are often basalt, a black volcanic rock that absorbs and retains heat well, but other kinds can be used as well. Heat is both deeply relaxing and helps tight muscles release. Students learn the uses and benefits of hot stone massage.
- **MCE311 Advanced Deep Tissue Massage I (20 C.E. Hour)** – Advanced deep tissue massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons, and fascia. This advanced massage technique workshop provides the necessary tools to develop deep tissue massage skills. It offers massage techniques using the forearm and elbow for deeper work focusing on the upper body.
- **MCE312 Advanced Deep Tissue Massage II (20 C.E. Hour)** - This course is a continuation of Advanced Deep Tissue Massage I. It aims to release chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons, and fascia. It offers massage techniques using the forearm and elbow for deeper work focusing on the upper body.

- **MCE321 Holistic Approach to Muscles and Joints (9 C.E. Hour)** - The holistic approach to muscles and joints refers to the natural approach for the homeostasis through maintaining, strengthening, and application of the muscles and joints, including a self-assessment, stretch, and strength regimen for the body's major trouble spots. It also provides information on nutrition, fitness, injury, prevention, and recovery to give muscles and joints a healthy fuel they need for the best performance.
- **MCE322 Advanced Muscle Anatomy (9 C.E. Hour)** - This advanced course helps massage therapists master and successfully apply palpation techniques during their massage therapeutic work. Through and clear explanatory methods are accompanied by the anatomical and positional approach. Participants obtain comprehensive knowledge not only of the muscle anatomy and structure but also of the assessment and grading method for skeletal muscle function.
- **MCE331 Ethics and Standards of Practice** – This course teaches current massage therapists communication skills, stress management, coping strategies, and decision-making skills during the practice of massage. It enables the students exploring the role and purpose of a code of ethics and practice standards for massage therapists. The course also focuses on common issues in everyday practice in the light of ethics and practice standards and emphasizes the importance of confidentiality.