

HEALTH ENRICHMENT CENTER, INC.

CONTINUING EDUCATION OPTIONS

Advanced Professional Massage Training

We are pleased to offer 200 hours of continuing education above and beyond our Entry Level Program for Massage Therapists that want to refine and master their skills, learn more advanced techniques, prepare for Board Certification and expand on their knowledge.

- Classes begin every fall
- 12-month completion time, only 1 weekend in class per month
- \$3000.00 Tuition—Books included
- Flexible payment plans available ... graduate debt free
- Small class sizes
- Learn from a leader in the field
- Master the skills needed to work in any environment: sports, medical, spa, franchise, private practice and more

Schedule

Classes are held the 2nd weekend of the Month—Saturday and Sunday from 9 am –5 pm
2 additional Saturday evenings are included

***October: Orientation/Introduction Weekend 1** –Advanced Practice Foundations
November: Weekend 2 – Assessment for and application of Muscle Releases—Part 1
December: Weekend 3 – Assessment for and application of Muscle Releases –Part 2
January: Weekend 4 – Assessment for and application of Muscle Releases –Part 3, Joint Specific Methods. Saturday Evening class additional
February: Weekend 5 –Joint Specific Methods Review, Breathing Pattern Disorder
*** March: Weekend 6**—Lymphatic drainage, Cranial Sacral and Connective tissue methods
April: Weekend 7—Pathology
May: Weekend 8 – Therapeutic use of Essential Oils and Implement Assisted Massage
***June: Weekend 9** – Outcome Base Massage - Orthopedics and Functional Movement
July: Weekend 10 – Adaptive Massage, held off site at overnight location
***Aug: Weekend 11**—Therapeutic Kinesiology Taping, S/I Joint and Low Back Dysfunction
September: Weekend 12 –Intentional/Intuition Based Practice Concepts and Client Centered Care/ Course Completion Ceremony

*** Indicates the seminar is offered as an individual continuing education workshop**



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CONTINUING EDUCATION WEEKEND WORKSHOPS

October –Advanced Practice Foundations

(2 days, 14 hours, \$100.00) if a student in attendance enrolls in AP after attending the \$100.00 will be applied to their deposit.

Meets requirements to renew Board Certification:

- Ethics -includes Ethics Standard 5-3 **hours**
- Therapeutic Massage Medical Based Massage: Research and Evidence Informed Practice **4 hours**.
- Therapeutic Massage – Outcome Based Massage **7 hours**

Topics Covered:

- Overview of Advanced Practice Training and Board Certification Requirements
- Professional and Ethical Practices for Client Centered Care.
- Research Supporting Massage for Therapeutic Outcomes
- Review of Massage Application as an assessment process
- Concepts of Indications, Contraindications and Adaptation of massage based on Client Health Status and Outcome goals
- Efficient application of full body massage

Other Individual Continuing Education Workshops

\$325 (\$300 Health Enrichment Center Graduate)

March – Health Care Massage: Lymphatic Drainage, Cranial Sacral/ Connective Tissue Methods

This 14-hour workshop blends three similar methods and target physiology into one integrated approach based on biological plausibility and evidence informed practice.

June– Therapeutic Massage - Outcome Based Massage: Orthopedic / Functional Movement

This 14-hour workshop targets the assessment and intervention process to support movement and physical function. Various integrated movement assessment will be presented and effective intervention processes will be practiced.

August - Therapeutic Massage - Massage Excellence: Therapeutic Taping and Hydrotherapy

This 14-hour workshop will share generic forms of therapeutic taping methods to augment massage therapy application. Additionally, a variety of hydrotherapy /thermotherapy methods will be shown and experienced based on Instructor, Luke Fritz's experience with the Detroit Pistons.

NOTE: the individual continuing education workshops are included as part of the full Advanced Professional Massage Training but offered separately for those not enrolled in the full program



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DETROIT PISTONS – ADVANCED SPORTS MASSAGE APPRENTICESHIP

Detroit Pistons Sports Massage Course

Access to this course is limited:

- This unique program involves working with Health Enrichment Center instructing staff to provide massage therapy to the NBA Detroit Pistons Staff and Players. You must be willing to comply with all rules and direction provided by the school, Detroit Pistons organization and instructing staff. The course is held onsite at the Pistons practice facility.
- Approved scrubs uniform, approved lotion and all linens are supplied by the student.
- Students must preschedule a minimum of 10 dates based on the Pistons schedule and be flexible regarding schedule changes. Dates TBD pending the upcoming Pistons Schedule.
- **Must be state licensed in Michigan and Insured.**
- **Tuition**
Currently enrolled APMT student \$ 500 (may add to tuition account)
Graduate APMT \$ 500 paid in full
Graduate of Health Enrichment Center \$750 paid in full
Graduate of licensed massage therapy school other than Health Enrichment Center- \$900 paid in full.



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