

**Delaware Board of Massage and Bodywork**  
**Approved Continuing Education Courses**

*“Continuing Education must maintain, improve, or expand the skills and knowledge obtained prior to licensure or certification, or develop new and relevant skills and knowledge.”*

- For each renewal (8/31 of even years), Certified Massage Technicians (CMT) are required to complete 12 hours of continuing education (unless otherwise stated). Of the 12 hours, 9 are required to be Core courses (the other 3 can be either Core or an Elective, as explained below). You can take up to ½ (6) of your required CEs online, but must still only have a maximum of 3 in electives.
- For each renewal (8/31 of even years), Licensed Massage Therapists (LMT) are required to have 24 hours of continuing education (unless otherwise stated). Of the 24 hours, 18 are required to be Core (the other 6 can be either Core or an Elective, as explained below). You can take up to ½ (12) of your required CEs online, but must still only have a maximum of 6 in electives.
- Explanation of categories (as shown below on listing):

**“Elective course”** means a continuing education course with a subject matter that is outside the “practice of massage and bodywork,” which does not directly contribute to the professional competency of the massage/bodywork therapist or massage technician. Elective courses must have one of the following subject matters: modalities outside the “practice of massage and bodywork,” personal growth and self-improvement, business management, anatomy, or physiology. Elective courses can be taken online.

**“Core course”** means a continuing education course with a subject matter within the “practice of massage and bodywork,” which contributes to the professional competency of the massage/bodywork therapist or massage technician. Core courses must be designed to maintain, improve, or expand skills and knowledge or to develop new and relevant skills and knowledge. 50% of the required Core courses can be taken online.

The Delaware Board is now accepting most nationally approved courses from the NCBTMB and the AMTA for renewal, however, the Board does have the authority to reject a course that does not meet requirements. If you take a course that is not nationally or DE Board approved or think that it may not be accepted by the Board, submit an application, along with supporting documents, to the Board for approval before renewal. For an application, click on: [Delaware Professional Regulation - Board of Massage and Bodywork - Approved Continuing Education Courses](#)

- Please make sure that you receive a certificate for all of the continuing education courses that you take and keep them in a safe place so you can present them if you are subjected to an audit. Do not send copies of your certificates to the Board office unless you are chosen to participate in a post-renewal audit. You must also keep your CPR current at all times.

**CE Providers:** Delaware Massage Practitioners heavily rely on this list to find **currently offered & approved** courses in Delaware for their renewal requirements. These approved CE courses will remain approved until the end of the current license period on August 31, 2010. However, please notify the Board office by email or mail if you:

- Change your contact information
- Change a course title or instructor
- Close your business or stop offering a course

It is not necessary to report changes in the course dates or locations as those details are not on the web page.

If you wish to have your courses listed, please provide the updated information bi-annually. Several weeks before August 31, 2010, we will send you an email reminder to renew your course approvals for the next license period of September 1, 2010 – August 31, 2011. The reminder will explain how to apply for renewal.

If your courses are approved by NCBTMB, you do not have to submit them for approval, but can submit them for the advertisement. Please put the NCBTMB provider number on the certificates.

### **180 Degree Education (online courses)**

Contact: Brett Hallongren  
1400 W. Devon Ave, Suite 172  
Chicago, IL 60660  
Email: [support@180ed.com](mailto:support@180ed.com)  
Website: [www.MyMassageCampus.com](http://www.MyMassageCampus.com)

Business Practices: DEM203 - elective  
Ethics I: DEM200 – 2 hours – elective  
Professionalism: DEM202, 3 hours – elective  
Roles & Boundaries: DEM201, 3 hours, elective

### **360training.com (online courses)**

Contact: Krista Frederick  
1380 North Mopac, Suite 100  
Austin, TX 78727  
Phone: 888-360-TRNG  
Email: [Krista.fredrick@360training.com](mailto:Krista.fredrick@360training.com)  
Website: [www.360training.com](http://www.360training.com)

Ethics – 2 hours – core  
Preventing HIV/AIDS in the Workplace - elective

### **A Better Body Massage**

Contact: Joreen Sykes  
P O BOX 422  
Claymont, DE 19703  
302-507-0040  
Email: [ABBM@BOANDO.COM](mailto:ABBM@BOANDO.COM)

Aromatherapy Cocoon, 8.5 hours - core  
Abhyange Massage, 8.5 hours - core  
The Cocoon, 8.5 hours - core  
Exfoliations Basics – (2 days) – 9.75 hours – core  
Fango Therapy (Part 1 of 2), 8.5 hours - core  
Fango Therapy (Part 2 of 2), 8.5 hours - core  
Reflexology and the Spa Foot Treatment – (2 days) 14.25 hours – core  
Spa Body Treatments (2 days) – 14.25 hours – core  
Spa Foundations (3 days) – 22.25 hours – core  
Stone Massage – (2 days) -14.25 hours – core  
Thalassotherapy Massage – 8.5 hours - core  
Udvertana Massage, 8.5 hours – core

### **A Touch of Heaven**

Contact: Sheila Nagyiski, CMT  
57 Lake Drive  
Smyrna, DE 19977  
Email: [heal2me@aol.com](mailto:heal2me@aol.com)

Acupressure – 12 hours - core  
Acupressure II -12 hours – core  
Blackberry Thumb – 12 hours – core  
Body Mechanics – 12 hours - core  
Chair Massage – 12 hours – core  
Deep Tissue Massage\* – 100 hours - core

\* This is a one-hundred-hour-course; however, the maximum that can be accepted for renewal during the renewal period in which the course was taken is twenty-four (24) hours CEUs. Hours earned in a biennial licensing period in excess of those required for renewal, cannot be credited towards the hours required for renewal in any other licensing period.

Head and Neck – 12 hours – core

Low Back – 12 hours - core

Reflexology – 12 hrs – core

Sinus Relief – 12 hours – core

TMJ (Temporomandibular Joint) – 12 hrs - core

### **AC Massage**

Contact: Christopher Asay, LMT

Treadway Towers, Suite 206

9 East Loockerman Street

Dover, DE 19901

302-674-4686

Body Mechanics for the Massage Professional – 12 hours– core

### **Advanced Education Systems**

Contact: Susan Hanna, CMT, Aesthetician

Contact: Karin Hampton, LMT

11 Woodsway Road

Wilmington, DE 19809

302-598-7138

610-357-2925

Email: [advanced\\_education\\_systems@yahoo.com](mailto:advanced_education_systems@yahoo.com)

Website: [aes.massagetherapy.com](http://aes.massagetherapy.com)

Asian Body Work, A Basic Understanding (Home Study) – 20 hours – elective

Body Treatments – Mud/Clay Wraps – 6 hours - core

Body Wraps I – Paraffin Body Treatments – 6 hours - core

Chair Massage – 6 hours – core

Herbal Compression Body Wraps, 6 hours, core

Hot Stone Therapy with Neuromuscular Techniques – 12 hours- core

Sugar Scrub Body Polish – 6 hours - core

Reflexology/Zone Therapy – 12 hours – core

### **Alternative Medicine Solutions**

Contact:

2222 Philadelphia Pike

Wilmington, DE 19809

Integrative Muscular Movement Technique – 12 hours - core

### **Alternative Therapy, LLC**

Contact: Rachel Lewis

1601 Milltown Rd. # 121

Wilmington, DE 19808

302-368-0800

Chair Massage - 6 hours - core

Corrective Massage Techniques for Cervical & Low Back Pain & Dysfunction -12 hours - core Functional

Assessment Skills & Orthopedic Testing - 12 hours - core

Hot Stone Massage - 6 hours - core

Indian Head Massage – 24 hours - core

Introduction to Shiatsu - 12 hours – core

Prenatal Massage -6 hours - core

Reflexology -12 hours - core  
Trigger Point Therapy -12 hours - core  
Usui Reiki Level One – 12 hours – elective  
Usui Reiki Level Two – 12 hours – elective  
Usui Reiki Master Level – 12 hours – elective

**American College of Healthcare Sciences**

Contact: Tracey Miller  
5940 SW Hood Ave  
Portland, OR 97239  
503-244-0726  
Email: [achs@achs.edu](mailto:achs@achs.edu)  
Website: [www.achs.edu](http://www.achs.edu)

Aroma 101 – 6 hours – elective  
Aroma 201 – 6 hours – elective  
Aroma 305 – 6 hours – elective  
CE 516 – 6 hours – elective  
History and Uses of Herbs – 19 hours - elective  
Related Anatomy & Physiology – 19 hours - core

**American Massage Therapy Association (AMTA courses taken are automatically approved at renewal)**

500 Davis St., Suite 900  
Evanston, IL 6020  
Phone: 800-905-2700  
Email: [email:info@amtamassage.org](mailto:email:info@amtamassage.org)

8<sup>th</sup> Annual AMTA Mid-Atlantic Conference – 24 hours  
AMTA 2009 National Convention 9/22 – 9/28 – 184 total hours available

**Online Courses**

ABC's of the IRS – 2 hours – elective  
Avoiding Burnout for Massage Therapists – 2 hours – elective  
Creating Healthy Boundaries – 3 hours – elective  
Serving Older Adults, Accommodating Functional Differences – 2 hours – elective  
The Marketing Game – 2 hours – elective

**Anderson, Mary** (NCBTMB provider # 451000-09)

204 Robin Hood Lane  
Aston, PA 19014  
Email: [maryanderson963@msn.com](mailto:maryanderson963@msn.com)  
Website: [www.tourmalinebodytherapy.com](http://www.tourmalinebodytherapy.com)  
610-494-4191  
302-598-5405

Tourmaline Body Therapy Level 1 Workshop – 6.5 hours – core  
Tourmaline Body Therapy, Level 2 Workshop – 14 hours - core

**Avenue Apothecary and Spa**

Contact: Victoria DeSilver  
110 A Rehoboth Ave  
Rehoboth Beach, DE 19971  
302-227-5649  
Email: [Victoria@avenuedayspa.com](mailto:Victoria@avenuedayspa.com)  
Website: [www.avenuedayspa.com](http://www.avenuedayspa.com)

Fertility, Pregnancy & Post Partum Massage – 24 hours - core  
Hot Stone Massage – 8 hours - core  
Infant Massage – 8 hours - core  
Labor Massage – 8 hours - core  
Myofascial – 8 hours – core  
Raindrop Therapy – 8 hours – elective  
Reflexology – 8 hours - core  
Shirodhara & Ayurvedic Spa Treatments – 8 hours - core  
Spa Body Treatments – 8 hours – core

**The Barral Institute**

Contact: Kathy Woll  
4521 PGA Blvd, # 245  
Palm Beach Gardens, FL 33418  
866-522-7725  
Email: [kathy@barralinstitute.com](mailto:kathy@barralinstitute.com)  
Website: [www.barralinstitute.com](http://www.barralinstitute.com)

Visceral Manipulation: Abdomen 1 – 24 hours – core  
Visceral Manipulation: Abdomen 2 – 24 hours – core

**Beebe Medical Center – Integrative Health**

Contact: Cheyenne Luzander  
424 Savannah Road  
Lewes, DE 19958  
302-645-3528  
Email: [cluzader@bbmc](mailto:cluzader@bbmc)

Acupressure for Self-Care – 7.5 hours - Core  
Hawaiian Lomi Lomi Intensive – 23 hours - core

**Belusko, Alice**

Contact: Alice Belusko  
101 SW 96<sup>th</sup> Terrace #203  
Plantation, FL 33324  
954-236-5123  
Email: [Aliceslomi@yahoo.com](mailto:Aliceslomi@yahoo.com)  
Website: [www.hawaiiantherapies.com](http://www.hawaiiantherapies.com)

Hawaiian Lomi Lomi Massage 1 & 2 Beginners – 16 hours – core  
Hawaiian Lomi Lomi Massage 3 Advanced – 16 hours – core  
Introduction to Hawaiian Lomi Lomi Massage – 3 hours - core

**Brechtel, Michael**

1211 Gilpin Ave  
Wilmington, DE 19806  
302-290-3597  
Email: [Michael@heavenlymichael.com](mailto:Michael@heavenlymichael.com)

Body Treats: Hydrotherapy Adjuncts To Your Massage Practice: -12 hours - core  
Work Long and Prosper: Correcting Career Ending Habits: -8 hours - core  
Issues and Application of Professional Ethics in Massage: - 6 hours - core

**Butterflies Are Free Massage Therapy**

Contact: Deborah Steeley  
16 Parker Drive  
Millsboro, DE 19966  
302-236-7177

Hot Stone Massage- 18 hrs - Core  
Pregnancy Massage – 12 hrs – Core  
Ethics, Integrity and Professionalism as a Massage Practitioner – 6 hrs - Core

**CEU's 4 Massage**

Contact: Wade Carey  
227 Ellsworth Drive  
Newark, DE 19711  
302-266-8139

A Taste of Thai Massage 1 (supine/seated) -6 hours – Core  
A Taste of Thai Massage 2 (prone/sideline) -6 hours – Core  
The Back - 4 hours - Core  
Basic Acupressure – 6 hours - Core  
Chair Massage - 6 hours – Core  
Hot Stone Body Treatments (back & feet) – 6 hours - Core  
Indian Head Massage- 6 hrs - Core  
Introduction to Sports Massage – 4 hours - Core  
Moving/Sensing/Freeing – 14 hours - Core  
Polarity Therapy Level 1 -6 hours - Elective  
Reflexology for the Hands and Feet- 6 hrs – Core  
Thai Herbal Compress Massage – 6 hours - Core

**Combs, Kimberly**

910-3 North Union St  
Wilmington, DE 19805  
610-637-7752  
Email: Kymcombs@comcast.net  
**Also: Nat'l Safety Council CPR Instructor**

Comprehensive Prenatal Massage – 14 hours – Core

**Dalton, Erik, Ph D**

5801 N. Ann Arbor Ave  
Oklahoma City, OK 73122  
405-728-4844  
Email: [dianna@freedomfrompain.com](mailto:dianna@freedomfrompain.com)

Myoskeletal Alignment Technique – 24 hours – Core  
Myoskeletal Alignment Techniques Home Study – 20 hours Core  
Professional Ethics for the Modern Manual Therapist – 6 hours - Core  
Volume II Myoskeletal Alignment Techniques Advanced Home Study – 20 hours - Core

**Dawn Training Centre Inc.**

Contact: William Harris  
3700 Lancaster Pike Suite 105  
Wilmington Delaware 19805  
PH 302.633.9075  
Email: [WHarris@dawncareerinstitute.edu](mailto:WHarris@dawncareerinstitute.edu)

Dr. Vodder Manual Lymph Drainage: Basic Face & Neck Course - 20 hours - Core  
Dr. Vodder Manual Lymph Drainage: Basic Body Course - 40 hours - Core  
Introduction to Raindrop Therapy - 4 hours - Elective  
Nature's Healing Stone Therapy® Seminars: Full Body Massage Seminar– 14 hrs. – Core

**Dawson, Wayne**

142 DaVinci Court  
Hockessin, DE 19707  
302-561-0151  
Email: [TreyCollie@comcast.net](mailto:TreyCollie@comcast.net)

Hot Stone Massage - 6 hours – core  
Fascia- What, Why and How – 6hrs - core  
Reiki – First Degree - 6 hours - elective  
Reiki – Second Degree- 6 hours - elective

**Deep Muscle Therapy Center**

Contact: Debbie Jedlicka  
5317 Limestone Road  
Wilmington, DE 19808  
302-239-1613  
Email: [dibsonmassages@aol.com](mailto:dibsonmassages@aol.com)

Aromatherapy - 6 hours - core  
Body Mechanics and Stretching for the Massage Therapist- 6 hours - core  
Professional Ethics – 3 hours – core  
Hot Stone- 6 hours – core  
Intro to John F. Barnes Myofascial Release – 12 hours - core  
Intro to Myofascial Trigger Points & Referral Pain - 16 hours - core  
Clinical Trigger Point Massage- 12 hours – core  
Positional Release and Stretching – 12 hours - core  
Reflexology - 12 hours - core  
Russian Massage -12 hours - core  
Reiki - 4.5 hours - elective

**Delaware School of Massage and Reflexology**

Contact: Theresa Meyer  
1601 Milltown Rd. # 15  
Wilmington, DE 19808  
302-633-4035  
email:[mandrofde@comcast.net](mailto:mandrofde@comcast.net)

Acupressure for Masage Therapists – Dr. Douglas Briggs, DC - 12 hours - core  
Advanced Foot Reflexology – 12 hours - core  
Business 101 – 7 hours - elective  
Chair Massage - 6 hours – Core  
Deep Tissue is NOT Pressing Harder! – 14 hours – Core  
Ethics/HIV for Massage Practitioners – 7 hours – Core  
Fibromyalgia & Massage – 12 hours - core  
Functional Assessment Skills & Orthopedic Testing - 12 hours – Core  
Introduction to Acupressure –14 hours – core  
Introduction to Myofascial Trigger Points – 12 hours - core  
Introduction to Foot Reflexology -14 hours - Core  
Medical Cervical Massage – 12 hours – core  
Medical Lumbar Massage – 12 hours - core  
Orthopedic Exam – Dr. Douglas Briggs, DC - core

Prenatal and Infant Massage – 10 hours - core

**DiNetta, Paula**

1601 Concord Pike, Suite 36B  
Wilmington, DE 19803  
302-999-1000  
email: [PDQShiatsu@netzero.com](mailto:PDQShiatsu@netzero.com)  
Website: [www.illuminatabody.com](http://www.illuminatabody.com)

Introduction to Shiatsu -12 hours - Core  
Reiki Level I - 12 hours – Elective  
Reiki Level II - 12 hours - Elective

**Fitzpatrick, Deanna RM**

3 Bradley Circle  
Middletown, DE 19709  
302-312-6356  
Email [dfitzpat444@aol.com](mailto:dfitzpat444@aol.com)  
Website: [www.deannafitzpatrick.com](http://www.deannafitzpatrick.com)

Usui Reiki Level One – 12 hours – elective  
Usui Reiki Level Two – 12 hours – elective  
Usui Reiki Master Level – 12 hours – elective

**Hands of Light, LLC**

Contact: Denise Figueirido  
1622 Revell Downs Dr  
Annapolis, MD 21409  
443-433-0108  
email: [handsof\\_light@yahoo.com](mailto:handsof_light@yahoo.com)

Brain Gym 101 – 20hrs - elective

**Health & Bodyworks, LLC**

Contact: Ruthie Piper Hardee  
1580 Dahlia Street  
Denver, CO 80222  
303-300-2511  
Email: [ruthie@deepfeet.com](mailto:ruthie@deepfeet.com)

Barefoot Basics, Ashiatsu Oriental Bar Therapy, 25 hours

**Health Positive**

Contact: Joan Heezen  
N4985 1208<sup>th</sup> St  
715-262-1102  
Prescott, WI 54021  
e-mail: [Jozen\\_1@hotmail.com](mailto:Jozen_1@hotmail.com)  
Website: [info@healthpositive.com](http://info@healthpositive.com)

The 2- hour Ethics Course: Professional Roles and Boundaries – 2hr- Elective  
The 3- hour Ethics Course – 3hrs – Elective  
The 4- hour Ethics Course: Legal & Ethical Issues – 4 hrs – Elective  
The 4- hour Ethics Course: Health Professionalism – 4hrs – Elective  
The 6- hour Ethics Course: Ethics from the Dalai Lama – 6hrs – Elective  
The 6- hour Ethics Course: General – 6hrs – Elective  
The 6- hour Ethics Course: Ethical Issues Related to Medical Settings – 6hrs – Elective

The 6- hour Ethics Course: Legal & Ethical Issues -  
 Advanced Balance, Flexibility and Stability Improvement – 12 hrs - Core  
 Aging & Ethics, 10 hours, Elective  
 Aging as a Shared Journey – 8 hrs – Elective  
 Applied Kinesiology Principles – 7 hours - core  
 Aromatherapy Massage Facials – 9hrs – Core  
 Aromatherapy for Mother and Baby: Safe and Satisfying Benefits – 9 hrs – core  
 Body Psychology – 12 hours - elective  
 Energize Your Business, 8 hours, Elective  
 Ethics in Practice, 6 hours, Elective  
 Ethics Refresher – 1hr – Elective  
 Fibromyalgia: Massage & Bodywork Indications and Contraindications for Advanced Practice – 18 hrs-  
 core  
 Four Steps for Effective Marketing – 3hrs – Elective  
 Green Your Business & Your Life, 6 hours, Elective  
 Helping Clients Manage Chronic Pain – 4hrs - Elective  
 Helping Clients Who Have Edema – 3hrs – Elective  
 Helping Clients Who Have Fibromyalgia and Chronic Myofascial Pain – 12hrs – Core  
 Holistic Pathology and Ethics of Working with Ill People – 25hrs – Elective  
 Introduction to Aromatherapy – 6hrs – Elective  
 Introduction to Massage Therapy for People Who Have Cancer – 10hrs- Core  
 Introduction to Skilled Touch for Seriously Ill persons – 14 hours - core  
 Massage for Pregnant Women: How to Make Safe and Satisfying Practice Modifications – 10hrs – core  
 Massage for Infants and Children: How to Make Safe and Satisfying Practice Modifications – 6 hrs - core  
 Modern Reflexology Integrated with the Five Elements – 12hrs – Core  
 Positional Release Techniques for Muscle and Joint Problems – 24 hrs – Core  
 Preparation for Infant Massage – 3 hrs - Core  
 Preparation for Providing Massage in Hospice – 10hrs - Elective  
 Preventing Medical Errors – 3hrs – Elective  
 Psycho Neuroimmunology for Body Workers Including Ethics – 17hrs – Core  
 Psychological Defenses and Boundaries in Massage Therapy – 6 hours - core  
 Results of Massage Therapy Research – 10 hours - Elective  
 The Scientific Basis of Energy Medicine – 13hrs – Core  
 Staying Well: Alternatives to Antibiotics, 3 hours, Elective  
 Stress and the Body-Mind – 4hrs – Elective  
 Trigger Point Therapy for Self Care – 10 hrs – Core  
 Visual Guide to Deep Tissue Massage – 12hrs – Core  
 Understanding Ayurvedic Massage – 6 hours - core  
 Understanding HIV Infection – 3hrs – Elective  
 Universal and Standard Precautions -2hrs – Elective  
 Why Touch? – 7hrs -Elective  
 Why Touch Rules and Boundaries, 9 hours, Elective

**Henderson, Shirley**

3004 Deodar, Suite B  
 Costa Mesa, CA 92626  
 866-506-1999  
 Email: \_apollo@mansfieldfc.com

Ethics One - 6 hours – Core  
 More Ethics – 15 hours - Core  
 Massaging Your Business – 12 hours – elective  
 Aromatherapy – 4 hours – core  
 AIDS/HIV and Other Communicable Diseases – 4 hours – elective  
 How MRSA Impacts Your Practice – 4 hours – elective  
 Effects of Prolonged Standing – 8 hours - core

**Hutcherson, Dean**

1901 North Monroe St.

Wilmington, DE 19802

302-571-1741

Email: [deanhutcherson@yahoo.com](mailto:deanhutcherson@yahoo.com)

Learn Shiatsu – Table Shiatsu – 12 hours – Core

Learn Table Shiatsu – Clinical Elements I – 12 hours - Core

**Jakober, Lisa**

115 Maple Ave

Bordentown, NJ 08505

602-332-0050

e-mail: [lisa@massagebd.com](mailto:lisa@massagebd.com)

Raindrop Technique – 8hrs – Elective

Hot Stone – 8 hours – core

**Liddle Kidz Foundation**

Contact: Tina Allen

P O BOX 872664

Vancouver, WA 98687

818-209-1918

Email: [tina@liddlekidz.com](mailto:tina@liddlekidz.com)

Website: [www.liddlekidz.com](http://www.liddlekidz.com)

Certified Infant Massage Teacher (CIMT) Course – 24 hours – elective

Certified Pediatric Massage Therapist Course – 16 hours - elective

**Lotus O.M.T, LLC**

Contact: Sean Davis

1010 Jeffrey Rd

Wilmington, DE 19810

302-561-4763

Email: [sean@lotusomt.com](mailto:sean@lotusomt.com)

Website: [thelotussystem.com](http://thelotussystem.com)

The Lotus System – 12 hours – Core

**The Massage Center**

Contact: Ron Carter

222 Philadelphia Pike

Wilmington, DE 19809

302-761-9095

Email: [roncarternmmt@comcast.net](mailto:roncarternmmt@comcast.net)

Ashiatsu Oriental Bar Therapy Level 1: Barefoot Basics, 25 hours - Core

Ashiatsu Oriental Bar Therapy Level 2: Anterior Side lying, 16 hours - Core

Ashiatsu Oriental Bar Therapy Level 3: Deepfeet Two, 8 hours - Core

Ashiatsu Oriental Bar Therapy Level 4: Fusion-Blend, 8 hours – Core

My Thai Fusion Intensive- A 3-day Training in Thai Style Stretching – 24hrs- Core

### **Mattes, Aaron - Medical Seminars**

Contact Person: Aaron Mattes  
2932 Lexington St.  
Sarasota, FL 34231  
941-922-1939  
Email: [stretchingusa@comcast.net](mailto:stretchingusa@comcast.net)  
Website: [www.stretchingusa.com](http://www.stretchingusa.com)

Active Isolated Stretching: The Mattes Method - 32 hours – Core

### **Myofascial Release Treatment Centers & Seminars**

Contact: Sandy Levensgood  
222 West Lancaster Ave. Suite 100  
Paoli, PA 19301  
Phone: 610-644-0136  
Email: [sandy@myofascialrelease.com](mailto:sandy@myofascialrelease.com)

Cervical-Thoracic Myofascial/Osseous Release - 20 hrs. – Core  
Fascial-Pelvis Myofascial/Osseous Release – 20 hrs. – Core  
Myofascial Mobilization – 12 hrs. – Core  
Myofascial Release I – 20 hrs. – Core  
Myofascial Release II – 20 hrs. – Core  
Myofascial Unwinding – 20 hrs. – Core  
Myofascial Release Skill Enhancement Seminar – 40 hours - Core  
Pediatric Myofascial Release – 12 hrs. – Core

### **Northwestern Health Sciences University**

Contact: Jacklyn Sanford  
2501 West 84<sup>th</sup> Street  
Bloomington, MN 55431  
Phone: 952-885-5446  
Email: [jsanford@nwhealth.edu](mailto:jsanford@nwhealth.edu)

### **Internet Learning Courses:**

Professional Boundaries: Cultural Awareness, 2 hours, Elective  
Crossing Boundaries: Exploring Both Sides of Inappropriate Sexual Behavior Between Doctors and Patients, 2 hours, Elective  
Professional Boundaries: Cultural Communications, 2 hours, Elective  
Conversations on Culture: Somali, 2 hours, Elective  
Mitochondrial Function and membrane Fluidity in Health and Disease, 2 hours, Elective

### **Teleconference of live class:**

Intrinsic Coaching, 2 hrs/week, one day/12 weeks = 24 hours total, Elective

### **OnlineContinuingEd, LLC**

P O BOX 15  
Rocky Hill, CT 06067  
413-834-7149  
Email: [jbrown@crocker.com](mailto:jbrown@crocker.com)

Aids 103 – 1 hour - Core  
Aids 104 – 1 hour – Core  
Anatomy 101– 1 hour – Core  
Anatomy 102 – 1 hour – Core  
Anatomy 103 – 1 hours - Core  
Anatomy 104 – 1 hour – Core

Anatomy 105 – 1 hour – Core  
Anatomy of the Forearm and Hand –1 hour – Elective  
Anatomy and Kinesiology of the Hand –1 hour – Elective  
Anatomy and Kinesiology of the Wrist – 1.5 hours – Elective  
Boundary Training 101 – 1 hr – Core  
Boundary Training 102 – 1 hr – Core  
Boundary Training 103 – 1 hr – Core  
Boundary Training 104 – 1 hr – Core  
Boundary Training 105 – 1 hr – Core  
Boundary Training 106 – 1 hr – Core  
Boundary Training 107 – 1 hr – Core  
Boundary Training 108 – 1 hr – Core  
Boundary Training 109 – 1 hr – Core  
Boundary Training 110 – 1 hr – Core  
Boundary Training 111 – 1 hr – Core  
Boundary Training 112 – 1 hr – Core  
Clinical Evaluation of the Shoulder –3 hours – Core  
Clinical Examination of the Wrist –1 hr– Core  
Elbow Tendonitis – 1 hr – Core  
Ergonomics & Management of Musculoskeletal Disorders – 6 hrs – Core  
Ethics for Professionals 101 MT –1 hr – Core  
Ethics for Professionals 102- 1 hr – Core  
Ethics for Professionals 103 –1 hr – Core  
Ethics for Professionals 104 - 1 hr – Core  
Ethics for Professionals 105 –1 hr. – Core  
Gender and Sensitivity 101 – 1 hr. – Core  
Hydrotherapy and Spa Applications –1 hr. – Core  
Overview of Carpal Tunnel Syndrome –1 hr. – Core  
Pathology 101 – 2 hr – Core  
Pathology 102 – 2hr – Core  
Pathology 103 – 4hr – Core  
Pathology 104 – 3 hr – Core  
Pathology 105 – 2 hr – Core  
Pathology 106 – 4 hr – Core  
Pathology 107 – 3 hr – Core  
Pre and Post Natal Massage 201 – 2 hr – Core  
Hot Stone Massage 201 – 3hr – Core  
Ergonomics 101 – 21 hr – Elective  
Ergonomics 102 – 2 hrs – Elective  
Cultural Competency 201 – 1hr- Elective  
Cultural Competency 202 – 1 hr – Elective  
Fibromyalgia 101 – 1 hr – Elective  
Fibromyalgia 102 – 1 hr – Elective  
Fibromyalgia 103 – 1 hr – Elective  
Fibromyalgia 104 – 5hr – Elective  
Fibromyalgia 105 – 2hr – Elective  
Fibromyalgia 106 – 2hr - Elective  
Science of Body and Table Mechanics –1 hr. – Core

**Relax Delaware, Inc.**

905 Devon Drive  
Newark, DE 19711

Glides, Swings, and Pulls: Soothing the Nervous System - 8 hours - Core

### **School of Shiatsu and Massage**

P.O. Box 889

Middletown, CA 95461

707-987-4857

Web: <http://www.jimgilkeson.com>

Energy- Active CranioSacral 1 – up to 50hrs - Core

### **Star Technical Institute**

Contact: Chris Asay

655 South Bay Road, Suite 5-G2

Dover, DE 19901

Phone: 302-736-6111

Email: [ChrisAsay@aol.com](mailto:ChrisAsay@aol.com)

Massage Therapy: Beyond the Pattern – 60 hours – Core

### **Street, Sara**

24698 Patriot's Way

Georgetown, DE 19947

302-934-6287

Email: [streetsara@hotmail.com](mailto:streetsara@hotmail.com)

Chair Massage - 6 hours - Core

Deep Muscle Therapy - 8 hours - Core

Ear Candling, 5 hours - Elective

Trigger Point Therapy for the Lower Back and Lower Extremities - 14 hours - Core

Trigger Point Therapy for the Upper Torso - 14 hours - Core

### **Tranquil Spirit**

Contact: Katherine Schaubert

813 Percherson Drive

Bear, DE 19701

Phone: 302-834-6853

Email: [kschauber@hotmail.com](mailto:kschauber@hotmail.com)

Website: [www.findtranquility.com](http://www.findtranquility.com)

Reiki Level 1 Workshop – 13 hours – Elective

Reiki Level 2 Workshop – 13 hours - Elective

Advanced Reiki Training / Master Level Reiki Workshop –13 hours – Elective

Reflexology Workshop – 13 hours – Core

### **The Upledger Institute**

Contact: Kristin Bloom

11211 Prosperity Farms Road, Suite D-325

Palm Beach Gardens, FL 33410

Phone: 561-622-4334

E-mail: [kristen@upledger.com](mailto:kristen@upledger.com)

CranioSacral Therapy I – 24 hours - Core

CranioSacral Therapy II – 24 hours- Core

CranioSacral Therapy for Pediatrics – 24 hours- Core

From Trauma Recovery to Ecstasy – 35 hours - elective

Healing from the Core: Grounding and Healthy Boundaries – 24 hours – elective

Heart Centered Therapy I – 24 hours, core

HFC: Expanding Present – Movement Consciousness – 35 hours – elective

HFC: From Trauma Recovery to Ecstasy – Healing Nervous System – 35 hours – elective  
Introduction to CranioSacral Therapy – 12 hours – Core  
Lymph Drainage Therapy I – 24 hours - Core  
Lymph Drainage Therapy II – 24 hours - Core  
Lymph Drainage Therapy III – 24 hours - Core  
Somato Emotional Release I – 24 hours - Core  
Somato Emotional Release II – 24 hours - Core

### **Wall Street Institute**

Contact: Charley Fei  
401 Broadway, Suite 405  
New York, NY 10013  
Phone: 347-448-5189 or 212-941-7682  
Email: [Ladenburg2007@hotmail.com](mailto:Ladenburg2007@hotmail.com)

Health Care & Massage Therapy – 7 hours - Core

### **Walsh, M. Susan**

8990B Fern Park Drive  
Burke, VA 22015  
703-201-6821  
703-425-3331  
Email: [susan@msusanwalsh.com](mailto:susan@msusanwalsh.com)  
Website: [www.msusanwalsh.com](http://www.msusanwalsh.com)

Indian Champissage – 21 hours – core  
Kansa Vatki Foot Massage – 7 hours - core

### **Wellness Management Systems**

Contact: Rob Eppes, Director  
The Massage Center  
P.O. Box 7596, Wilmington, DE 19803  
Phone: (302) 765-2387  
Website: [www.demassagece.com/convention.htm](http://www.demassagece.com/convention.htm)  
E-mail: [robeppes@comcast.net](mailto:robeppes@comcast.net)

The Alexander Technique –12 hours – Elective  
Baby's First Massage (correspondence) – 6 hours – Core  
Baby's First Massage (hands-on) – 8.5 hours – Core  
Body Mechanics for Better Bodywork – 7 hours – Core  
Cranio-Sacral Therapy I – 12 hours – Core  
Cranio-Sacral Therapy II – 12 hours – Core  
Dealing with Grieving Clients – 3 hours– Core  
Do-In Seminar – 2.0 hours – Core  
Ear Candling – 2 hours – Elective  
Energy Basics – 4 hours – Elective  
Improving Pectoral & Gluteal Work Skills – 4 hours – Core  
Introduction to Isolated Active stretching – 6 hours – Core  
Introduction to Shiatsu – 12 hours – Core  
Issues & Application of Professional Ethics in Massage – 6 hours – Core  
Maximizing Business Growth through Presentation Management – 2 hours – Elective  
Occipital Release Technique – 2 hours – Core  
Organizing & Marketing Massage Business I – 3 hours – Elective  
Organizing & Marketing Massage Business II – 3 hours – Elective  
Organizing & Marketing Massage Business III – 3 hours – Elective  
Organizing & Marketing Massage Business IV – 3 hours – Elective

A Promise of Wellness – 5 hours– Elective  
Range of Motion Basics – 4 hours – Core  
Seamless Full-Body Sequence – 24 hours– Core  
Shiatsu, Level I – 12 hours – Core  
Tonus Restoration Technique – Legs – 12 hours– Core  
Tonus Restoration Technique – Torso – 12 hours– Core  
Tonus Restoration Technique – Upper Limb - Shoulder, Head & Neck –12 hours – Core