

Please Note: Underscoring all the details of our classes is an environment of positive perspective, empowerment, transformation & fun! Students find learning easy & rewarding while opening to new potentials & perspectives that facilitate their healing & that of their future clients!

702 & 850 Hour Program Courses

Learning Strategies

LS - 32 hours - This course teaches students powerful strategies to be more effective learners. Through experiential super-learning techniques students are assisted in discovering their own learning style and how to make the best use of it. Then students learn strategies designed to enhance integration and embodiment of information. The focus includes strategies for the classroom, for test taking, and for studying outside of class. Students become very empowered, confident, optimistic, and self-motivated learners. No prerequisites

Accessing Resourceful Learning States	Turning Stops into Steps / Goal Strategies
Using Right & Left Brain Learning Strategies	Brain Hemisphere Synchronization Techniques
Acupressure to Stimulate Learning & Alertness	Intelligence Categories & Their Applications
Strategies Excellent Learners Use	Diet & Activities that Improve Learning
Advanced Classroom & Home Study Strategies	Supporting Everyone's Learning in the Classroom
Visual, Auditory, & Kinesthetic Learning Styles	& Strategies

Business & Marketing

B - 34 hours - This course provides the business, accounting, and record keeping practices needed to run a successful massage therapy business. Students learn to use intake forms, soap notes, business plans, and marketing plans. Insurance billing is also covered. Prerequisites: Program enrollment or permission

Do a Basic Business Plan	Business & Professional Ethics
The Attitude of Success & Abundance	Job Interview Strategies
Laws Pertaining to Massage & Business	Q & A Time with an Accountant
Understanding Taxes & Tax Forms	The Re-Hired / Desired Employee
Creative Marketing Strategies	Unique Treatments & Packages
What Money "really is" & How to be in Harmony with Its Energy	

Therapeutic Massage 1

TM1 - 44 hours - This course provides the basic understanding of Swedish massage and the skills needed to perform an efficient and effective 50 minute massage. Some of the topics covered are ethics, professionalism, draping, safety issues, oils and lotions, basic Swedish style, benefits of massage, and contraindications. Prerequisites: Aligning With Purpose & Learning Strategies or permission

Theory, Indications, Contra-Indications & Benefits of Swedish Massage	
History of Massage Therapy	Doing a "Job Winning" Swedish Massage
The Art of Being Present	The Graceful & Flowing Massage
Oils, Lotions, Cremes & Gels & Their Uses	Therapist Ergonomics During Swedish Massage
Basic Swedish Massage Strokes	Hygiene in Massage Therapy
Ethics & Therapeutic Boundaries	Professional Draping Techniques
"Endangerment" Sites of the Body	Basic Muscle & Skeletal Anatomy
Swedish Massage for All Individual Parts of the Body	
50 & 60 Minute Swedish Massage for All of the Body	

Experiential Anatomy & Physiology 1

AP1 - 36 hours - This course provides the knowledge of anatomical terminology, the skeletal system, the myofascial system, and the integumentary system. Students gain a thorough and applicable understanding of anatomy and physiology in relation to massage, health, pathology, and healing.

Prerequisites: Aligning With Purpose & Learning Strategies or permission

The Muscular System

Bony Landmarks of the Skeletal System

Anatomy & Physiology of the Muscles of the Feet, Calf, Thigh & Abdomen

Anatomical Planes & References

Kinesiological References & Terms

Therapeutic Relationships

TR - 28 hours - This course allows students to build professional quality therapeutic relationships that honor the client's needs, desires, perspectives, and process. Topics covered include the process of healing and change, professional boundaries, rapport skills, basic NLP skills, client outcomes, influencing with integrity, and more. **Prerequisites:** Aligning With Purpose & Learning Strategies or permission

Questions for Clarity & Specificity

Understanding the Healing Response

Understanding Resistance

Artful Disagreement

Intake Skills & Questions

Clearly Defined Goals

Basic Reframing Skills

Pacing Skills

Listening Exercises

Paradigms of Relating

Transference & Counter-transference

Telephone Skills & Questions

Creating Client Safety

Increasing Client Satisfaction

Non-Verbal Communication

Rapport Building Therapy Room

Therapy Integration 1

TI1 - 36 hours - This course introduces students to their major research projects and helps them to bring together and integrate all that they have learned at this point in the program. The focus will be on case studies, individual assessment, feedback, and integration. **Prerequisites:** Aligning With Purpose, Learning Strategies, Therapeutic Massage 1, Experiential Anatomy & Physiology 1, & Therapeutic Relationships

The Efficient & Effective Swedish Massage

Practice Required to Prepare for Clinics

Fine-Tuning Flow & Ergonomics

Creating the "Big Hands" Effect

"Soft Focus" to Enhance Listening & Intuition

Additional Swedish Stroke Options

A "Spa Style" Swedish Clinic Experience

Breathing While Massaging

Listening to Your Hands

S.O.A.P. Notes & Intake Forms

Therapeutic Massage 2

TM2 - 44 hours - This course provides additional massage techniques for stress reduction and a variety of therapeutic applications. Topics covered include tissue preparation, cross fiber techniques, massage for injuries, hydrotherapy, lymph drainage, passive stretching, client homework, reflexology, unique session packages, and others. **Prerequisites:** Therapeutic Massage 1 or permission

Acupressure Techniques & Styles

The Main Styles of Massage & Bodywork

Golgi Tendon / Spindle Cell Technique

Stages of Inflammation & Massage Guidelines for Each Stage

Organizing Your Techniques - What Ones to Use in What Situations

All Techniques Designed to be Useful in the 50 or 60 Minute Swedish Massage Session

Muscular Conditions We Facilitate

Allied Modalities - Who & When to Referral Clients

Pin & Stretch Techniques to Release Muscles

Experiential Anatomy & Physiology 2

AP2 - 32 hours - This course provides the knowledge of the rest of the body's systems, the design of the

body, and the effects of stress on the body. Students finish their study of the anatomy and physiology of the body's systems in relation to massage, health, pathology, and healing. Among other topics, mindbody physiology and the tissue repair cycle are also studied. Prerequisites: Experiential Anatomy & Physiology 1 or permission

Anatomy & Physiology of the Muscles of the Hand, Forearm, Arm, Shoulder & Back

The Nervous System

The Endocrine System

The CardioVascular System

The Lymphatic System

The Respiratory System

The Digestive System

The Urinary System

The Stress Response System

The Body Metaphoric

BM - 28 hours - This course is based on how the energy of life is manifested and expressed through the physical body. Students learn to think and understand the body, and how we use the body, metaphorically. This meta-level of thought provides valuable information from the unconscious, through the body, to the consciousness. This information is often not available during usual conscious self-assessment and therefore requires the input of another system of thought. Participants are given a model of exploration to discover these metaphoric messages as well as lists of some of the common interpretations. Supportive learning aids are available. No prerequisites

Understanding the Nature & Effects of Stress

Visualizations for De-Stressing & Relaxation

Beliefs That Affect Health & Healing

How & What Symptoms May Communicate

Whole Body Readings

Metaphors in the Posture & How We Move

Basic Underlying Attitudes That Affect Health & Healing

Metaphor Lists for Areas, Systems, Organs, & Diseases of the Body

Assessment Skills

ASK - 24 hours - This course teaches the sensitivity and techniques needed for massage therapists to accurately sense the conditions of the body. Topics covered include palpation skills, muscle condition assessment, posture assessment, range of motion assessment, and movement and gait assessment. Students will find that this information greatly adds to their understanding of the body and what is happening beneath their hands. Prerequisites: Experiential Anatomy & Physiology 1, CMT, or permission

Common Postural Imbalances: Lordosis, Kyphosis, Flat Back, Sway Back, Knock Knees, Bow Legs, Flat Feet, Temporo-Mandibular Joint Dysfunction, Scoliosis, Upper & Lower Cross Syndromes, Etc.

Understanding the Fluid Nature & Flexibility of Posture & Range of Motion

The Basic Intake & Assessment Flow

The 7 Minute Assessment

Assessment Vs. Diagnosis

Muscle & Joint Injury Tests

Experiential Anatomy & Physiology 3

AP3 - 32 hours - This course provides knowledge and understanding of the principles and pathologies specific to the myofascial and nervous systems. Additional topics covered include the mechanics of healing, proprioception, the mechanic of pain, theories of pathology, neuromyopathic cycles, and muscular pathologies. Prerequisites: Experiential Anatomy & Physiology 2 or permission

Anatomy & Physiology of the Muscles of the Neck, Face & Jaw

Definitions & Treatment Goals of Spasm, Strain, Sprain & Tendonitis Conditions

Understanding Referred Pain

Cycles of Ischemia in Muscles Tissue

Reflex Arcs of the Body

The Vicious Pathological Cycle

Development of Tender Points & Trigger Points

The Neuromuscular Laws

Working with Fibrosity in Adhesions & Scars How Pain Affects Health

Therapeutic Massage 3

TM3 - 48 hours - This course provides the skills of applying massage techniques for specific settings and populations. Topics covered include limited time massages, sports massage, on-site massage using a massage chair, massage for pregnancy, massage for the elderly, massage for toddlers and infants, massage for the challenged, dry massage, clothed massage and other techniques. Prerequisites: Therapeutic Massage 2 or permission

Theory, Indications, Contra-Indications & Benefits for all Styles of M3 Massage Techniques

Cramp Relief Techniques

Practice Clinic for Sports Massage

Practice Clinic for Pre-Natal Massage

Practice Clinic for On-Site Massage

Practice Clinic for Elderly Massage

Practice Clinic for Infant

Transformational Neuromuscular Therapy 1

T-NMT1 - 52 hours - This course provides foundational neuromuscular theory, principles, muscle strokes, and experiences. This form of neuromuscular therapy is uniquely effective and provides the opportunity for clinical or mindbody applications. Clients find themselves releasing deep held tensions from the myofascial system as well as creating self-supportive and healing neuro-pathways of thought and movement. Topics covered include basic muscle stroke patterns, basic muscle stroke movement patterns, specific muscle strokes, and posture conditions. Prerequisites: The Body Metaphoric, Therapeutic Massage 2, Experiential Anatomy & Physiology 3, CMT, or permission

Neuromuscular Strokes for the Calf, Thigh, Pelvis, Abdominals, Diaphragm & Intercostals

History of T-NMT & Understanding Neuromuscular, Fascial, Myofascial, & Deep Tissue Work

Indications, Contra-Indications & Benefits of Transformational Neuromuscular Work

Correct Application of "Ecological Pressure" (Eco-Point) vs. Painful Bodywork

Applications of Joint Play

Origin & Insertion Technique

"Clearing" a Muscle

6-Walks Technique for Integration

Iliotibial Band Pathologies & Release

Posterior IT Band Drift & Correction

Patello-Femoral Syndrome & Correction

Golgi Tendon / Spindle Cell Technique in a NMT Session

Transformational Neuromuscular Therapy 2

T-NMT2 - 52 hours - This course continues the area of study begun in Transformational Neuromuscular Therapy 1. Additional muscle strokes and patterns are taught and pain mechanisms are reviewed in the context of muscle therapy. Students begin to explore integrated movement patterns during this class and they study additional posture conditions. Prerequisites: T-NMT 1 or permission

Neuromuscular Strokes for the Back, Neck, Scapula & Shoulders

Special Considerations for Spine Conditions

Motioning Techniques

Fascial Freeing

Fascial Lines of the Body

Nerve Entrapment & Impingement

Myofascial Release

Movement Therapy Theory

Keys to Adopting New Movement & Posture Patterns

Spinal Rotation Techniques

Figure 8s & Graffiti Techniques

Hendrick's Breathing Technique

Understanding "Metaphoric" Movement

Understanding the Rotator Cuff

Tensegrity & the Body

Including the Stretched Position in the Neuromuscular Stroke

Therapy Integration 2

TI2 - 40 hours - As the student progresses through the program, this course provides the same quality

experience through individual assessment, feedback, and integration as Therapy Integration 1. Students focus on increasing professionalism and effectiveness throughout this course. Prerequisites: Therapy Integration 1, Therapeutic Massage 3, Experiential Anatomy & Physiology 3, Assessment Skills, The Body Metaphoric, & T-NMT 1

Practice Required to Prepare for Clinics
A "Spa Style" Swedish Clinic Experience
Doing Better S.O.A.P. Notes
Additional Case Studies Ideas
Intake to Plan Flow Chart
Treatment Goals for Injuries

Mid-Term Feed-Back Exchange & Discussion
50 minute Swedish with 10 minutes of Extra Therapy
Making Choices in the Therapeutic Session
Refining Assessment Skills & Injury Assessment
4 Main Areas of Work on an Injured Client
An Injury / Chronic Pain 60 Minute Session Clinic

Transformational Neuromuscular Therapy 3

T-NMT3 - 48 hours - This course enhances and integrates the area of study covered in Transformational Neuromuscular Therapy 1 and 2. In addition to more muscle strokes and patterns, students learn trigger point therapy, practical muscle testing, multiple session patterns, working with common injuries, more posture conditions, and case studies. Prerequisites: T-NMT 2 or permission

Neuromuscular Strokes for the Arms, Forearms, Hands, Feet, Deep Anterior Neck, T.M.J., & Face.

Neuromuscular Techniques to Release Tendons, Ligaments, & Joint Structures

Ischemic Compression Technique

4-Directional Bruise / Swelling Release

Muscle Dysfunction Overview

Towel Roll Technique

Power Exercise Release

NeuroLymphatic (Chapman's) Reflexes for Muscles

Athletic Tune-Up Strategies

Advanced Assessment Flow Chart

Postural & Phasic Muscle Types

Levels of T-NMT Muscle Strokes

Assisted Stretching

AS - 34 hours - This course teaches several effective, efficient, and safe methods to stretch the myofascial system. These techniques release tensions, improve proprioception, create better balance in muscle groups and systems, and increase the range of motion. Student will know which techniques will bring the best results for the presenting symptoms of the client. This information greatly increases the massage therapist's effectiveness and ability to facilitate her/his client's myofascial healing. Prerequisites: Experiential Anatomy & Physiology 2 & Assessment Skills or CMT or permission

Understanding PNF, Muscle Energy Techniques, Facilitated Stretching, Isolated Muscle Stretches, Etc.

Isometric, Reciprocal, Concentric & Eccentric Assisted Stretching Techniques and Theory

Stretches for Spasm, Fibrosity, Tonification & When Injuries are present

Session Patterns for Conditions Like Low Back Syndromes & Chronic Joint Pain

Organizing Your T-NMT Program Techniques - What Ones to Use in What Situations

Experiencing Stretches on Many Muscles of the Body

Combination Techniques (I.R.P. & C.R.A.C.)

Stretching Theory & Reflexes

Passive Release for Muscles

Passive Release for Joints

Integrating Stretches into a Bodywork Session

Assisted Stretching as Client Home Work

Internal Organ Massage & Balancing

IO - 38 hours - This course teaches techniques for assisting the healing of the internal organs that include massaging the organs, mobilizing the organs, clearing areas that disturb or relate to the organs, and many reflexes that stimulate the physiological functioning of the organs. Concepts and techniques are explained in depth and practiced in class. Easy to follow handouts contain the class information as well as contraindications, cautions, and symptom information about each organ. This course is a must for a thorough massage therapist. Prerequisites: Transformational Neuromuscular Therapy 1 or CMT or

permission

Understanding Organ Pain & Its Relationship to Muscular Problems

The Relationship of Connective Tissue Layers of Organs & Musculo-Skeletal Symptoms & Vice Versa

Clinically Therapeutic Medical Massage

Releases for Over 12 Internal Organs

4 Basic Releases for Overall Health

Organ Referred Pain Zones

Oriental 5-Element Theory for Organ Health

NeuroLymphatic (Chapman's) Reflexes for Organs

Hara Energy Area Work for Organs

NeuroVascular (Bennett's) Reflexes for Organs

Muscular Clearing for Organ Health

Basic Energy Work for Organs

Acupressure Techniques for Organ Health

Therapy Integration 3

TI3 - 20 hours - This course provides the students with their final follow up on their major research projects and helps them to bring together and integrate all that they have learned in the program. The focus will be on final case studies, final individual assessment, program feedback, and final integration.

Prerequisites: All other CMT program courses

Written Final Assessment

Hands-On Final Assessment

Final Clinic

Final Review & Feed-Back

850 Hour Program ONLY Courses (Can be electives for the 700 hour program)

Awareness & Transformation

A&T - 32 hours - This course helps the student explore and increase their intrapersonal intelligence and understanding of the process of healing. Students explore centering exercises and presence exercises. Students spend time discussing and/or being facilitated through the intrapersonal and interpersonal issues that students and massage therapists may face. Students learn inner exploration, and intuition techniques. Prerequisites: Program enrollment or permission

Speakers on Allied Health Modalities

Oriental 5-Element Theory & Practices

Applied Kinesiology (Muscle Testing)

New Concepts & Theories of Healing

The 6 Healing Sounds

Facilitating the Process of School

The Language Of Relaxation

LD - 30 hours - This course teaches how to compose your language to best facilitate your client's own internal experience. These language patterns, based on the work of Milton Erickson, Dawna Markova, and the principles of Neuro-Linguistic Programming, have been molded to best fit the needs of bodyworkers and healers. The Language of Relaxation can be used during any type of bodywork session and is a necessary component of effective relaxation, inner exploration, and process work. Supportive learning aids are available. Prerequisites: Learning Strategies & Therapeutic Relationships or CMT or permission

Visualization to Encourage Healing & Relaxation

Brain Wave States & Healing

Pathways Visualization

VAK Relax Techniques

Affirming & Increasing Relaxation

Moments of Miracles Visualization

Questions to Find Meaning

Aligning With Higher Intention Visualization

Visualizations During a Swedish Massage

Visualization for Stress Release

Multi-Sensory Heart-Centered Affirmations

State or Resource Recall for Healing or Athletic Performance Enhancement

Transforming Trauma

TT - 38 hours - This course teaches a safe, confidential, and effective technique for changing stressful internal relationships to traumatic events. The shift of that relationship often brings deep release of holding patterns in the myofascial system as well as a very deep relaxation. Students learn trauma theory, symptoms, and contraindications and compare several techniques. A technique of accessing the body's own knowing helps the practitioner and receiver discover the events that seem to be traumatic, and which events would be appropriate to deal with at the time. Techniques focus on safety and personal ecology as they help release the energy held by trauma and make it available for more generative personal applications. This course brings greater depth and effectiveness to the art of massage therapy.

Prerequisites: Program enrollment or CMT or permission

Our Definition of "Trauma" as Deep Stress
 Deep Stress & the Fight or Flight Mechanisms
 Clearing Stress Receptors of the Head
 The Future Pace Visualization

The "Symptoms" of Deep Stress
 Massage for the Disaster / Trauma Setting
 ReScripting Stressful Events
 States of a "Trauma"

Noticing Deep Stress in the Massage Therapy Client & Athletic Performance
 How Health is Affected By Deep Stress & Patterns Imprinted in the Body's Bio-Computer
 Muscle Testing to Prioritize Treatment of Specific Muscles
 Understanding the Conscious & SubConscious Minds & Their Relationships
 The Affects of Deep Stress on Awareness, Creativity, Healing & Wholistic Thought
 Releasing the Patterns that Limit Our Success, Effectiveness, Performance & Fun

BodyGuide EnergyWork

EW - 32 hours - This course teaches a form of energy work that is based on the body's innate powers of manifestation and expression. This technique is a graceful balance of logic and intuition that most clients can easily understand. Powerful and responsive to the client, this technique can be used in any bodywork or process oriented sessions, or may be used as a complete, stand-alone facilitation. Still allowing the therapist to explore their intuitions, it is effective at even its simplest level. **Prerequisites:** The Body Metaphoric or permission

Basic Energy Theory & Models
 Basic Body Flows Clearing
 Basic Chakra Clearing & Balancing
 Theories of Energy Blockage & Energy "Cysts" & Their Return to Flow

Energizing & Sensitizing Our Hands
 Emotions Locked in the Body & Energy Patterns
 Running Energy for Injuries & Disease

Metaphoric Energy Flows for Healing & Empowerment
 Oriental 5 Element Command Point Acupressure Balance for the Meridians & Healing
 Oriental 5 Element Creation Cycle & Regulation Cycle Applications

Aligning With Purpose

P - 16 hours - Using several different methods of discovery, this course helps students reconnect with their sense of purpose in life and how their time at MountainHeart can best serve that purpose. Students can then align the focus of their classroom time, research projects, practice sessions, and personal growth sessions to be more purposeful for them. This course is great for anyone. No prerequisites

The Concept of Being On Purpose
 How the Body Guides US to Our Purpose
 Futuring Strategies for Clarity of Vision
 Creating & Aligning Our Goals so They Connect Us to the Power & Energy of Our Purpose

Life Experiences that Teach Us Our Purpose
 Creating & Sharing a Purpose Statement
 Letting Go of Attachments & Aversions for Success