



Nationally  
Accredited  
State Licensed

# ***Pennsylvania Myotherapy Institute*** ***Massage Therapy*** ***School***

Founded with  
"30 yrs in the Wellness Industry"

## **Admissions & Financial Aid**

668 Route 194 North    Abbottstown, PA 17301  
Admissions@PaMyotherapyInstitute.com  
(717)259-7000

## **Classes & Clinicals**

The Freedom Valley Campus  
3185 York Rd.    Gettysburg, PA 17325

**[www.PaMyotherapyInstitute.com](http://www.PaMyotherapyInstitute.com)**

SPRING 09  
FALL 09



## ***Our Mission***

The mission of the Pennsylvania Myotherapy Institute (PMI) is to prepare students for successful careers in Massage Therapy; to be professionally confident and highly effective in the application of therapeutic massage in a variety of health care, fitness, sports, private practice, wellness, resort, leisure and spa settings.

- We are committed to continually seeking new approaches and strategies to help assure therapists attain their employment goals. PMI students have opportunities to build their clientele, as well as build business, professional, and institutional networks.
- We are committed to enabling our students to enjoy mental well-being, attain physical strength, and find spiritual peace to maintain long-term success in the massage therapy profession. (mind-body-spirit)
- We aspire to provide an inspirational and exciting learning environment for the future therapist's study of the art, science, and business of massage therapy.
- We understand the adult learner in our instructional approach. We adapt to individual learning styles and include more hands-on practical experiences. We provide for flexible learning and clinic opportunities helpful for those students who have other obligations with family and/or work while attending school.



## **JOB PLACEMENT AND ASSISTANCE**

**Placement rate for our graduates is 100%.**

Our training gives you the tools for a successful home-based business.

Clinic experiences provide students many opportunities to make connections for future employment.

Students learn marketing and communication skills to build their professional confidence.

PMI provides promotional tools to recruit clients.

PMI has contacts in both the traditional and CAM industries, health, fitness and corporate wellness, as well as other markets with potential for building the new therapist's business. Upon your request, we send your resume to an extensive list of employers.

Job opportunities are frequently provided via our network.

Individual counsel is provided to graduates in business-related issues or concerns by appointment.

Clients calling into the school requesting professional therapy are referred to alumni.

Success-in-Business training provides career advising including proven successful marketing skills, resume writing, employment opportunities, and business plan development.



## ADMISSIONS

The PMI student can expect to devote an average of 12 hours/week in-class time and 4 hours per week outside class work and clinic.

### APPLICATION DEADLINES

SPRING :            March 12th  
FALL:                August 20th

Application fee \$50 up to the deadline (non-refundable after 3 business days). Applications submitted after deadline is additional non-refundable \$35 late fee. See application form included with Catalog or contact us to request an application: (717)259-7000, or email [Admissions@PaMyotherapyInstitute.com](mailto:Admissions@PaMyotherapyInstitute.com)

## FINANCIAL AID

for those who qualify

Apply online: [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)

SCHOOL CODE: 041199

Apply with the 2009-2010 application

- ◆ Individuals meeting certain criteria may also qualify for financial assistance through PA Career Link of York (767-5709), or Gettysburg Office (334-1173).

### ESTIMATED COST OF ATTENDANCE (COA)

APPLICATION FEE:	\$ 50.00 (non-refundable after 3 days)
TUITION:	\$ 10,350.00
BOOK FEE:	\$ 605.00
CPR:	\$ 46.00 (optional if current certif.)
GRADUATION FEE:	\$ 15.00
STARTER KIT:	\$ 1724.00 ( <b>Lower cost kits available</b> )
SPA Kit or Elective B	\$ 318.00 (\$300 + \$18 tax)

### **ADVANCED STANDING (AS) and CLOCK HOUR TRANSFER**

Prior post-secondary course work will be considered for partial or full credit.

Additional expenses students purchase on own: approximately \$650.00  
Includes linens and spa supplies.

## Faculty and Administration

**Wilhelmina M. Blank, M.Ed., NCTMB**

**Founder, Director, Curriculum Development, Instructor**

Nationally Certified Massage Therapist, 25 yrs; additional training in Cranial-Sacral Therapy, Sports Massage (with Elliot Greene and Benny Vaughn); Orthopedic Assessment (with Whitney Lowe); myofascial techniques; AMMA technique and seated massage (with David Palmer); Hot Stone Therapy; and Massage as a Medical Intervention; Professional Member, AMTA since 1985; former Physical Director of Nevada-based wellness center.

**Michael A. Blank, Chief Financial Officer, Technical Support**

**P. Maurice Pitzer, Financial Aid Administrator**

**Course Designer, Instructor**

Wellness I, Eastern Theory

**Kara Zechman, CMT**

**Clinic Manager, Course Designer, Instructor**

Certified Massage Therapist

Lymphatic Massage, Anatomy, Pathology, Advanced Deep Tissue

**Mary Greenawalt, B.S., CMT**

**Course Designer, Instructor**

Individual and Family Studies, Certified Massage Therapist

Spa Modalities, Hydrotherapy, Integrated Therapy

**Deborah Gore, NCTMB, LPN**

**Course Designer, Instructor**

Nationally Certified Therapist, Clinical Sports Massage;

Maryland Sports Massage Team 10+ yrs.;

**Amanda Groft, CMT**

**Clinic Assistant, Instructor**

Integrated Therapy

**Amanda Morris, PTA, CMT**

**Course Designer, Instructor**

Licensed PTA; Certified Massage Therapist

**Ryan Rhodes, CMT**

**Instructor**

Integrated Therapy, Advanced Deep Tissue

**Tara Heidel, MS, PT, MLD/CDT**

**Course Designer, Consultant**

Licensed Physical Therapist; Certified Complete Decongestive Therapist

## **SPRING, 2009 Schedule** 725 hrs (24 credits)

STUDENT ORIENTATION March 18th

### **DAY CLASS SCHEDULE**

Monday, Tuesday, Thursday 9:30am—1:30pm

OR

### **NIGHT CLASS SCHEDULE**

Monday, Tuesday, Thursday 5:30-9:30pm

**Semester I March 23 – Aug. 4, 2009**

(No class April 13, May 25; July 1—July 12, 2009)

**Semester II July 30-Nov 24, 2009**

(No class: Sept. 7)

**Semester III Jan 4 – April 19, 2010**

(No class March 30-April 4, 2010. Snow Dates April 20,22)

GRADUATION & Reception: April 25, 2010 2-4pm

### **SATURDAY CLASSES** (*Schedule subject to change*)

Feb. 13, 27, March 12, 2010 9am-3pm Sports Massage

## **FALL, 2009 Schedule** 725 hrs (24 credits)

STUDENT ORIENTATION Sept. 2nd

### **DAY CLASS SCHEDULE**

Monday, Tuesday Thursday 9:30am—1:30pm

OR

### **NIGHT CLASS SCHEDULE**

Monday, Tuesday, Thursday 5:30-9:30pm

**Semester I Sept. 8, 2009 – Jan. 26, 2010**

(No class Nov. 26; Dec 19-Jan. 3.; Snow Make-up Jan. 28)

**Semester II Feb. 8 – June 3, 2010**

(No class March 30-April 4, May 31; Snow make-up: June 7,8)

### **SATURDAY CLASSES** (*Schedule subject to change*)

Feb. 13, 27, March 12, 2010 9am-3pm Sports Massage

**Semester III June 14-Oct. 14, 2010**

(No class July 1-11, Sept. 6) GRADUATION: Oct. 17, 2010

## **6-Week Introductory Course**

Course Fee: \$90

**Feb. 2—March 9, 2009 Mondays 9:30am-12:30pm OR 6-9pm**

- ~ Learn Integrated Therapy using Deep Tissue, Swedish, Myofascial, and Neuromuscular techniques with focused therapy for back, neck, shoulders. See if this is the career for you.
  - ~Option to earn Advanced Standing and receive \$257 tuition credit toward Professional Training.
- Course Fee includes 18 hands-on training, instructional packet, Up to 10 clinical hrs., and 1hr. Massage Therapy gift certificate



## **PROGRAM COURSES**

**Integrated Therapy** 129 clock hrs. 9 Credits  
Course includes developing sense of touch, proper body mechanics, Deep Tissue, Swedish massage, neuromuscular therapy, myofascial techniques, seated massage, foot massage with basic Reflexology, hydrotherapy, and positional therapy. Also introduction to Muscle Energy Technique (MET), client intake procedures, traditional Eastern theory including primary meridians, chakras, 5 element theory, and Ayurvedic medicine.

**Orthopedic Massage,** 70 clock hrs. 5 Credits  
Palpation skills are further developed in continuing practice and new application of Swedish, deep tissue, neuromuscular, myofascial work and MET. Course includes introduction to cranial sacral therapy, master-level training in thermotherapy, writing SOAP Notes with emphasis on fine-tuning observation and listening skills. Topics of in-depth discussion include orthopedic conditions and Fibromyalgia. The role of massage in chiropractic care is included in this course.

**Massage Therapy for Special Care** 14 clock hrs. 1 Credit  
Special considerations and adaptations for therapeutic massage for the elderly, with particular focus on sensitivity training. Course also includes Massage And The Cancer Patient, with an emphasis in nutritional and lifestyle factors. Students follow their learning with off-site clinic experience.

**Massage Therapy for Special Markets** 28 clock hrs. 2 Credits  
Providing massage for specific markets or clients is the focus: the pre- and post-natal woman and the athlete. Students will receive course work in both Sports Massage and Pregnancy Massage.

**Lymphatic Massage/Foundation Review** 84 clock hrs. 6 Credits  
In-depth training in manual lymph drainage (MLD), based on the Vodder technique. Also included is a review of PMI's foundational principles of practice in client-centered therapy which enhances the student's confidence in their professional skills, as well as serving as a review for the National Certification Exam.

**Spa Therapies** 31 clock hrs. 2 Credits  
Master-Level Hot Stone Therapy training as well as high-end spa detoxification therapies including various body wraps and scrubs: rejuvenating and firming body treatments, warm and relaxing treatments, and treatments that richly hydrate.

**Massage and Pathology** 42 clock hrs. 3 Credits  
Course examines how disease and other disorders affect client function, and essential information to determine if massage is appropriate or if precautions should be taken. Four areas of influence on disease, recovery, and well-being discussed: emotional states, stress, history of abuse and/or trauma, medical history and life stages. CPR/First Aid training prepares therapist for emergency situations caused by pathology. Additional applications of hydrotherapy are included within pathological context. (Students may take advanced standing for 4 hours of this course if current CPR at time of graduation.)

**WELLNESS** Students learn and experience *personally* wholistic health and wellness principles, i.e., mind-body-spirit connection.

**Wellness I** 15 clock hrs. 1 Credit  
Introduction to world views and themes of spirituality common to contemporary holistic health field. Students reflect intellectually and personally on material to develop one's own personal spiritual worldview and healing. Psychological issues are introduced.

**Wellness II** 28 clock hrs. 2 Credits  
Learn and practice principles of wellness to prevent injuries common to massage therapists, as well as build strength and endurance. Self-care strategies to manage stress and time. "Alternative" principles of nutrition and its impact on health, energy, weight management, and disease prevention are included.

**Business & Ethics** 44 clock hrs. 3 Credits PMI's Success-in-Business Training is the heart of this course. Topics include: effective public relations and marketing strategies; resume writing; business plan development; income/expense reports; taxes; record keeping; legal and ethical parameters. Research is introduced to understand its importance in the business of massage.

**Integrated Anatomy** 140 clock hrs. 10 Credits  
Course begins with emphasis in skeletal and muscular systems with focus on palpation skills, integrating massage and muscle energy technique. Semester II continues with additional study of muscular system, emphasis in nervous system, fascial planes (supporting instruction in orthopedic and chronic pain conditions). Semester III includes advanced study of lymphatic system along with a review of the muscular system in preparation for national certification exam. All body systems are covered with foundational principles of anatomy and physiology.

**APPLICATION FOR ADMISSION**

**Enclose \$50 with application for admission**

**NOTE: Essays not required and no application fee for 6-Week Intro Course.** (Include tuition for 6-Week Course: \$90)

**CLASS PREFERENCE:** DAY ( ) EVENING ( )  
6-WEEK INTRO COURSE( ) SPRING( ) FALL( )

**Name:** \_\_\_\_\_  
LAST FIRST

**Name on transcript if different from above:** \_\_\_\_\_

**Ad-  
dress:** \_\_\_\_\_

**Phone(day):( ) (evening):( )**

**email:** \_\_\_\_\_

**Social Security #.** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Citi-  
zanship:** \_\_\_\_\_ U.S. \_\_\_\_\_ Other \_\_\_\_\_

**Primary Language:** \_\_\_\_\_ **U.S. Veteran?** \_\_\_\_\_

**Have you ever been convicted of a crime?** \_\_\_\_\_ **If yes, please  
explain:** \_\_\_\_\_

**Emergency Con-  
tact:** \_\_\_\_\_

**Phone(day):( ) (evening):( )**

**List any learning disabilities:** \_\_\_\_\_

**EDUCATION:** Please include a copy of your official high school transcript or diploma, or G.E.D. or college transcript.  
List any previous experience or training in the massage therapy or wellness, or holistic health care fields:

\_\_\_\_\_  
**I HEREBY STATE THAT THE INFORMATION CONTAINED ON THIS**

App. cont'd) PLEASE ATTACH SEPARATE SHEETS FOR FOLLOWING:

1. Please type/word process an essay (300 word minimum) defining the term “wellness,” with at least one authoritative source on the subject; you may use wellness reference at end of application\* and/or your choice of other source. Relate how the referenced statement(s) you choose describes or support the meaning of wellness in your life. Include influence of the health of your mind (mental/emotional), body (physical health), and spirit (spiritual) as you perceive them in your personal life. (The “influence” of each of these 3 areas may be positive, negative, or none at all. We do not judge your opinion or perspective as “right” or “wrong;” acceptance into our program is not based on your perspective. Please list reference(s) used at end of essay.
2. Please “type/word-process” an essay (150 word minimum) telling us why you are interested in massage therapy.

METHOD OF PAYMENT (ENCLOSE \$50 APPLICATION FEE):

Check or Money Order: \_\_\_\_\_ Credit card # (MC or VISA only)

# \_\_\_\_\_  
exp. date

Name as it appears on the card: \_\_\_\_\_

Signature: \_\_\_\_\_

\*The Wellness Model (Beck, Mark F., *Theory & Practice of Therapeutic Massage, 4th ed., 2006*)

Wellness is a concept in which a person takes personal responsibility for his state of health. It is a preventative plan in which a person makes an effort to recognize conditions, situations, and practices that may be threatening or detrimental to his/her health and takes steps to change or eliminate them in order to live a more healthful life. Wellness involves taking an active role in being healthy and adopting practices that enhance health such as good nutrition, exercise, a balance between work and play, and a positive mental and spiritual attitude.

Wellness takes into consideration more than our physical health. It is often represented as an equilateral triangle with sides depicting body, mind, and spirit. When all 3 aspects are healthy and in balance, optimum wellness is experienced.

Health may be gauged on a scale that ranges from -5 to 0 to 5. Minus five equates with severe illness combined with a poor attitude. Zero is okay (in that there is no perceivable sickness). Five equates with optimum health and vitality. The great majority of our society hovers between -3 and 2. A wellness-oriented individual would strive to maintain his/her health rating above 3.

## **FREE Workshops**

**Call/email to register: 451-0488**

**Admissions@PaMyotherapyInstitute.com**



### **Therapeutic Massage For Family & Friends**

**Wed., Jan. 14th, 7-8:30pm Sat. Jan. 24 10-11:30am**

Learn to relieve neck, shoulder, and low back tension for family and friends with simple massage therapy techniques; last 15 mins. of class is "question & answer " period if thinking about professional career or part-time employment in massage therapy. Best to sign-up with a partner. Bring any size flat sheet, 2 pillows, and 2 towels. Donation of any amount accepted for Shining Stars Therapeutic Riding Ministry.



### **Everything You Always Wanted to Know. . . .**

#### **About Massage**

**Wed., Jan. 28th 7-8pm Feb. 4th 7-8:30pm**

Bring any question health-related, business, licensing, types of massage, insurance-coverage, job placement, reflexology . . . See demo's of technique.



### **Therapeutic Massage For Headaches**

**Wed., Feb. 18<sup>th</sup>, 7-8:30pm**

Workshop includes neuro-muscular and hydrotherapy techniques effective for self-massage as well as performed with a partner. It is recommended you sign-up with a partner, but not necessary. Bring any size flat sheet, 2 pillows, and 2 towels with you. Workshop includes gift certificate for massage therapy. Donation of any amount will be accepted for Shining Stars Therapeutic Riding Ministry.

**All Workshops held at the Freedom Valley campus**

**3185 York Rd.,**

**Gettysburg**

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**Pennsylvania Myotherapy Institute**

**Student Clinic**

**Gift Certificate**

**One Hour Therapeutic Massage**

**Call for Appointment**

**Clinic: (717)476-8503**

**Freedom Valley Campus**

**3185 York Rd. Gettysburg, PA**  
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Admissions & Financial Aid  
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Abbotstown, PA 17301  
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⇒ **Financial Aid**

⇒ **Opportunities for Home-Based Business**

⇒ **NEW! 6-Week Introductory Course**

⇒ **FREE:**  
***Massage Therapy Workshops***  
***and***  
***1 hour Gift Certificate!***