

Academic Program

Academic Program Objectives:

The program objectives and mission of Zion Massage College align to support students in acquiring a comprehensive body of knowledge and skill in both Western and Eastern Massage therapy and Bodywork modalities and techniques. As a result, ZMC's students study a wide range of both Eastern and Western Massage and Bodywork modalities.

Specifically, ZMC's students attend the following courses, which give comprehensive training in both Eastern and Western modalities, go beyond a basic massage therapy education, and align the school's program objectives and mission.

Eastern Based Massage and Bodywork Courses

- Traditional Chinese Medicine Theory and Cupping Techniques
- Gua-Sha Massage
- Tok-Sen Massage
- Taoist Abdominal Massage
- Thai Massage
- Reflexology
- Ashiatsu

Western Based Massage and Bodywork Courses

- Massage Therapy Core I (Basic Swedish Massage theory and technique based on the contributions of Per Henrik Ling and Johan Georg Mezger)
- Massage Therapy Core II (Intermediate and Advanced Swedish Massage theory and technique)
- Trigger Point Therapy
- Structural Concepts Massage
- Sports Massage
- Craniosacral Therapy Massage
- Hydrotherapy and Spa Techniques
- Exam Preparation Course

In addition, students complete the Optimal Health course where they learn contemplative and self-care techniques from China, Tibet, Nepal, Thailand, Africa,

South America and Native American traditions as well as self-care techniques drawn from modern scientific understanding of human motivation and brain health.

In addition to the dedicated Optimal Health course, these contemplative techniques are woven into the curriculum of each class and are specifically designed to help ZMC's students experience and learn to utilize the subtle energies which are spoken about as Qi in Traditional Chinese Medicine, Prana in India's Ayurveda and Sen in Thai Traditional Medicine. In addition, these contemplative techniques teach students to hone their intuition, feel the subtle differences in the clients skin, fascia, musculature and energy.

These contemplative techniques and exercises teach students proper body mechanics and demonstrate through experiential education, how to perform massage and bodywork in a supportive, focused and relaxed way.

This relaxed and yet more effective way of working is described in Traditional Chinese Medicine as "Conserving Qi," in Ayurveda as "The Law of Least Resistance," and in our Western culture as "Flow."

ZMC teaches students that it is vitally important for massage therapists to have a contemplative, self-care practice so that they can develop intuition, increase effectiveness of treatments, and work in a way that supports the massage therapist's health and longevity within the profession.

Course Descriptions:

Anatomy and Physiology Level I:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 36

Description: This Anatomy and Physiology I course provides the foundational platform for the general study of the human body's structure and function. Emphasis is placed on the complex nature of the body's chemical level, cellular level, histology, integumentary, skeletal, joints, muscles, and tissues.

Anatomy and Physiology Level II:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 36

Description: The Anatomy and Physiology II course focuses on musculoskeletal anatomy. In this course, students focus attention specifically on learning Musculoskeletal Anatomy of the upper body, including the location, origin and insertion, actions, and synergistic movements of the musculature. Students learn to identify and palpate the musculature to become familiar with the underlying structures of the human body. Through lecture, demonstration and palpation, students learn to clearly understand and communicate the way in which massage works to assist in the maintenance, healing, and support of the client's muscular and skeletal systems.

Anatomy and Physiology Level III:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 36

Description: The Anatomy and Physiology III course continues the study of musculoskeletal anatomy with a focus on the lower body. Students are taught how a clear understanding of Musculoskeletal Anatomy provides the foundation for an effective massage therapy session. In this course students focus attention on the location, origin and insertion, actions, and synergistic movements of the musculature. Students learn to identify and palpate the musculature to become familiar with the underlying structures of the human body and to clearly understand and communicate the way in which massage works to assist in the maintenance, healing, and support of these structures.

Anatomy and Physiology Level IV:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 36

Description: In the Anatomy and Physiology IV course, students review all the body systems with emphasis on the complex nature of the circulatory, digestive, endocrine, immune, lymphatic, muscular, nervous, respiratory, skeletal, urinary, and reproductive systems of the body, the interrelationship of the organs, and the body's ability to adapt to the environment.

Ashiatsu and Chivutti Thirumal:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 24

Description: In the Ashiatsu/Chivutti Thirumal course students learn how to use their feet to apply deep restructuring massage techniques, which balance, relax, and align the client's body, mind, and spirit. Ashiatsu is like receiving a deep, flowy Swedish Massage with broad, consistent pressure, which is applied by the therapist's feet. In

addition to learning the practical application of the modality, students learn the martial arts and cultural theory and trace the Ayurvedic roots of Ashiatsu and Chivutti Thirumal.

CranioSacral Therapy:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 24

Description: In the CranioSacral Therapy course, students learn foundational principles in administering this gentle form of bodywork, which evaluates and treats the body, mind, and spirit. CranioSacral Therapy utilizes a whole person approach to balancing these three aspects of the client. CST focuses its attention and treatment on the bones of the cranium, spine, sacrum, meninges, and other supporting tissues. The theory of CST utilizes the cerebrospinal fluid (CSF) to regulate the rhythm, flow, and direction of this vital substance. Students learn how to feel and support these bodily rhythms to help the client release negative patterning.

Exam Prep:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 24

Description: In the Exam Prep class, students learn critical thinking skills and other test taking skills and tips to help them to understand and answer the types of questions that they will encounter on Massage Therapy Licensure exams.

Gua-Sha Massage:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 12

Description: In the Gua-Sha Massage course, students learn the theory and practical application of Gua-Sha Massage. This style of massage/bodywork is commonly practiced within Traditional Chinese Medicine. Gua-Sha massage involves gently rubbing the skin, using friction, along the Chinese Acupressure Meridians. Students learn to treat client's musculoskeletal complaints by using a special tool that is utilized to loosen fascia and tight musculature. This traditional massage modality is well known in China and throughout Asia for general detoxification, increasing the metabolism, relieving muscular tension, restoring proper circulation to the body and for relieving the symptoms of the flu and colds. Students also learn the TCM theory behind the use of GuaSha to tighten skin, reduce wrinkles and to combat the signs of aging. The practice of Gua-Sha has stood the test of time; per Chinese history, the practice of Gua-Sha was popularized during the Tang and Ming Dynasties, which date back to 618 AD.

Hydrotherapy and Spa Therapy Techniques:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 16

Description: In the Hydrotherapy and Spa Techniques course, students learn how to enhance a massage practice using Hydrotherapy and the use of hot and cold treatments. Students learn how to apply hydrotherapy and based spa techniques to relax muscles, reduce swelling and to speed injury recovery time. In addition, students learn the history and present-day use of common hydrotherapy-based spa therapies.

Kinesiology:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 36

Description: In the Kinesiology course, students will learn how the human body moves. Kinesiology is defined as the study of human movement. Students learn the basics behind the biomechanics necessary to understand the complex interactions of muscles. Students will be able to visualize and demonstrate joint range of motion and to explain how muscles work together during any movement by considering concentric, isometric, and eccentric muscle functions.

Massage Therapy Core I:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 40

Description: In the Massage Therapy Core I course, students learn the five basic Swedish Massage strokes of Effleurage, Petrissage, Vibration, Tapotement and Friction along with basic and intermediate techniques, which are needed to give a safe and effective full body Swedish massage. Students learn to address and avoid basic ethical dilemmas such as transference and countertransference. They learn and demonstrate proficiency in conducting client assessments and in creating custom protocols to meet the specific needs of the client. In addition to massage technique and application, this course provides a strong emphasis to indications and contraindications to massage, along with appropriate responses to common pathological disorders. Students develop their sense of touch awareness and are prepared to begin giving massage in the student clinic.

Massage Therapy Core II:

Prerequisite: Massage Therapy Core I

Clock Hours: 20

Description: In the Massage Therapy Core II course, Students learn how to add complimentary treatments, such as the use of Hot Stone Massage and Essential Oils to

their Swedish Massage treatment protocols. In addition, students continue to practice and refine their Swedish Massage techniques of Effleurage, Petrissage, Tapotement, Vibration and Friction. Students begin to increase their comfort level and competency in giving the pressure level that matches the client's preference. Students demonstrate competency in giving light, moderate and deep Swedish Massage. A strong focus is placed on healthy body mechanics and on working in a sustainable way, which will support the longevity of the massage therapists' career. In addition, students learn techniques to adapt massage therapy treatments to meet the needs of special populations such as pregnant women and the elderly.

Optimal Health for the Massage Therapist:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 28

Prerequisite: Acceptance into ZMC's 900 Hour Professional Massage Therapy Program

Description: Optimal Health for the Massage Therapist course focuses on self-care for the Massage Therapy Professional. As a Massage Therapist, you model health for your clients. It is important to continually monitor and tend to your own physical, emotional, and spiritual health so that you can begin each client's session relaxed, focused and present.

In this course, you will learn a variety of ways to improve and sustain your overall health. As you progress through the course, you will design your own custom and sustainable routine, which addresses your nutritional, emotional, spiritual and physical health.

Topics addressed in this course include:

- Understanding Yourself and Others
- Building Rapport & Managing Expectations
- Breathing Strategies
- Meditation Strategies
- Posture: Body Mechanics & Movement (hint: move in every direction)
- Energetic and Emotional Health Strategies
- Utilizing Nature as an Anchor in Maintaining Optimal Health

Pathology:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 52

Description: In the Pathology course, students learn the how massage influences the disease and healing process and how massage therapists can provide clients with

maximum benefits while minimizing risks. Students learn to work with other medical providers to assist the client and to refer clients to the appropriate medical provider. Throughout the course, identification and knowledge of indications and contraindications for massage, etiology, signs, symptoms, and standard treatment approaches for common diseases and conditions is emphasized.

Professional Ethics and Business Standards:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 56

Description: In the Professional Ethics and Business Standards course, students learn the important principles and guidelines for beginning an ethical and successful career as a Licensed Massage Therapist. Students learn how to create a solid business plan and resume, and how to effectively answer interview questions. Students learn to specify and target their specific career goals in the field of massage therapy. An emphasis is placed on general business knowledge and practices, career opportunities, tax reporting, ethical and legal issues surrounding a massage therapy career.

Reflexology:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 20

Description: In the study of Reflexology, students learn how the systems, organs and muscles of the body correspond with specific pressure points on the hands and feet. Reflexology teaches that these pressure points stimulate and encourage healing of the body. Students learn how to massage and apply pressure to these Reflexology points through various soft tissue manipulation techniques. The healing practice of Reflexology dates as far back as ancient Egypt and ancient China. Many ancient religious and spiritual texts also mention the feet in symbolical and actual references to points throughout the body.

Sports Massage and PNF Stretching:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 24

Description: The Sports and Athletic Massage course teaches students how to work with tissues of the body to eliminate and reduce pain and to create structural/postural changes in their athletic clients. Students learn how to conduct assessments of client's postural habits and structural imbalances and how to implement change, through tissue manipulation, stretching and take-home exercises for the client. Students learn massage protocols to support their clients' musculature in pre-event, post-event, and recovery phases. In addition, students learn how to utilize this knowledge to enhance

their own lives and to support a long healthy career in the massage therapy and bodywork field.

Structural Concepts:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 64

Description: In the Structural Concepts course, students learn to manipulate connective tissues of the body to eliminate and reduce pain and to create structural/postural changes in their clients. Students learn how to conduct assessments of client's postural habits and structural imbalances and how to implement change, through tissue manipulation, stretching and take-home exercises for the client. In addition, students learn how to utilize this knowledge to enhance their own lives and to support a long healthy career in the massage therapy and bodywork field.

Student Massage Clinical Internship:

Prerequisite: Massage Core I

Clock Hours: 180

Description: Students apply their knowledge and skills learned in ZMC courses through practicing massage therapy on the public. Qualified ZMC staff members will be present always during the clinical internship to oversee safety and protocol issues, to provide instruction and to answer questions from students or clients.

TCM Cupping Massage, Herbal Liniments and Moxibustion:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 20

Description:

- TCM Cupping Massage: Students learn to use special suction cups that act as the inverse of compressional style massage. When air is removed from the specially designed cups, a negative pressure is produced that creates a therapeutic vacuum effect, which is utilized to massage and loosen tight musculature, restore proper circulation, reduce the appearance of cellulite and to cultivate homeostasis.
- Liniment Creation and Application: Students learn to create TCM sports liniments, which are each designed for specific healing purposes. These liniments are based on traditional recipes from the Chinese Martial Arts tradition.
- Moxibustion: Students learn to safely apply the TCM herb moxibustion for self-care. Moxibustion is said to relax the body and mind, decrease pain and increase energy for health promotion.

Thai Massage Level I:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 60

Description: The Thai Massage Level I course establishes the foundation of a professional Thai Massage practice. The course blends Traditional Thai Massage stretches (emphasized by Northern Style Thai Massage), Sen points (emphasized by Southern Style Thai Massage), proper use of body mechanics and body weight with techniques, which utilize the therapist's feet, knees, elbows, and palms. Students learn how to incorporate gentle rocking and rhythmic movements, which relax the client and promote the meditative, experience of receiving Thai Massage. In addition, students learn how to customize and modify Thai Massage techniques to accommodate client body size, physical limitations, and client preference.

Tok-Sen Massage:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 16

Description: In the Tok-Sen course, students learn to utilize the Northern Thailand massage modality of Sen Line Tapping to treat client's musculoskeletal complaints and pain. Students learn to use a Tok-Sen toolset to administer this very specific form of Tapotement Massage. In Northern Thailand, Tok-Sen is used in conjunction with Traditional Thai Massage in much the same way that Hot Stone Massage is often an accompaniment to an oil-based massage. Student's learn the benefits and contraindications of Tok-Sen and how to use the tools to improve posture, reduce muscular pain and to balance the chakras and Sen (energy) of the body. Students learn how to consistently and expertly apply Tok-Sen's gentle tapping, which repeats sets of three distinct, rhythmic taps, creates sound waves and vibrations. In Thai Traditional Medicine, Tok-Sen's tapping vibrations are believed to resonate through the client's body and are said to help eliminate stress and clear negativity and energy blockages.

Trigger Point Therapy:

Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 24

Description: The Trigger Point Therapy course teaches students how to address and deactivate the effects of trigger points. Students learn how to identify and classify these firm, palpable spots in the muscle, which send referred pain to other areas of the body. In addition, students learn the theoretical ties between Trigger Point Therapy and Chinese Acupressure. Student's learn how the Chinese Holographic Model Theory supports the practice of treating one area to relieve pain in another area of the client's body. In Trigger Point Therapy students learn how to identify and effectively treat trigger points using a manual technique which applies a consistent hold and release pattern.

Universal Precautions, Sanitation, and CPR: Prerequisite: Acceptance into ZMC's Professional Massage Therapy Program

Clock Hours: 16

Description: In the Basic First Aid, CPR and Universal Precautions course, students learn basic Universal Precautions and how to prepare for a variety of emergency situations by making sure that the scene is safe, giving basic care and getting help in a quick and efficient manner. In addition, students learn basic CPR and First Aid Skills and are required to become certified as First Aid Responders through the American Red Cross.

Program Delivery:

Zion Massage College's program delivery is based on the latest developments and research in adult learning including, multiple intelligences, constructivism, the latest research on brain development and the instructional techniques which support the needs of visual, kinesthetic, auditory, and tactile learners. All of Zion Massage College's classes utilize face to face interaction to facilitate integration of learning, skill development and, to encourage feedback between students and faculty. In addition to the classroom experience, students participate in a 180-hour internship in Zion Massage College's student massage clinic. The clinic provides a supervised, lab experience, which offers a realistic portrayal of the type of work, clients and the interactions, which graduates can expect to find in the current job market.

Language of Delivery:

All classes at Zion Massage College are conducted in the English Language.

Mission Statement

To educate and inspire our students to become industry leaders with diverse knowledge, skill and intuition which they effectively utilize to foster health and well-being in themselves, their clients and in the communities in which they serve.

Campus Location and Facilities

Zion Massage College is located in the beautiful Green Valley area of St. George, Utah. Students enjoy a peaceful, ideal learning environment surrounded by Southern Utah's Red Rock cliffs and desert. The picturesque Snow Canyon State Park is within a 15 minute drive from the campus; and Zion National Park is just a 1 hour away.

ZMC's campus is comprised of 5,000+ square feet of learning and office space including 4 spacious classrooms, reception areas, student and faculty break areas, offices and 5 restroom facilities. The school offers wireless internet throughout the campus, private curtained massage areas and a variety of state of the art massage tables and supplies. To effectively teach complex hands on techniques, hands on class size is limited to a student/teacher ratio of one teacher for every 20 students.

The student break area is equipped with a water station, a microwave, coffee maker, tea pots and shelving to store student supplies and personal items.

Zion Massage College gives students a competitive advantage with small class sizes, experienced faculty, and a commitment to teaching our students a blend of the most effective massage and bodywork modalities from around the world.

Administrative Staff and Faculty:

Admissions Director/Instructor/Owner Rebecca Farraway, LMT, BCMT, CMTI, RYT 200: Rebecca graduated from Utah College of Massage Therapy in June of 1995. She went on to teach Reflexology, Shiatsu, and Hydrotherapy at UCMT for 7 years. Since 1995, Rebecca has been active in studying and teaching massage and bodywork modalities from around the world such as Gua-Sha, Tui-Na, Chi-Nei-Tsang, and Holographic model techniques from China, Chivitti Thirumal from Ayurvedic tradition in India, Thai Massage, Tok-Sen, Thai Abdominal massage and many other styles of massage and bodywork. Rebecca continues to study and teach in Thailand, Vietnam, Laos, Cambodia, India, Nepal, Bali, Peru, Mexico, in the U.S., Africa and Europe. She actively seeks out the best hands on healing techniques throughout the world.

Rebecca is passionate about and committed to her profession as a Licensed Massage Therapist (LMT). She exemplifies her belief in lifelong learning through her extensive and continued studies of massage and touch based healing in the United States,

Thailand, India, China, Europe, and South America. Rebecca is especially passionate about researching, discovering, and sharing effective traditional medical and healing techniques from around the world.

In addition to her love of massage therapy and bodywork, Rebecca is a Qi-Gong and Yoga Instructor, musician, and writer. She enjoys spending time in the outdoors meditating, hiking, canyoneering, mountain biking, rafting, skiing and backpacking.

Program Director/Instructor Christina Frantzen LMT:

Christina has over 18 years experience as a Licensed Massage Therapist including 10+ years of Spa Management Experience and managing the #1 Spa in the Nation, Conde Nast Traveler. In addition to her experience with massage therapy, Christina holds a Bachelor of Science in Psychology, a Bachelor of Health Sciences with an emphasis in Physical Therapy and Medical Social Work and, an Associate's of Science.

In 2014 Christina moved from California to St. George. Upon moving to St. George, she began working at MoVara Fitness Resort and Spa as an LMT and, also began working as an Instructor at Zion Massage College. From the moment we met Christina, the ZMC team knew that she was a valuable and perfect match for our college's mission, values and for the quality education, which we continually strive to give our students. Christina loves to hike in nature, spending time with those closest to her, and learning. Christina specializes in a variety of modalities but has extensively studied water-based modalities such as WATSU and Aquatic Integration.

Christina is a strong advocate of lifelong learning not only within the massage therapy profession but in all aspects of life. Lead Administrative Assistant Rocio Lopez Originally from California, Rocio has resided in St. George for the last several years. She has an Associate Degree from Dixie State University. She loves helping the students, staff members and guests at Zion Massage College.

Her calm, kind nature, intelligence, and ability to listen to others are a breath of fresh air to everyone that meets her. When not working, you can find her spending time with family, playing with her mini Schnauzer, or reading a book. We are so grateful to have her as part of our team.

Administrative Assistant Rocio Lopez:

Rocio loves helping the students, staff members and guests at Zion Massage College! Her calm, kind nature, intelligence and ability to listen to others are a breath of fresh air to everyone that meets her. We are so grateful to have her as part of our team.

Instructor Everett Hunt, LMT, SI:

Everett attended UCMT in Salt Lake City, Utah, 2005-2006. During that time, he learned how fascia can be changed to manipulate and shape the body. Not knowing where massage therapy would eventually take him, Everett soon found his path with Structural Integration. After graduating in March of 2006, Everett completed a graduate program with Structural Bodyworks in Kaysville, Utah.

Following school, Everett began working in Park City, Utah and quickly built a clientele consisting of Olympic skiers and gymnasts. After gaining valuable experience, Everett eventually moved to St. George where he works as full time therapist at Red Mountain Spa. Everett practices and embodies his belief that through proper body mechanics as taught in school, therapists can enjoy a massage career which spans many decades.'

Instructor: Cori Halterman, LMT, CLT:

Cori graduated from UCMT Lindon Campus, in March of 2011. Amazing teachers inspired Cori to become an "Elite" bodyworker by striving for perfect attendance, 4.0 grades and taking advantage of every opportunity to learn more. She has worked at various spas including Amangiri and massaging on the houseboats at Lake Powell for Antelope Point. In addition to her private practice she has taught Anatomy, Pathology, and Reflexology at UCMT, Orem Campus and still maintains VIP clientele at Lake Powell.

Cori is fascinated by the complexity and miraculous design of human body and its ability to heal itself when given the proper nutrition and care. Being a facilitator in healing is her goal with every client. Teaching is one of Cori's passions. Assisting students in

maximizing their education and becoming "elite" therapists motivates her in the classroom.

Cori is also a Certified Lymphedema Therapist who has worked with clients suffering from this debilitating disease. Workshops and learning forums are Cori's idea of "me time". At home, Cori enjoys spending time with her large family and her charming husband. She loves to dance, sing, play the piano, grow flowers and vegetables, read anything by Dr. Fuhrman. She wants to live in Rivendell, the Elven realm of Middle Earth, in her next life.

Instructor: Veronica Hunt, LMT:

Veronica graduated from the Nevada School of Massage Therapy in 2010, where she learned a variety of modalities and has been integrating her various skills throughout the past 9 years. Veronica was drawn to the body's ability to heal itself and continues to utilize her expertise to assist in the body's healing process. Through compassionate and careful listening, she thoughtfully tailors each massage session in accordance with the client's needs and requests, personalizing an individualized overall experience for each client. One of her specialties and favorite modalities is Cranial Sacral Therapy, which can be beneficial for relaxation, headache relief or prevention.

In addition to Cranial Sacral Therapy, Veronica is skilled in Deep Tissue, Swedish and Prenatal Massage. Veronica is also skilled, respectfully, in body treatments, such as wraps and scrubs, and believes that the energetic element to body treatments can be integrated with Massage Therapy to achieve total health through balance and wellness in mind, body, and spirit. When Veronica isn't teaching, you can find her at Sagestone Spa, located at Red Mountain Resort.