

DIAMOND LIGHT SCHOOL OF MASSAGE & HEALING ARTS

100 Sacramento Avenue
San Anselmo, California

MAILING ADDRESS
P.O. BOX 2110
SAN ANSELMO
CALIFORNIA, 94979

Phone (415) 454-6651
www.diamondlight.net
CAMTC Code SCH003

**SCHOOL CATALOG
JANUARY-DECEMBER 2018**

Printed December 1, 2017

DIAMOND LIGHT, SCHOOL OF MASSAGE & HEALING ARTS, California, is a private institution and is approved to operate at 100 Sacramento Avenue in San Anselmo by the Bureau for Private Postsecondary Education

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

Catalog is updated annually.

School Information

Classes are held at 100 Sacramento Avenue in San Anselmo. Our school is a beautiful large building with a large main studio with hardwood floors, 2 smaller carpeted rooms, a full kitchen and 2 bathrooms. There is a large parking lot on the premises and a large outdoor area with picnic tables and chairs.

This institution, the facilities it occupies, and the equipment it utilizes, fully comply with any and all federal, state, and local ordinances and regulations, including those requirements as to fire safety, building safety, and health. Maximum occupancy: 50

Prospective enrollees are encouraged to visit the facility and to discuss personal educational and occupational plans with school personnel prior to enrolling or signing enrollment agreements. The school currently does not have available sponsored programs, government or otherwise, to provide grants or pay portions of tuition & fees.

The school does not have any dormitory facilities nor does it provide any type of housing for students.

Enrollment Requirements

A. Students may enroll any time prior to the beginning of class.

B. There are no prerequisites for enrollment. However, students should be in good physical health and able to speak and understand English. All classes are taught in English and students must be proficient and fluent in English to enroll in our programs.

The school does not offer ELS classes or provide English as a second language instruction.

The school does not offer visa services or vouchers of student status for international students. The school does not offer distance or online learning.

Attendance Policy

Students must be present for all classes to receive class credit. Under no circumstance will a student receive credit on their transcript for time they were not present in class. If a student misses 20% or less of a course, they can make up the hours missed with a special make up class with the instructor or they can make up the time missed the next time that course is offered again and receive credit for the course. A "make up fee might be charged for make up classes. Tardiness is recorded and excessive tardiness, missing more than ½ hour of class, is considered an absence and the class time must be made up. Excessive absence or excessive lateness without explanation could be grounds for dismissal from the program

Leave of Absence Policy:

Students may take a leave of absence and resume the program within three years with no penalty. If program requirements have changed in the interim, the student will be subject to the program requirements in effect upon their return.

Progress / Grading System:

Each student will be graded Complete or Pass or Incomplete/Fail for each course in the program. Each student must receive a "complete" in each course to receive credit for that course. Students making unsatisfactory progress must repeat class work until they can earn a "complete" grade.

All students are evaluated for achievement with a practical or written exam at the conclusion of each course. A passing grade must be awarded by the instructor in this exam to receive credit for the class.

Student Conduct

At the discretion of the school administration, a student may be dismissed from school for serious incident or repeated incident of intoxicated or drugged state of behavior, possession of drugs or alcohol on school premises, possession of weapons on school premises, behavior creating a safety hazard to other persons at school, disobedient or disrespectful behavior to other students, an administrator, or faculty member, or any other stated or determined infraction of conduct.

Hygiene

Students are required to maintain the same standards of hygiene in class as would be expected in a professional environment. Students are expected to shower prior to class, wear clean clothing and bring freshly washed sheets and face rest covers to class. Students must insure that odors from the consumption of alcohol, cigarettes or strong smelling foods are not brought into class. Out of consideration for students with chemical sensitivity, students are asked not to use strong smelling perfumes, hair products, soaps, detergents or oils prior to or during class.

Dress Code

Students are required to dress as they would in a professional massage therapy environment during class. Appropriate dress means tops that come up to at least the clavicle and down below the top of the lower garments and lower garments that come down to below the knees. No bare midriiffs, spaghetti straps, shorts or short dresses or skirts are allowed. Instructor

Draping

Students are required to utilize professional draping techniques in class and outside practice. Parts of the body not being worked on are to remain draped at all times and the recipient's private areas are to remain covered at all times.

Employment

This school has a Business class and provides instruction and suggestions in finding employment and any vacancies in the field will be made known to students. However, the school provides no actual formal placement assistance nor can it guarantee employment.

Records Retention

The school retains records for all students permanently.

Financial Aid

The school does not participate in federal or state financial aid programs or offer any type of financial aid.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Diamond Light School of Massage & Healing Arts is at the complete discretion of an institution to which you might seek to transfer. If the credits or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Diamond Light School of Massage & Healing Arts to determine if your credits or certificate will transfer

Diamond Light School of Massage & Healing Arts has not entered into any articulation or transfer agreement with any other school, college or university

Transfer Units from Other Institutions

Diamond Light School of Massage & Healing Arts does not as a matter of course accept transfer credits from other schools, though exception may be made on a case by case basis. If students have taken qualified classes from other CAMTC approved schools, those hours might be counted by the CAMTC toward Massage Therapist Certification in lieu of the same number of hours at Diamond Light. A total of 500 hours of classes

from a CAMTC approved school is required for Massage Therapist Certification. These hours can be completed at one or more CAMTC approved schools. Contact CAMTC for clarity about these issues. Any transfer credits included on your transcript will be noted as such and Diamond Light can not guarantee that transfer credits will be accepted by the CAMTC for certification.

Course Information

Course Title: Professional Bodywork Therapy Course

Requirements for Completion: 500 class hours plus completion of all exams and assignments required for passing each individual course (detailed in class syllabi)

Prerequisites: None beyond language comprehension requirements detailed above.

Class size: 6 -20 students

Course Content: Course will consist of 500 hours of the classes described below and combined will contain a minimum of 64 hours of Anatomy & Physiology, a minimum of 13 hours of Contraindications, a minimum of 5 hours of Health & Hygiene and a minimum of 18 hours of Business & Ethics

Course Objective: Students will learn the theory and practice of a variety of therapeutic massage techniques and obtain the necessary information and skill to qualify them to enter the field as professional Massage Therapists with a wide range of skill and abilities and the knowledge to take the MBLEx exam required for certification in California.

Certification for massage therapists in California is granted only by the CAMTC.

“Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. seq.”

Pursuant to California Business and Professions Code section 4611, It is an unfair business practice for a person to do any of the following:

(a) To hold himself or herself out or to use the title of “certified massage therapist” or “certified massage practitioner,” or any other term, such as “licensed,” “certified,” “CMT,” or “CMP,” in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the California Massage Therapy Council.

(b) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

Course Descriptions (more detailed descriptions can be found in each course syllabus)

Massage Essentials (42 hours)

In this class students learn to perform an integrative blend of Swedish effleurage, friction, rocking, trigger points and acupressure techniques, culminating in a masterful full body massage.

Focus is on specific problem areas while cultivating the ability to discern the perfect depth of pressure. This class provides a solid foundation for learning basic strokes and basic anatomy, health and contraindications while learning principles common to all bodywork techniques.

Body Mechanics (9 hours)

Proper posture and good body mechanics are essential to maintaining energy and muscle integrity while giving massage. In this class students will learn techniques that will not only improve their posture during massage, but also enable them to work more effortlessly, maintain stamina, prevent carpal tunnel and massage related injury.

Reflexology (13 hours)

An introduction to a holistic healing method that involves applying pressure to foot reflex points that refer to specific body parts and systems.

Students will learn to give a complete standalone Reflexology treatment as well as to integrate Foot Reflexology into other massage modalities.

Table Shiatsu (13 hours)

Utilizing a massage table, the students will learn to deliver a one-hour full-body traditional Shiatsu session. Client will be fully clothed, and the work will be performed with the client in prone and supine position. The practitioner will utilize finger and palm pressure, stretches, and gentle rocking, forearm/elbow compression, kneading, tapping, and stretching techniques. Shiatsu is performed without oils through light, comfortable clothing.

Oncology Massage (17 hours)

Oncology Massage prepares the student to provide safe, quality and effective bodywork treatment for cancer survivors at all stages of illness. This course integrates and delivers an in-depth study of how cancer develops and spreads, treatments and their side-effects, contraindications, and proper client intake. Appropriate modalities, caring for the client's emotional and spiritual needs, and ways to adapt the massage session to the hospital and hospice settings are addressed in detail, preparing the therapist to become an integral part of pain management and overall patient care.

Myofascial Release (16 hours)

Myofascial Release is a gentle yet profoundly powerful bodywork technique for resolving pain and restriction of motion in the body. Students will learn how to understand, detect and release fascial adhesions that are often the cause of chronic pain and tension that may not respond to other forms of massage.

Cranio-Sacral Therapy (27 hours)

Cranio-sacral Therapy consists of gentle, hands-on techniques to address the restrictions that impede the balanced functioning of the cranio-sacral system. Cranio-sacral Therapy promotes the circulation of cerebral spinal fluid (CSF) in the cranium and the spine, positively influencing the central nervous system, which plays a vital role in every aspect of life. After this course students will have an understanding of the Cranio-Sacral system, be able to perform various Cranio-Sacral treatments and combine Cranio-Sacral therapy with other modalities.

Advanced Neck Work (12 hours)

In this class students will deepen their understanding, ability and comfort in working effectively and safely with the complex system of the neck. Release techniques to address both superficial and deep structures of the neck will be taught. An in depth review of the anatomy of the neck as well as contraindications will be included.

Reiki (16 hours)

Reiki is a gentle energetic healing technique that helps restore the body to its natural state of balance while harmonizing the physical, emotional and spiritual aspects of the recipient. This class includes Reiki Level 1 and Reiki Level 2.

Tui Na (12 hours)

Tui - Na is a sophisticated Chinese medical massage style used to treat injuries, joint and muscle complaints and chronic stress-related disorders of the digestive, respiratory, circulatory, and reproductive systems. Tui - Na makes use of rhythmic compression along the energy channels of the body as well as traction, kneading, pulling, rolling, pressing, shaking and manipulation techniques to stimulate the acupressure points and establish a harmonious flow of energy throughout the body.

NeuroMuscular Therapy (27 hours)

Neuromuscular therapy is a comprehensive approach to soft tissue manipulation that consists of alternating levels of concentrated pressure on the areas of muscle spasm. Also known as Trigger Point Release, it is widely recognized as one of the most effective techniques for alleviating pain due to soft tissue imbalance or injury. This class will teach a variety of treatment protocols for addressing specific common conditions and dramatically increase effectiveness in working with soft tissue dysfunction, pain and injuries. Study of relevant Anatomy, Pathology and Contraindications will be included.

Anatomy, Kinesiology & Assessment (37 hours)

This class is a basic study of human anatomy and physiology as related to massage therapy. Subjects covered are the purpose and components of the nervous, cardiovascular, lymphatic, respiratory, endocrine, reproductive, digestive, urinary, integumentary, muscular, and skeletal systems. Covered are contraindications to massage, common pathologies, endangerment areas and medical terminology relating to the individual systems. Topics will include methods, implementation, and recording of assessment strategies along with the organization of a massage session.

Physiology & Pathology (11 hours)

This class is a study of human physiology in illness and health, and common pathologies as relevant to massage therapy. Students will learn basic human physiology and how various pathologies affect the functions of the body. The actions of common medicines and their effect on the benefits and contraindications of massage therapy, as well medical terminology related to these pathologies will be covered.

Silent Meditation Retreat (30 hours)

In traditional cultures the training of a healer often includes time in silence and solitude in nature, to reconnect with ones essential nature and the spiritual impulse that compels us to want to serve others in this way.

The retreat provides an opportunity to attend to the deeper, spiritual dimension of our being and cultivate the qualities of clarity, compassion, unconditional acceptance, and focused presence that are indispensable for a massage therapist. The class will consist of lecture, sitting meditation practice, chanting, energetic healing practices and contemplation on the path of the healer and our own personal journey as a healing arts practitioner.

Practical Anatomy (12 hours)

This course will provide students a foundation in structural anatomy and its relevance in the practice of massage therapy. Classes include detailed and systematic review of names, locations, and functions of muscles and bones along with student palpation exercises and anatomical terminology.

Massage Therapy Class (44 hours)

This course will teach a step by step full body massage sequence, enabling students to perform a professional level massage therapy treatment focusing on common problem areas, while teaching basic principles applicable to all bodywork techniques. Suitable for complete beginners as well as continuing students, this class will provide an array of massage therapy tools. Introduction or review of anatomical terminology, skeletal and muscular anatomy, contraindications, hygiene, draping and ethics will be included.

Meditation & Energy Principles (8 hours)

This class will explore a wide variety of meditation subtle energy healing techniques to help students develop the qualities of focused presence, compassion, intuition and concentration that are essential to a successful healing arts practitioner

Meditation & Energetic Healing (15 hours)

Unlike other courses that seek to help the student develop skill or acquire knowledge, this class focuses on helping students cultivate the inner qualities and subtle states of consciousness that contribute to the ability to bring a healing presence to the therapeutic relationship. Class will consist of lecture as well as practice of a wide variety of deep meditation practices from various traditions to focus the mind, open the heart and create an attunement to the subtler dimensions of hands on healing. Students will also learn subtle hands on healing techniques that they can incorporate into their massage practice, including but not limited to Chelation, Sound Healing, Subtle Touch, Therapeutic Touch, Reiki and Light Healing.

Deep Swedish Massage (7 hours)

This sequence is based on the Massage Therapy Course Basic Sequence, with particular substitutions of “tools” for delivering deeper pressure in a safe way for the practitioner and the client. We use the general substitution of knuckles, instead of thumbs, forearm, instead of palm and elbows with correct body mechanics to deliver deepest pressure at an oblique angle. This sequence uses the tools of Deep Tissue massage in combination with a nurturing, relaxing massage.

Prenatal Massage (7 hours)

This class will provide the tools necessary to work with female clients in various stages of pregnancy. A nurturing relaxation massage sequence, utilizing various side lying positions will be taught and the specific needs of pregnant clients will be addressed. Students will learn to maintain flow and proper body mechanics while the client frequently changes position as is common in pregnancy. Contraindications will also be discussed.

Ethics for Massage Therapists (6 hours)

Professional codes of ethics dictate appropriate behavior in the professional and therapeutic relationships of massage therapists. Topics covered in this class include: massage ethics principles, standards of practice, the psychology of massage ethics, spa/clinic employee ethics and discussion of various ethical scenarios. Upon completion of this course students will understand what constitutes appropriate standards of practice in regard to Massage Therapy ethics.

Business for Massage Therapists (6 hours)

This course will prepare students to begin a career in the field of massage therapy, both as an employee and as an independent contractor. Graduates will be familiar with all aspects of starting and running ones own massage therapy business as well and working in a massage therapy establishment.

Hospice Massage (13 hours)

The goal of this class is to provide students with an understanding of the special tactile needs of dying persons and to present skills, techniques and personal practices for adapting touch and massage into a dying person's care. These skills and practices will assist practitioners to provide a safe and effective touch session throughout a client's dying process; cultivate an understanding of serving as a member of a health care team; achieve more physical comfort at the bedside and clarify feelings concerning death, dying and grief. These teachings may also be incorporated into most bodywork modalities

Deep Tissue Massage (42 hours)

A wide variety of Deep Tissue Massage techniques specifically designed to release the core patterns underlying chronic structural tension. Master strokes and strategies to work deeply and effectively in common problem areas without strain will be taught.

In depth study of anatomy, pathology and contraindications is included.

Thai Massage (17 hours)

Rooted in Ayurvedic, Yogic and Buddhist traditions, Thai massage utilizes gentle rocking, stretching and rhythmic acupressure to deeply open, relax and invigorate the body. It increases range of motion and has a profound and unique healing effect on the recipient. Students will learn to perform a traditional Thai massage in supine, prone, side lying and seated positions

Chair Massage (6 hours)

This class will incorporate strokes from a variety of modalities including Swedish, Acupressure and Deep Tissue massage to create a powerfully effective chair massage sequence that will enable students to work with clients in a wide variety of onsite settings. Performed with the client fully clothed, chair massage makes massage therapy accessible to many people who might not be comfortable with a table massage, thereby broadening potential clientele. Students will also receive guidance in setting up a Chair Massage business and information and support for securing Chair Massage work in a variety of settings, including fairs, corporations, sports events, workplaces etc

NeuroMuscular Reprogramming (28 hours)

(Beginning in 2016) Neuromuscular reprogramming (NMR) is a form of hands-on physical therapy based on the principles of educational kinesiology.

By incorporating massage with muscle testing and specific movements, it endeavors to retrain muscles and joints damaged from repetitive stress or traumatic injury. The goal of restoring mobility is achieved by challenging and reprogramming the portion of the brain that controls movement.

Students will learn to facilitate long-lasting release in acutely and chronically tight core muscles that create pain, weakness in the extremities, and inefficient movement coordination patterns.

Clinical Internship (5-20 hours)

Students perform 20 hours of massage therapy at Bodywise Massage Clinic where they gain experience and training in all aspects of working as a massage therapist in a professional environment. Students work on the clients of the clinic, each of which then fill out an evaluation form at the completion of their massage, evaluating all aspects of the student's massage session. Students are directly supervised by the owner of the clinic who at the end of the internship provides an evaluation of the student's performance in working at the . This class provides valuable experience working in a professional massage therapy establishments and facilitates a graceful transition from being a student to being prepared to work as a professional in the field. This can be substituted for any other course.

Other BPPE approved programs

The following programs are approved by the BPPE but in themselves do not fulfill the course requirements to qualify students for certification as a massage therapist. All courses included in these programs are also included in the 500 hour Professional Bodywork Therapist leading to certification and these classes can be applied toward the 500 hour program or certification if all other requirements are met. More detailed descriptions of the courses included in these programs are provided about and in the class syllabus.

Massage Therapy Course – 100 hour Basic Massage Therapy course includes Massage Essentials, Body Mechanics, Reflexology,

Bodywork Therapy Course (250 hours) includes 100 hour Massage Therapy Course + 150 hour of classes chosen from the individual classes described above.

Energetic Healing Certification includes included Meditation & Energy Principles, Meditation & Energetic Healing, Silent Meditation Retreat, CranioSacral Therapy and Reiki.

REFUND INFORMATION

For students registered in BPPE approved programs, the student has a right to a full refund of all charges less the amount of \$100.00 for the registration fee if he/she cancels this agreement prior to or on the first day of instruction. In addition, the student may withdraw from a course after instruction has started and receive a pro rata refund for the unused portion of tuition and other refundable charges if he/she has completed less than 60% of the course. For example, if the student completes only 30 hours of a 100 hour course, and paid \$1,000.00 for tuition, the student would receive a refund of \$700.00. Refunds will be paid within 30 days of withdrawal.

STUDENT COMPLAINT PROCEDURE/

A student may lodge a complaint by communicating orally or in writing to any teacher or administrator. The recipient of the complaint shall transmit it as soon as possible to the person authorized to resolve complaints and shall attempt to resolve complaints related to that person's duty. If a student delivers a complaint and the complaint is not resolved either within a reasonable amount of time or before the student delivers the same complaint again, the institution will advise the student that a complaint must be submitted in writing. If a student submits a complaint in writing the school will within 10 days respond to the complaint. The response will include a summary of the school's investigation and disposition of the complaint, and if the complaint or relief requested by the student is rejected, the reason for the rejection. Persons seeking to resolve problems or complaints should first contact the instructor in charge. Requests for further action should be made to the Director, Vajra Matusow.

"A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 320, Sacramento, CA 95814, www.camtc.org, phone (916) 669-5336, or fax (916) 669-5337."

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet Web site www.bppe.ca.gov,