

Esalen® Institute Massage School 500-Hour Practitioner Level III

“The true work of any health professional is to develop his own full potential so that he may inspire that in others.” –Ron Kurtz, founder, Hakomi method

Summary: The Esalen® Institute 500-hour program offers advanced studies in Massage and prepares the student to become an effective professional bodyworker in a spa, a clinical practice, or a private setting. These requirements meet national standards and exceed the CAMTC CMT (500-hour) certificate.

The Esalen Massage Practitioner Level III 500-hour course of study is individually tailored to each student’s schedule, ability, and professional goals. An Esalen Massage teacher/advisor provides personal guidance, counseling, and assessment throughout the program. The coursework encompasses a broad and specialized knowledge of bodywork, psychological communication and awareness practice, movement kinesthetic studies, and a scientific base of human anatomy, physiology, kinesiology, and pathology. The course is designed to link body-mind-spirit in a professional bodywork study and practicum.

To be eligible, students must first complete an Esalen-approved certification program of at least 175 hours, 30 documented massage practice sessions, and must have earned their level I certificate. To be accepted to the program, he/she must give a satisfactory massage to their advisor, who will then guide them in their coursework selected from the Esalen catalog of courses, with the inclusion of possible off-site anatomy/physiology, pathology and CPR classes.

Benefits of 500-Hour Esalen® Massage Practitioner Training Level III

The 500-hour certification fulfills the requirements of many state and commercial regulations and matches the requirements of the NCBTMB and the CAMTC.

More significantly, the Esalen Massage School stands behind the quality of the training, and the emphasis on responsive touch, empathetic communication, and body-mind-spirit throughout each session. Body mechanics, based on Asian philosophies of touching from the core “chi” center, enhance the quality of touch and avoid practitioner burnout. The specialization tracks—Advanced Esalen® Massage, Deep Bodywork, Sensitive Energetic Point Work—focus and sharpen the students’ bodywork skill.

Since 1965, the Esalen Institute has pioneered massage and bodywork trainings, with a corresponding emphasis on complementary therapies and medicine (See the best-seller **Kitchen Table Wisdom** by Rachel Naomi Remen). The legacy of workshop presenters includes Ida Rolf, Moshe Feldenkrais, Milton Trager, Deane Juhan, Ken Dychtwald, Don Johnson, Thomas Hanna, Marion Rosen, and John Upledger. The 500-hour program takes full advantage of a diverse faculty selection to teach state-of-the-art bodywork skills under the collaborative guidance of the student’s personal advisor. The mountainous coastal terrain and hot springs waters inspire students and faculty alike.

500 hour Level III Curriculum and Course Selection

Coursework and schedule: All bodywork and related studies coursework are selected from the Esalen Catalog. After completion of the prerequisite Massage Practitioner Level I training (below), each student selects an advisor from the Massage Teacher staff. The advisor interviews the student regarding suitability, special needs, areas of interest, and training. Together they plan the curriculum. The advisor receives an assessment massage from the student. The student will work with the advisor throughout the course of study.

Massage Practitioner training	175 hours
Massage Theory and Practice	75 hours
Modalities, guided hands-on instruction	
Esalen massage	65 hours
Passive joint movement	06 hours
Special conditions: at least two:	04 hours
• Pregnancy Massage	
• Geriatric Massage	
• Massage and chronic illness	
Core Curriculum	100 hours
Contraindications	10 hours
Human Anatomy	23 hours
Physiology: circulatory, etc.	10 hours
Kinesiology/movement aware	10 hours
Pathology/Recognition conditions	15 hours
Business	17 hours
Skills	03 hours
Business Doc'tation	07 hours
Legal	03 hours
Communication	04 hours
Ethics	05 hours
Medical protocol and hygiene	05 hours
Foundations of Health	05 hours
Level I Certificate I	175 hours. Fee \$5155, certificate \$115.

Level II

Many students may choose to attend 75 hours of additional bodywork training to achieve 250 hours, or Level II. This coursework is included on the 500-hour certificate. The curriculum includes a specialized bodywork focus, adjunctive studies, science, and assessment.

Level III: 500-hour Curriculum

Three focuses of studies are available: Esalen® Massage, Deep Bodywork, and Sensitive Pointwork. Each course includes

26 hours advanced or intermediate Esalen® Massage training

26 hour elective massage coursework

78 hours focused specialized bodywork training.

The fee is per course, listed in Esalen catalog. Cost for 5 courses: \$6600.

• **Bodywork focused studies**

130 hours

The focused coursework builds your specialization, with your advisor's guidance. Each 26-hour course is comprised of an awareness centering practice ((1.5 hours) massage lecture demonstration (6 hours), supervised practice/guidance (13 hours), pathology lectures (2.5 hours), contraindications and special issues (1 hour). peer and instructor assessment (2 hours).

You will learn skill and smoothness in the application of all bodywork, a specialized focus, such as deep bodywork with techniques appropriate to each major segment of the body, an overview of bodywork's general purpose and effectiveness, communication skills to build rapport with the client, ethical considerations appropriate to the methodology, and good body mechanics and mindset to prevent burnout. Students will learn how to work professionally.

• **Scientific Physical Studies**

130 hours

125 hours total anatomy/physiology/kinesiology (at Esalen or transferred credit from a local college/State-approved massage school site)

Pathology (already included in Esalen® Massage practitioner training, deep bodywork training, sensitive point-work trainings, gestalt, CPR) 40 hours

05 hours CPR and first aid/pathology Fees vary.

• **Adjunctive Studies**

60 hours

30 hours systematic movement disciplines: Feldenkrais, yoga, 5-rhythms, t'ai ji,

30 hours bodymind electives: somatic, gestalt, cross-cultural healing, etc.

Approximate cost \$2200.

Initial and Final Evaluation and Guidance

5 hours

Practical evaluation work with advisor: Includes 1 hour ethics review, 1 hour business practice and resume, two massage evaluations with feedback 3 hours.

Guidance, evaluations cost \$500. Certificate fee \$100.

Total fees for complete 500 hour program: \$14270

*Total class hours include 239 hours massage, 40 hours pathology, 6 hours ethics, 4 hours business practice, 125 hours anatomy/physiology, 30 hours psychological awareness, 40 hours systematic movement, kinesiology, contraindications, 05 hours body mechanics/centering, 5 hours CPR, Total 508 hours of study.

Bodywork Specialization Tracks

Three different tracks are offered, requiring a focused 78 hours of instruction in one specialty:

- Esalen® Massage Track
- Deep bodywork track
- Sensitive, energetic point work track

Esalen® Massage Track Beyond the core requirements, students in this track will receive instruction, practice, and assessment in the following topics:

Awareness Practice. Students learn to become centered to promote healing.

Communication skills. Students learn empathetic attention skills to communicate.

Advanced Massage skill/assessments. Students will gain deep and soft tissue methodology for each segment of the body within a holistic framework.

Anatomy and Physiology encompassing all eight systems of the human being will be studied and applied. Evaluation will be through classroom testing.

Skeletal Mobilization skills/assessment. Students will explore end points of motion, contra-indications, effective stretches for legs, arms, torso, lumbar, thoracic, and cervical spine.

Pathology. Students will learn theories of disease, autoimmune disorders, skeletal and structural disorders, Anxiety, grief, trauma, aspects of personal growth and the accompanying physiological responses will also be highlighted.

Body mechanics. Practitioner and client develop a positive relation to gravity.

Energetic field. Students learn palpation and balancing.

Special conditions and recognition. Pregnancy, geriatrics, infirmity, children.

Ethics of caring. Students will clarify boundaries, responsibilities, and business ethics.

Fitness and wellness strategies: Fitness kinesiology will be studied.

Assessment of these learning objectives will be through practical evaluation and consultation at the conclusion of the program.

Deep Tissue Massage students will receive instruction, practice, and assessment in the following topics:

Awareness Practice. How to build a safe environment for release.

Communication Skills. Empathetic attention, psychological awareness practices.

Deep Tissue methodology. Students will learn specific techniques encompassing each segment of the body, related areas, and full-body functioning.

Differentiation of deep skills. Students will learn to differentiate between deep work on the superficial muscles, attention to the deep skeletal muscles of the body, (including the *psoas*, the *teres*, the diaphragm etc.), and fascial release work.

Pathology: skin disease, skeletal disorders, neural disorders will be identified.

Contra-indications. Students will learn when not to apply deep pressure.

Anatomy and Physiology encompassing all eight systems of the human being will be studied and applied. Evaluation will be through classroom testing.

Structural assessment and integration. Students will study posture and function and learn good body mechanics, with on-going assessment in class.

Psychological impact/body-mind-spirit implications. Students will learn how to support psychological process. Students will recognize muscular tension patterns and their corresponding psychological components, such as grief, depression, and dissociation. Evaluation is through classroom observation.

Evaluation of deep bodywork skills will be a practical evaluation and consultation regularly throughout the program both in the classroom and by the advisor, and particularly at its conclusion.

Sensitive Point Work students will receive instruction, practice and assessment in the following topics:

Awareness Practice. Students will learn to use the states of presence, centering.

Communication skills. Students will learn how to use environmental and verbal cues to deepen and enhance the bodywork experience.

Energy anatomy. Students will learn an energetic system, such as the craniosacral system or the meridian system, how it affects organic functioning, and how to utilize it to bring about change.

Anatomy and Physiology. All eight systems, including the detailed anatomy of the specific energetic system (for example, cranio-sacral), will be studied and applied. Classroom testing.

Energy palpation skills. Students will learn how to palpate an energetic field and how to unwind energetic blockages.

The cranial plates, and semi-foundation joints: ZB and Cranio-sacral students will learn to identify, palpate, and effectively release the joints, resulting in more integrative functioning. Students will learn to palpate the movement of fluids within the body

Organic functioning. Students will learn to balance basic processes, and to evoke and sustain the relaxation response.

Evaluation is regularly, in class, by observation. This is also a final practical evaluation with the advisor.

Certification Completion requirements

Final Evaluation.

To complete the course, the student must pass a final hands-on massage evaluation, demonstrating responsiveness to the client, exemplary massage skills, and ability to move the body in a competent and effective manner, all within a professional context.

Fees

Beyond the tuition and accommodations fee for each course payable day one of the course (approximately \$1100 per 5-day course including room and board), the student will pay a 500-hour certification fee of \$100, payable to Esalen Institute. The student will also pay a \$250 initial assessment fee, and a \$250 final completion fee. Total fees are likely to be \$14270.

Failure to Certify

Esalen reserves the right to refuse the 500-hour certification to anyone who fails to comply with the requirements, or for any other professional reason in accordance with legal guidelines. Esalen also reserves the right to refuse certification to any student who does not meet their financial obligations.

Time line

The Esalen Institute expects all students to complete the training within 2.5 years after the initial certification. If more time is required because of disability, etc., the student may petition the advisor for 6-month extensions.

Ethical Considerations

All students are expected to embody the ethical principles of Esalen® Massage, and the School reserves the right to refuse certification to any student who

violates these principles. All violations will be documented in writing, and the student will have a fair and equitable opportunity to respond, and to appeal to the teachers' committee.

Esalen Institute Massage School

Accreditation

Esalen Institute is approved for Bodywork Continuing Education by the National Certification Board for Therapeutic Massage and Bodywork (School Code 043062-00), starting in 1997, and is an NCBTMB Assigned 500-hour school. Esalen is approved by the California Bureau for Private Postsecondary Education School Code 2700571.

Instructor Qualifications and classes

All instructors in Esalen Massage Certification Courses meet California State requirements. All bodywork instructors are listed on the NCBTMB biographical.doc. Massage Instructors have at least seven years experience, with an overall average of twenty years classroom experience, and all maintain an active massage practice. Other instructors must hold relevant licenses and be recognized as experts in their field. Only Esalen massage teachers may serve as advisors to 500-hour students. All classes meet in warm, carpeted well-lit meeting rooms, with audiovisual equipment and classroom tools such as a skeleton, muscle and bone charts, and a video library. Delicious organic meals are included.

Record Keeping

School records are filed under lock in the Massage School office in a confidential manner in keeping with education protocol. Student files are kept in secure electronic files with back-up hard copy. Paper records are kept for a minimum of 7 years. Financial records are kept by the Esalen institute Accounting Department with standard accounting procedures, and are audited by an independent CPA annually. An annual report is available. Esalen Institute is registered as a non-profit public benefit organization by the California Attorney General's office.

Complaints

A complaint form listing the address of the California Private Post-secondary Education Council is presented to students at the first class, and the protocol is clearly spelled out. Any complaint is first heard by the instructor, who attempts to resolve it. Next, the school director hears the complaint. If still unresolved, the student fills out the supplied complaint form or any other written form and submits it to the appropriate Esalen department through the Front Office. The refund policy is in accordance with California State Regulations.

Satisfaction Rate

Students display a very high rate of completion and employment, as verified by their own reports at the time of certification. Esalen sponsors the professional organization, the Esalen Massage and Bodywork Association. **Contact** www.esalen.org or massageschool@esalen.org or emba@esalen.org