

Our Lady of Lourdes Institute of Wholistic Studies

A DIVISION OF LOURDES WELLNESS CENTER, SPONSORED BY OUR LADY OF
LOURDES HEALTH SYSTEM, A MINISTRY OF THE FRANCISCAN SISTERS OF ALLEGANY, NY

Fall 2007 Course Schedule

900 Haddon Ave Suite 114
Collingswood, NJ 08108
(856) 869 - 3134
www.lourdeswellnesscenter.org



LIWS/ CAMDEN COUNTY COLLEGE COURSES

MAS-200-71 Therapeutic Massage

Credits: 6

Tuition: \$1390

Mandatory: New Student Orientation

September 5, 2007 Time: 5:00 – 7:00 pm

Ethics - Date: 9/8/07 (9:00 - 3:00pm)

Dates: Wednesdays, 9/5/07 to 12/5/07

No class on 10/31/07 and 11/21/07

Time: 5:30 – 9:30 pm

Dates: Saturday & Sunday 9/29/07 and 9/30/07

Saturday 10/20/07, 11/3/07

Saturday & Sunday 12/8/07 and 12/9/07 **Time:** 9:00 – 5:00 pm

Instructors: Pileggi, Bennett, Murphy, Egan

Required Text: *Mosby's Fundamentals of Therapeutic Massage, Fritz, 3rd Edition*

Recommended: *Ethics of Touch, PDQ F/Massage*

Required: 2 flat sheets, 1 pillow, 1 towel

Holster and Lotion will be provided by LIWS

Description: Students will learn the basic components of Therapeutic Massage; hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage.

MAS-205-71 Environmental Management

Credits: 1 **Tuition:** \$215

Dates: Saturday 9/22/07

Time: 9:00– 4:00 pm

Dates: Saturday 10/6/07

Time: 9:00– 5:00 pm

Instructors: Bennett, Egan

Required: Students will need 1 flat sheet, 1 towel, 1 pillow & case and massage oil

Description: This course explores the ways to use safe, environmentally sound practices to create a healthy workspace for both practitioner & client.

MAS 209-71 Structure & Functions I

Credits: 4 **Tuition:** \$450

Dates: Tuesdays and Thursdays 9/4/07 to 10/23/07

Time: 5:30 – 9:00 pm

Instructors: Bennett

Prerequisite: Human Biology

Required Text: *Trail Guides, Human Body in Health and Illness*

Recommended Text: *Musculoskeletal Anatomy Coloring Book*

Description: This course is designed to increase the student's knowledge base in applied human anatomy, physiology and kinesiology by reviewing and expanding upon the foundational level of information presented in the Human Biology (BIO-103) course.

MAS 211-71 Structure & Functions II

Credits: 2 **Tuition:** \$300

Dates: Tuesdays and Thursdays 10/30/07 to 12/6/07

No class on 11/20/07 and 11/22/07

Time: 5:30 – 8:30 pm

Instructors: Bennett

Prerequisite: Structures & Functions I

Required Text: *Trail Guides, Basic Clinical Massage Therapy: Integrating Anatomy & Treatment*

Recommended Text: *Musculoskeletal Anatomy Coloring Book*

Description: To integrate the body workers' knowledge of applied anatomy and physiology into various methods of both eastern and western massage.

MAS-215-71 Therapeutic Sensory Applications I

Credits: 2 **Tuition:** \$400

Dates: Saturday & Sunday 9/15/07 and 9/16/07

Time: 9:00 – 5:00 pm

Instructor: Shaughnessy

Requirements: \$35.00 check for in class Essential Oil supplies

Description: This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life.

MAS-220 -71 Eastern Therapeutic Concepts

Credits: 2 **Tuition:** \$200

Date: Saturday & Sunday 10/27/07 and 10/28/07

Time: 9:00 – 5:00 pm

Instructor: Linton

Description: This course introduces basic theory originating from ancient Chinese Medicine.

MAS-225-71 Therapeutic Sensory Applications II

Credits: 2 **Tuition:** \$400

Dates: Saturday & Sunday 11/17/07 & 11/18/07 and 12/1/07 & 12/2/07

Time: 9:00 – 5:00pm

Instructor: Shaughnessy

Required Text: *Aromatherapy for Bodyworkers*

Requirements: \$35.00 check payable to Elaine Shaughnessy for in class Essential Oil supplies



LIWS/ CAMDEN COUNTY COLLEGE COURSES *continued*

MAS-240-71 Specialized Massage Techniques

Credits: 4 **Tuition:** \$800

Reflexology: Saturday 10/20/07

Time: 9:00 - 4:00 pm

Deep Tissue Saturday & Sunday 12/1/07 & 12/2/07 and 12/15/07 & 12/16/07

Time: 9:00 - 4:00 pm

Myofascial : Saturday & Sunday 11/10/07 and 11/11/07

Time: 9:00 - 4:00 pm

Instructors: Bennett, Corcoran, Egan, and West

Prerequisite: MAS-200-M71-Therapeutic Massage Co-requisite: Structures & Function I

Required Texts: *Footnotes and Roling*

Recommended: *Feet First: Guide to Foot Reflexology, Deep Tissue Massage*

Description: This course introduces Massage Students to three distinct and significant techniques: Myofascial Structural Bodywork, Foot Reflexology and Deep Tissue Massage.

MAS-241-71 Business Management for Massage Professionals

Credits: 2 **Tuition:** \$400

Dates: Wednesday 10/3/07 to 12/12/07

No class on 10/31/07, 11/21/07, and 12/5/07

Time: 5:30 – 9:30 pm

Instructor: Linton

Required Text: *Business Mastery, Third Edition*

Description: This course provides information regarding the business aspect of Massage Therapy and helps students gain information about themselves and their priorities to facilitate their success as professionals.

MAS-243-71 Integrated Myofascial Structural Techniques

Credits: 2 **Tuition:** \$600

Dates: Saturday & Sunday 9/8/07 & 9/9/07, 9/22/07 & 9/23/07, 10/13/07 & 10/14/07

Time: 9:00am – 5:00 pm

Instructor: West

Prerequisites: Therapeutic Massage, Structures & Functions I, Structures & Functions II

Required Text: *Roling, Integrated Myofascial Structural Tech.*

Description: This course encourages the student to develop a greater depth of experience, understanding and skill in structural myofascial bodywork. It is designed to allow for more experience in all aspects of the work: the nature of fascia, use of the myofascial hand, structural theory, observational skills, and kinesthetic awareness.

MAS-250-71 Shiatsu Therapy Level 1

Credits: 4 **Tuition:** \$950

Dates: Tuesdays, 9/4/07 to 12/11/07 **Time:** 5:30 – 9:30 pm

Instructor: Linton

Required Text: *Shiatsu Theory and Practice*

Description: This course is designed to teach the ancient Oriental healing art of Shiatsu acupressure massage in a comprehensive certification program. Level I focuses on specific concepts of traditional and Zen Shiatsu and reinforces these concepts to establish a firm foundation for more advanced study. This course also focuses on developing students' personal skills.

MAS-255-71 Massage Therapy Integration & Application

Credits: 3 **Tuition:** \$1030

Dates: Saturday & Sunday 9/22/07 & 9/23/07, 10/13/07 & 10/14/07, 11/10/07 & 11/11/07

Time: 9:00 – 3:30 pm **Instructor:** Drummond

Prerequisite: Pre-Clinic Workshop, MAS-200, MAS-240, MAS-245

Required: Linens, Oil/Cream/Lotion

Required Text: *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment*

Description: This course is designed to integrate the various massage techniques, concepts, and principles to effectively meet the unique needs of the individual clients.

MAS 260-71 Palpation/Kinesiology

Credits: 4 **Tuition:** \$675

Dates: Saturday & Sunday 10/13/07 & 10/14/07, 10/27/07 & 10/28/07, 11/17/07 & 11/18/07

Time: 9:00 – 5:00pm **Instructor:** Egan

Required Text: *Trail Guides*

Prerequisite: Swedish Massage and Structures & Functions 1

Description: This course is designed to give the massage student an introduction to human movement and a hands on approach to anatomy.

MAS-261-71 Pathology for Massage Therapists

Credits: 4 **Tuition:** \$625

Dates: Thursdays 9/6/07 to 12/13/07 (No class 11/22/07)

Time: 5:30 – 9:30 pm **Instructors:** TBA

Prerequisites: MAS-200 and MAS-209

Required Text: *A Massage Therapist's Guide to Pathology*

Description: This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

LOURDES INSTITUTE OF WHOLISTIC STUDIES STUDENT CLINIC \$30/HOUR

This is a supervised massage clinic that is open to the community. Students will participate in sessions as if they were in their own massage practice. Students will learn how to set up and break down rooms between sessions, documentation of sessions, confirm appointments and expand their massage skills.

LIWS CONTINUING EDUCATION CLASSES

Professional Ethics for the Body Worker

Tuition: \$75

Dates: 9/8/07

Time: 9:00 - 3:00 pm

Instructor: Corcoran

Description: This course explores the elements at the heart of ethics. Problem-solving, dealing with difficult clients, creating a personal code of ethics, issues of transference and counter-transference, setting boundaries, confidentiality, and understanding scope of practice will be discussed.

Self Care for the Bodyworker

Tuition: \$107

Dates: 9/22/07

Time: 9:00 - 4:00

Instructor: Eagan

Description: This course is geared toward the student or professional body worker. Since massage and bodywork is physically, spiritually, and mentally demanding, students will benefit from learning proper body mechanics, stretching and strengthening exercises. The instructor will describe how to self-massage techniques that will help them take better care of themselves and prevent repetitive stress injuries and burn out.

Creating Environmentally Friendly Massage Space

Tuition: \$107 **Dates:** 10/6/07

Time: 9:00 - 5:00

Instructor: Bennett

Description: This course is designed for students and practitioners of massage therapy and bodywork. It explores the various ways to use safe, environmentally sound practices to create a healthy massage/bodywork space for both practitioner and client. This class focuses on how our five senses can be positively affected

with a knowledgeable selection of office equipment, furnishing and accessories. It is designed to allow the practitioner to create an experience for the client that will nourish all of their five senses. Included in this class is a small presentation on aromatherapy oils as one of the topics. A demonstration on preparation of non-toxic office cleaning products is included.

Introduction to Spiritual Direction Workshop

Tuition: \$35/Module

(I) Attentive Listening and (II) Spiritual Companionship

Date: 9/19/07

Time: 5:30 - 8:30 pm

(III) Contemplative Living and (IV) A More Centered Life

Date: 12/12/07

Time: 5:30 - 8:30 pm

Instructor: O'Mara

Chakra Balance

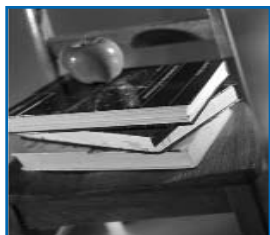
Tuition: \$75

Date: Sunday 10/7/07

Time: 10:00 am - 4:00 pm

Instructor: Drummond

Description: This course is designed for practitioners and students who want to learn how Chakras get out of balance due to life's challenges and how to clear and balance them back into alignment. You will learn techniques for the treatment of self and others.



LIWS CONTINUING EDUCATION CLASSES *continued*

Isolated Strengthening

Tuition: \$75

Date: Monday 10/15/07, 11/12/07, 12/10/07

Time: 5:30 - 8:00 pm

Instructor: Eagan

Description: This class will focus on the anatomy of the abdominal musculature and how to properly strengthen it. You will come away with an understanding of why some commonly used abdominal exercises are not safe. You will learn how to identify and strengthen the various layers of your abdominal muscles.

Guided Meditation

Tuition: \$75

Date: Sunday 10/21/07

Time: 10:00 am - 4:00 pm

Instructor: Drummond

Description: This course is for anyone interested in healing and de-stressing through themselves through meditation. Simple guide lines will be taught for immediate practice.

Infectious Diseases

Tuition: \$75 (4 Hours)

Date: Thursday, 10/25/07

Time: 5:30 - 9:30 pm

Instructor: TBD

Description: Course teaches the symptoms of infectious diseases and how they can be transmitted and prevented. An overview of Hepatitis and HIV is included.

Trigger Point

Tuition: \$185.00

Date: Saturday & Sunday 11/3/07 & 11/4/07

Time: 9:00 am - 5:00 pm

Instructor: Drummond

Description: This course gives a complete understanding of trigger points and their referred pain. Students will learn self treatment of trigger points using several different tools. It will also demonstrate how to effectively treat trigger points on clients.

Reiki I

Tuition: \$150

Date: Sunday 11/4/07

Time: 9:00 - 5:00pm

Instructor: Corcoran

Description: Reiki meaning "universal life force" energy is a natural form of healing, which originated over 2500 years ago. Students learn the Reiki system and how it helps the body's natural ability to heal itself by balancing life-giving energy, loosening blocked energy, and fostering mental and spiritual well being. Students also learn how to evaluate their clients' energy flow.

Reflexology II

Tuition: \$300

Dates: Sundays, 11/11/07, 12/2/07, 12/16/07

Time: 9:00 am – 5:00 pm

Instructor: Corcoran

Description: Students will learn more advanced reflexology techniques for the hands and feet. This course includes the history of reflexology. The instructor will discuss effective communication skills for the practitioner, basics of consultation and treatment sessions, documentation guidelines, areas of emphasis and referral points on the foot, and contraindications.

Scalp/Face, Hand & Foot Massage

Tuition: \$185

Date: Monday 12/3/07, Friday 12/7/07, and Monday 12/10/07

Time: 5:30 - 9:30 pm

Instructor: Digregorio

Description: This course is designed to give students additional tools to draw from when giving a massage. Every client is unique and requires different massage techniques to create their perfect massage experience. The student will learn how to effectively use these extra techniques to create additional relaxation and therapeutic effect for their client, thus helping to create that perfect massage experience. Additionally, the class will discuss and learn techniques that help alleviate some common client complaints, such as sinus congestion, headache, wrist pain, and ankle pain.

Reiki II

Tuition: \$150

Dates: 12/9/07

Time: 9:00 am – 5:00 pm

Instructor: Corcoran

Description: An extension of Reiki I, expanding upon the Reiki system.

Mind Body Spirit

