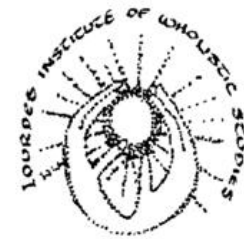


Lourdes Institute of Wholistic Studies

*Celebrating our
15 Year Anniversary!*

Course Offerings 2009



Lourdes Institute of Wholistic Studies

900 Haddon Avenue, Suite 114
Collingswood, NJ 08108

www.lourdeswellnesscenter.org
(856) 869-3134

A Division of Lourdes Wellness Center
Our Lady of Lourdes Medical Center
A Ministry of the Franciscan Sisters of Allegany, NY



**Our Lady of Lourdes Medical Center
Lourdes Institute of Wholistic Studies**
900 Haddon Avenue, Suite 114
Collingswood, New Jersey 08108



Letter from the Director

Dear Present & Prospective Student,

As the Director of Lourdes Institute of Wholistic Studies (LIWS), I would like to thank you for your interest in our programs.

Lourdes Institute of Wholistic Studies is proud to be the only institution in the region to offer unique spiritually-based Wholistic Healthcare Programs. We are committed to teaching you how to become wholistic practitioners by providing you with the skills needed to succeed in this profession. Lourdes Institute of Wholistic Studies offers a wide variety of degree and certification programs that focuses on connecting the mind, body and spirit. We are dedicated in teaching you how to make wholistic living a way of life.

LIWS holds membership and accreditations with the following:

- American Massage Therapy Association's (AMTA) Council of Schools
- Associated Bodywork and Massage Professionals (ABMP)
- Accreditation of Reflexology Education and Training (ACARET)
- Registered School with Yoga Alliance
- American Holistic Health Association (AHHA)
- National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

I welcome the opportunity to address any questions you may have regarding Lourdes Institute of Wholistic Studies. You can learn more about our programs by visiting our website at www.lourdeswellnesscenter.org. If you would like to visit Lourdes Institute of Wholistic Studies, our Open House events are open to the public. Please call (856) 869-3134 for more information regarding events.

The administration and faculty of Lourdes Institute of Wholistic Studies looks forward to providing you with a fulfilling and meaningful education to help you begin your Wholistic Healthcare career.

Sincerely,



Frank Pileggi Ph.D., RHP
Director



Application for Admission

Return Application to:
Lourdes Institute of Wholistic Studies,
900 Haddon Ave Suite 114 Collingswood, NJ 08108
Phone Number: 856-869-3134 Fax: 856-869-3139

Last Name: _____ First Name _____ Middle Initial _____
Social Security # _____ Previous Legal Name (if applicable) _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: (H:) _____ (Cell:) _____
Date of Birth: _____ E-mail Address: _____
Semester: _____

Options in Partnership with Camden County College:

- Associates Degree in Applied Science in Massage Therapy
- Massage Therapy Certification
- Lourdes Institute Certifications/Continuing Education
- Wholistic Yoga Teacher Training (200 Hours) Wholistic Yoga Teacher Training (500 Hours)
- Christian Yoga Option Continuing Education
- Continuing Education Class of Choice (if applicable): _____

1. What level of Education have you completed? (If post-secondary, indicate degree(s) earned & where)
2. Do you have prior experience in Massage, Bodywork and/or Yoga? Yes No (If yes, please explain)
3. Do you have any medical/ learning special needs? Yes No
(If yes, please explain so we can provide you with assistance.) _____
4. Have you ever been convicted of a crime, other than a minor traffic violation? Yes No
(If yes, please explain)
5. Have you ever attended Lourdes Institute of Wholistic Studies? Yes No
(If yes, please state the year you attended) _____
6. How did you learn of Lourdes Institute of Wholistic Studies? _____

Essay and Application Fee

Please submit a one-page essay explaining your view of Wholistic Health within today's health care. Kindly attach the essay to your application. A \$25.00 application fee must be included with this Application for Admission. The essay and application fee are not required for continuing education students.

Mail to: Lourdes Institute, 900 Haddon Ave., Suite 114, Collingswood, NJ 08108 (Attention: Registrar)
I certify that the above answers are true, correct and complete to the best of my knowledge. Further I agree to abide by the rules, regulations and policies of Lourdes Institute and Camden County College as outlined in the catalog/manual.

Applicant's Signature: _____ Date: _____

Directions

Station House Building, 900 Haddon Avenue, Suite 114, Collingswood, NJ 08108

- From Ben Franklin Bridge: Merge into the left-hand lane and follow signs for Routes 130/30; take 130 South exit; stay on 130 South until Haddon Avenue (corner of Dunkin' Donuts on the right); make a right turn and then another immediate right hand turn under the overpass, follow Haddon Avenue into Collingswood, approximately two miles. You'll pass Foster Funeral Home, and PNC Bank on the right. We are located in the next block in the Station House Building (five-story, red-brick building).
- From Walt Whitman Bridge: Stay in right lane; follow sign for 130 North. Follow directions for Route 130 Northbound below.
- From Interstate 295 Northbound: Take 295 North to Exit 29 Route 30 West (White Horse Pike). Continue on this road until you reach Cuthbert Boulevard (Commerce Bank on the left) and make a right; travel down this road to Haddon Avenue (Walgreens on right and KFC on left) and make a left turn. Continue on this road for approximately two blocks, in the next block is Station House Building.
- From Interstate 295 Southbound: When traveling southbound on Route 295, take Exit 29 for Route 30 (White Horse Pike) -- Collingswood. At the end of the exit ramp, turn left. After a very short distance, you will be at the junction of Route 30 (White Horse Pike). Make a right turn onto Route 30 West. Continue on this road until you get to Cuthbert Boulevard (Commerce Bank on left) and make a right; travel down this road until you get to Haddon Avenue (Walgreens on right and KFC on left) and make a left turn. Go down two blocks, in the next block is Station House Building.
- From Route 130 Northbound: Take 130 North until you cross over the Black Horse Pike (Route 168); shortly after you cross Route 168, the next traffic light is Collings Avenue, make a right onto Collings Avenue. Travel on this road until you come to Haddon Avenue. Make a right. As you travel down Haddon Avenue, you'll pass Foster Funeral Home, PNC Bank on the right. LIWS is located in the next block in the Station House Building (five-story, red-brick building).
- From Route 130 Southbound: Take 130 South past the junction of Routes 38/70/30 (formerly the Airport Circle); stay on this road until you get to Dunkin' Donuts and Radio Shack on the right - make a right turn and then another immediate right hand turn under the overpass and follow Haddon Avenue into Collingswood (approximately two miles). You'll pass Foster Funeral Home, and PNC Bank on the right. We are located in the next block in the Station House Building (five-story, red-brick building).

Our History

Lourdes Institute of Wholistic Studies (LIWS) emerged through the unique programs of Lourdes Wellness Center. As a division of Our Lady of Lourdes Medical Center, Lourdes Wellness Center began offering programs to the community in 1979. Seven years later, Lourdes Wellness Center incorporated classes in massage and other wholistic modalities into their offerings. The new classes were different because they emphasized the spirituality component of each wellness modality. In 1993, these classes developed into certification courses offered by a new extension of Lourdes Wellness Center - Lourdes Institute of Wholistic Studies. Lourdes Institute of Wholistic Studies has become an innovator within the realms of Wholistic education by being one of the first schools to offer a Massage Therapy Associates Degree in Applied Science in conjunction with Camden County College. Our certification programs in Massage, Shiatsu, Reflexology and Yoga Teacher Training continue to be the best in the region with a high percentage of our graduates moving on to rewarding careers in the wholistic field.

Our Lady of Lourdes, a member of Catholic Health East, is a Catholic health system sponsored by the Franciscan Sisters of Allegany, New York, dedicated to its tradition of serving all with reverence, compassion and integrity in a simple, joyful and hospitable manner.

Our Mission

We strive for excellence in our stewardship to our patients, their families, the community and each other by promoting a culture that embraces diversity. We commit to being a transforming, healing presence within the diverse communities in which we live and serve. We create collaborative, inclusive, caring communities who provide a full range of quality medical and wholistic health services. We promote healthy communities and assure access to all - especially those most in need.

Our Goals

- To carry out the mission and philosophy of Lourdes Wellness Center.
- To provide students with a supervised learning experience that promotes the health and well being of themselves and their clients.
- To train caring and qualified wholistic health practitioners.
- To help students develop professional work habits based in integrity and commitment.
- To model professional and ethical practices toward all clients.
- To help students develop self-awareness and self-care, which will enhance their facilitation of healing others.
- To strengthen student's intuition and perception of the body as energy.
- To open students up as instruments for Christ's healing love and energy.
- To offer a flexible program that will meet the needs of various populations.

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Student Code of Ethics

Students of Our Lady of Lourdes Institute of Wholistic Studies are expected to follow the American Bar Association's "Code of Student Conduct." The following conduct code is the policy of Lourdes Institute of Wholistic Studies. Violation of such is considered to be in conflict with school policy and is such grounds for dismissal.

- 1.All types of dishonesty, including cheating, plagiarism, knowingly furnishing false information to the Institution and forgery, alteration or use of the documents or identification with intent to defraud.
- 2.Intentional disruptions or obstruction of teaching, research, administration, disciplinary proceedings, public meetings and programs, or other school activities.
- 3.Physical abuse of any person on school premises or at functions sponsored or supervised by the school.
- 4.Theft or damage to the school premises, equipment, or damage of the property of a member of the school community on the school premises.
- 5.Failure to comply with directions of Institutional officials acting in the performance of their duties.
- 6.Violation of the law on school premises in a way that affects the school community's pursuit of its proper educational objectives. This includes, but is not limited to, the use of alcoholic beverages and/or controlled dangerous substances on school premises.

Policy & Procedures

STUDENT RECORDS

Each student's file includes their application form, letters of reference, physician's note, grade reports, tuition payment documentation, and copies of all correspondence between the school and the student. Records are maintained by the Director and are kept confidential.

CREDIT FOR PREVIOUS TRAINING

- Students seeking credit for coursework must present a student portfolio that includes documentation of all previous training: transcripts, course descriptions/syllabi, and certificates of completion. Students must also provide a copy of the course catalog from the school where they received their training.
- Transfer credits for anatomy and physiology will not be considered unless the student has completed the prior training within the last 5 years. However, credits for the anatomy and physiology introductory course may be granted.
- Transfer credits for massage, bodywork, and related education courses must have been completed within the last 3 years unless the student can verify that he/she has been utilizing these skills and knowledge on a regular basis.

Student Clinic

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.

Work Study Program

There will be three work-study positions available each semester. Work study students will be responsible for 10 hours per week for a total of 150 hours. A stipend of \$500 will be awarded to each student at the successful completion of the term. This is a valuable opportunity to gain experience in your field.

Students will be responsible for:

- Little Portion Visitor Reception
- Appointment Confirmation
- Treatment Room Set up/Breakdown
- Stocking of Supplies in Treatment Rooms
- Environmental Management of Little Portion
- Some Retail Sales
- Facility Duties

Take Advantage of this Great Opportunity!
Call (856) 869-3134 to Register!

Areas of Study

Lourdes Institute of Wholistic Studies in Association with Camden County College:

- Associate Degree in Applied Science in Massage Therapy
- Massage Therapy Certificate

In-house programs:

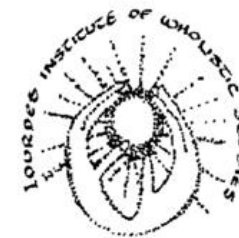
- Yoga Teacher Training (200 Hours)
- Yoga Teacher Training (500 Hours)
- New Courses Coming in 2009

Continuing Education Courses

Students may choose from any of our courses to maintain their national certification status as well as to update and enhance their skills. The National Certification Board approves Lourdes Institute for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Provider.

Individual Course Offerings

Select courses are also available for individuals who are interested in a specific healing modality for personal growth or self care.



Camden County College Programs

These programs incorporate classes from LIWS and Camden County College. You will take college level courses while earning your Massage Therapy Certification. Additionally, the college credits you earn will be used towards your Massage Therapy Associates Degree in Applied Science. LIWS strongly recommends following the course flow outlined below to eliminate possible scheduling conflicts.

Please Note: Lourdes Institute and Camden County College reserve the right to regulate the number of students in a class, to cancel a class or to change the times of classes and instructors. Also, the Academic Calendar, courses and curricula described herein are subject to change by the Institute and/or Camden County College at any time. Camden County College and Lourdes Institute also reserve the right to change tuition and fees herein stated at any time by action of the Board of Trustees. Advanced development of our Industry may not be deemed to be within any given Massage Techniques, while part of the on-going growth and research – supported Bodywork or Somatic Therapy's Scope of Practice in all jurisdiction (s). LIWS encourages students to ensure they are practicing in a responsible manner and in compliance with their jurisdiction(s)' definition of Scope of Practice, where applicable.

Massage Therapy Certificate— MAS.CA

Code	Course	Credits
Spring Cohort (January)		
MAS-200	Therapeutic Massage	6
MAS-205	Environmental Management	1
HPE-170	First Aid, Safety, Prevention of Injuries	3
MAS-209	Structures & Functions I	4
MAS-210	Structures & Functions II	<u>2</u>
		16
Summer Session		
MAS-201	Student Massage Clinic	<u>1</u>
		1
Fall Semester		
MAS-261	Pathology for Massage Therapy	4
MAS-240	Specialized Massage Techniques	3
MAS-260	Palpation & Kinesiology for Massage Therapy	3
MAS-241	Business Management of the Massage Practitioner	2
HPE-102	Health & Wellness*	<u>3</u>
		18
Total Credits:		35

*Students have the option to take HPE-102 during summer session or during winter intersession (Begins December and ends early January).

MAS courses are restricted to students formally admitted into the Massage Therapy Program.

Policy & Procedures

CANCELLATION OF A COURSE

LIWS reserves the right to cancel any course or course selection where the enrollment does not warrant the carrying of that course.

LEAVE OF ABSENCE POLICY

A request for a leave of absence must be submitted to the Director in writing. A leave of absence may be granted for medical or family leave. Applications for a leave of absence will be evaluated on an individual basis.

ABSENTEE POLICY

•Lourdes Institute of Wholistic Studies expects students to attend classes and conferences with instructors on time. Each instructor determines his or her policy for student absences. This written policy is to be distributed to students at the first class meeting.

•If this procedure is overlooked or if a student is absent from the first class, it is the student's responsibility to obtain the attendance policy of the instructor by the end of the first week of class. Students who are absent from class for any reason are expected to make up the work missed.

•Excessive absences from class may lead to enforced withdrawal from class. However, in certain cases of illness and jury duty, students will be permitted to make up the work if it is academically possible.

•Make-up time is determined by the Instructor and/or Coordinator of LIWS. Make up time may be fulfilled by completing a tutoring session or by repeating an entire course.

•If a student does not provide 24 hours notice prior to canceling a private tutoring session, he/she will be charged a \$40.00 cancellation fee.

TUTORIALS

Each student who participates in the LIWS tutorial services will pay \$40.00 per hour to the instructor directly. Recognizing that if four or more students require tutorial service within the same sixty-minute period, the flat rate will be \$80.00 per hour divided equally by the number of students participating.

If the instructor has schedule conflicts for tutorial services he/she may select a student representative to act in their place, with permission from LIWS. LIWS will also determine payment arrangements in these cases respectfully.

All make up work including missed tests, missed assignments, and missed classes must be completed within ten days. The instructor and student will be responsible for arranging material and time for these occurrences with the understanding that LIWS will provide facilities for re-testing should it be necessary.

ABSENCE DUE TO RELIGIOUS OBSERVANCE

It is the policy of LIWS to excuse without penalty those students who are absent from class because of religious observations. Students will be allowed to makeup the missed work because of such absence. Examinations and special required out-of-class activities are not normally scheduled on those days when students refrain from participating in secular activities. If an examination or out-of-class activity if scheduled on a day of religious observance, the student will be given the opportunity to make up that examination or activity without penalty.

Policy & Procedures

ACADEMIC APPEALS PROCESS

Under due process entitlement, students may register their concerns regarding the academic experience (e.g., grades, instructor methodology, course assignments/requirements) through the academic appeals process. Appeals should be initiated within 10 days of the occurrence of the occasion for the concern in accordance with the following procedure:

Step 1. The students must make an appointment and meet with the instructor/faculty member involved to attempt to resolve the matter. Bring any relevant materials including course outline, originals or copies of papers, lab reports, and examination grades.

Step 2. If the matter is not resolved with the instructor/faculty member, the student should write a statement describing the exact nature of the appeal and make an appointment to meet with the director. The director will then make every attempt to resolve the matter. Once the director has had an opportunity to research the matter, the student will be informed of the findings. The research process may take up to two weeks before a decision is rendered.

GRADUATION ELIGIBILITY

To graduate from Lourdes Institute of Wholistic Studies with a Certification, a student must first satisfy the following requirements:

1. Earn a minimum of the class hours assigned to the healing modality of choice.
2. Complete required clinic hours in addition to volunteer hours.
3. Have a grade point average of 2.0 or higher.
4. Demonstrate proficiency in bodywork technique.
5. Satisfactorily completed all subjects in an approved curriculum.
6. Complete the total number of hours required in the certification program respectfully. Each student is personally responsible for knowing and meeting all program requirements and keeping in contact with LIWS in doing so.

Filing for Graduation

The graduation packet must include:

- Application for graduation
- Current college transcript
- Graduation recommendation form

HOW TO FILE FOR GRADUATION

1. The application for graduation packet may be obtained from LIWS' s main office located at 900 Haddon Ave., Suite 114 Collingswood, NJ 08108
2. Students should schedule a meeting with the Director to complete the application packet and review certification requirements and courses completed.
3. The Director must sign the graduation recommendation form.
4. This completed application for graduation must be submitted to the Director no later than May 1st for the Spring graduation ceremony and November 1st for Fall graduation ceremony.
5. The Director will contact the student if there is a question regarding the student's eligibility to graduate.
6. Those students whose application for graduation has been denied may appeal the decision through the Director's and/or Dean's office.

Massage Therapy– MAS.AAS

<u>Code</u>	<u>Course</u>	<u>Credits</u>
First Year/First Semester (Fall Semester Primary Start)		
MAS-200	Therapeutic Massage ¹	6
MAS-205	Environmental Management	1
BIO-117	Basic Anatomy & Physiology	4
ENG-101	English Comp I	3
MTH-103	Topics in Math –or–	<u>3</u>
MTH-101	Concepts in Math ²	
		17
First Year/Second Semester		
MAS-209	Structures & Functions I	4
MAS-211	Structures & Functions II	2
MAS-240	Specialized Massage Techniques ¹	3
MAS-260	Palpation & Kinesiology	3
FNS-105	Intro. to Nutrition	3
ENG-102	English Composition II	<u>3</u>
		18
Second Year/First Semester		
MAS-261	Pathology for Massage Therapy	4
HPE-106	Stress Management	3
PSY-101	Basic Psychology	3
HPE-	Health & Exercise Science	1
HPE-170	First Aid, Safety & Prevention of Injuries	<u>3</u>
		14
Second Year/Second Semester		
MAS-243	Integrated Myofascial Tech ¹	2
MAS-241	Business Management for the Massage Professional	2
MAS-255	Massage Therapy Integration/Application ¹	3
SPE-102	Public Speaking	3
HPE-145	Wellspring Fitness Lab I	1
	Humanities Diversity Electives	<u>3</u>
		14
Total Credits:		62
Electives (Choose 5 credits from the following list of electives):		
MAS-215	Therapeutic Sensory App I	1
MAS-230	Therapeutic Herbal App* *(Course held in Summer Semester)	2
MAS-250	Shiatsu-Level I	4
MAS-225	Therapeutic Sensory App II	2
MAS-220	Eastern Therapeutic Concepts	1

Students are required to take 5 credits of electives from the above list.

¹These courses only are restricted to students formally admitted into the Massage Therapy major. Formal admission includes an interview with the Director of Lourdes Institute. All other courses may be taken without formal acceptance into the Massage Therapy Program. MAS-200, MAS-240, MAS-243, MAS-260 and MAS-261 require additional materials including oils/lotions/massage table, face cradle and bolster.

Camden County College Courses

Business Management for the Massage Professional

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

Eastern Therapeutic Concepts

DESCRIPTION: Eastern Therapeutic Concepts are fundamental to the understanding of Eastern medicinal theory and healing arts. The course links fundamental Eastern medicine concepts to the diagnosis and treatment of disharmony and disease. The course first covers the basic concepts of this medicine and how it relates to human health. Building on this foundation, students learn the significance of signs and symptoms of disease.

Environmental Management

DESCRIPTION: This course will address the importance of creating a healthy and environmentally safe massage experience. Students will learn the various ways to use safe, environmentally sound practices to create a healthy massage/bodywork space for both practitioner and client. This course also includes basic information regarding self care for the bodyworker.

Infectious Diseases

DESCRIPTION: At the completion of this course, students will possess knowledge to differentiate between HIV infection and AIDS as well as other infectious diseases such as Hepatitis. Students will learn the symptoms of various infectious diseases and different ways they can be transmitted and prevented. Additional topics include the psychological and social impacts of living with an infectious disease. This course will also list HIV infection anonymous testing and counseling sites in New Jersey.

Integrated Myofascial Structural Techniques

PREREQUISITE: Therapeutic Massage, Structures & Functions I, and Structures & Functions II, Specialized Massage Techniques

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. Additionally, students are introduced to addressing the body in functional segments. Each segment has a relationship and function within the whole body structure. Each day of class, students will examine one of these segments and will learn to work to enhance function and integration. Special focus is placed on the quality of hand contact made by students while working and movement activities that will help students build structural awareness.

Policy & Procedures

SEMESTER SCHEDULE

Fall Semester: August to December

Spring Semester: January to May

Summer Semester: June to August

ACADEMIC GRADING POLICY

Two types of grade point averages (GPA) are recorded for every student: a semester GPA and a cumulative GPA. A semester GPA is based upon the credits and class hours earned by a student at any given semester.

A cumulative GPA is based upon college level credits only and is used to determine a student's academic standing. Only those students enrolled in the Associate's Degree program or the curriculum for Camden County College will receive cumulative GPA's.

GRADE REPORTS

Grade reports from Lourdes Institute of Wholistic Studies are available to students at the end of the course or at the end of the semester, respectfully.

LETTER GRADES

The following identifies letter grades used by faculty and a brief explanation of what the grades stand for:

A Indicates superior achievement and mastery of subject.

B Indicates consistent achievement that demonstrates an understanding of the subject sufficient for continued study in the discipline.

C Indicates satisfactory achievement that demonstrates an understanding of the subject sufficient for continued study in the discipline.

D Indicates performance that suggests little aptitude or application on the part of the student in that particular course. This grade will not transfer.

F Failure indicates an insufficient understanding of the basic elements of the course.

The following designations may also appear on the transcript:

NA Student stopped attending class

W Withdrawal

I Incomplete work. The grade I can be assigned only if the student still has work to complete. It is assumed that the student who receives an I has satisfied the instructor's attendance requirements during the semester. If the I is to be changed to a letter grade, it should be made up during the succeeding semester and may be changed only on recommendation of the appropriate faculty member. The grade of I will have no effect on the student's grade point average. To change the I to a letter grade, the student should complete the course requirement in the succeeding semester. This grade may be changed only on the recommendation of the appropriate faculty member. If the faculty member does not indicate a date for the completion of the incomplete work or submit an alternate grade, an incomplete grade will automatically be changed to a failing grade (F) at the end of the next 15-week term.

XA Never Attended indicates that the student never attended class. The XA will be recorded on the student's transcript, but it is not computed in the grade point average. Students wishing to increase their grade in a course may repeat the course. Although both the original grade and the repeat grade will appear on the transcript, only the higher grade will be averaged into the cumulative grade point average.

Policy & Procedures

Associates Degree in Applied Science in Massage Therapy with Camden County Community College

Our Lady of Lourdes Institute of Wholistic Studies and Camden County College are in partnership to offer a degree and certification in Massage Therapy. This course of study will lead to an Associates Degree in Applied Science in Massage Therapy.

The graduate of this program will earn a certificate in Massage Therapy from Lourdes Institute of Wholistic Studies. In addition, the graduate will also meet the qualifications necessary to sit for the National Certification Examination as set forth by the National Certification Board for Therapeutic Massage and Bodywork. Financial aid for the Associates Degree Program is available for qualified students.

Please contact the financial aid office at Camden County College for any questions regarding the application process for financial assistance: (856) 968-1340 (Blackwood) or (856) 374-4985 (Camden)

Admissions Procedures for the Associates Degree Program:

1. Complete a Camden County College admissions application
2. Complete a program specific application packet for Massage Therapy, (available at the Camden County College Admissions Office, Department of Health and Exercise Science or Lourdes Institute of Wholistic Studies) and follow Lourdes Institute of Wholistic Studies admissions procedures.
3. Schedule a personal interview with the Director of Lourdes Institute.
4. Apply for financial aid through Camden County College (if needed).

ADMISSION POLICY

All Applicants Must:

1. Submit a completed application to LIWS (non-refundable \$25 fee).
2. Submit three (3) letters of recommendation from:
 - a) an academic or employment supervisor
 - b) a professional colleague or associate
 - c) a personal reference
3. Submit MD's note to LIWS stating you are in suitable condition to give/receive bodywork and complete a Personal Health Form (provided at interview).
4. Call LIWS at (856) 869-3134 to schedule your interview.

Camden County Applicants Only Continue On:

5. Submit a completed application form to Camden County Community College.
6. Take the CCC Basic Skills test (if you have not completed a college level Math or English course and/or are not a transfer student).
7. Call CCC Assessment Office at (856) 227-7200 x 4710 or 4275.
8. Select courses for which you are eligible and register at CCC (LIWS paperwork required) to register for classes.
9. Attend the mandatory LIWS NEW STUDENT Orientation.

Applicants can call, write or visit our website at www.lourdeswellnesscenter.org to receive a program catalog and application. After receiving the catalog, students must submit the completed application and the \$25 registration fee to LIWS at 900 Haddon Avenue - Suite 114, Collingswood, New Jersey, 08108 Attention: Dr. Frank Pileggi

Camden County College Courses

Massage Therapy Integration & Application

PREREQUISITE: Pre-Clinic Workshop, Therapeutic Massage, Specialized Massage Techniques, and Pathology, Palpation/Kinesiology

DESCRIPTION: This course is designed to integrate the various massage techniques, concepts, and principles to effectively meet the unique needs of the individual client. The use of assessment, effective reasoning skills, and the execution of the treatment plan will be based on knowledge obtained in the core curriculum. The interpretation and prioritization of all case information will help the student to become a safe and productive practitioner.

Palpation/Kinesiology

PREREQUISITE: Therapeutic Massage and Structures & Functions I

DESCRIPTION: This course is designed to introduce the massage therapist to the three-dimensional quality of muscle, bone, tendons, ligaments, and other tissues of the body. Unlike the traditional academic approach to anatomy and physiology, this course will provide a more practical and sensory-based experience. It is designed to give the massage student an introduction to human movement. This class will cover the skeletal system, architecture of joints, structures and functions of skeletal muscle, muscle insertions and levers, innervations of muscles, roles of muscles, and types of muscular contraction.

Pathology for Massage Therapy

PREREQUISITE: Therapeutic Massage

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.

Professional Ethics for the Bodyworker

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.

Camden County College Courses

Shiatsu – Level I

DESCRIPTION: This course is designed to teach the therapeutic techniques of Shiatsu. The program is an introduction to the meridian system and application of acupressure points. Level I focuses on specific concepts of Shiatsu and reinforces these concepts to establish a firm foundation for more advanced study.

Specialized Massage Techniques

PREREQUISITE: Therapeutic Massage and Structures & Functions I

DESCRIPTION: This course introduces three very distinct and important massage techniques: Myofascial structural bodywork, deep tissue massage, and foot reflexology. The Myofascial hand use and technique will be introduced in principle and practice. Students will be presented with structural theory and begin to look at the body while standing and in simple motion. The deep tissue segment of this course is designed to give massage therapists added skills to safely assist clients with special conditions. This segment introduces the student to deeper pressure than that used in the Massage Therapy course. The foot reflexology component teaches students the ancient system of applying pressure and massage techniques on reflex points of the feet to alleviate energy blocks that cause pain or tension.

Structures & Functions for the Bodyworker I

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-117) course. Aspects of human disease, injury, nutrition, and wellness concepts will also be introduced. This course will prepare students for the national certification examination as well as the state certification requirements. This course also focuses on safe and effective practice, professional communication with clients and health care professionals, understanding massage and medical information, and participation in other advanced massage therapy courses.

Structures & Functions for the Bodyworker II

PREREQUISITE: Structures & Functions for the Bodyworker I

DESCRIPTION: To integrate the body workers' knowledge of applied anatomy and physiology into various methods of both eastern and western massage techniques. Emphasis is placed on understanding muscular structure and its importance in effective massage therapy.

Faculty & Staff

Nita Spielberg, BSN, CYT

(Yoga Anatomy & Physiology)

Nita graduated from Lourdes Institute of Wholistic Studies and has been practicing since 1970 in the Iyengar and Kripalu styles of yoga. She is a pediatric nurse with an interest in yoga for special needs and yoga as adjunct therapy for various medical concerns.

Pamela West, M.Ed.

Pamela West, M.Ed. has maintained a private practice in Philadelphia since 1983. Pamela is certified in Body Education. Pam holds a certificate in Professional Enrichment in the Alexander Technique. She earned her Masters in Dance from Temple University and has over twenty-seven years experience in movement studies.

Please Note: CMP or Certified Massage Practitioner is being used by LIWS to indicate the holder is a graduate of and has successfully completed all the requirements of a diploma/certificate program in Massage Therapy of a minimum of 504 hours.

Faculty & Staff

Xavier Harvey

Xavier Harvey is a NJ Certified Massage, Bodywork, and Somatic Therapist. He has studied at the Pacific College of Oriental Medicine (PCOM) and Lourdes Institute of Wholistic Studies. He is a Certified Oriental Body Therapist and has received his Tui Na Certification.

Marianne Hieb, RSM, MFA, ATR, D.Min.

(Wholistic Living – Creativity Component)

Sister Marianne is the Director of Spirituality Programs at Lourdes Wellness Center. She is also a trained studio artist and a Registered Art Therapist. Sister Marianne holds a certificate in Spiritual Direction from Shalem Institute of Spiritual Formation.

Melanie Linton

(Shiatsu, Business, Eastern Therapeutic Concepts) Melanie is a certified shiatsu therapist, AOBTA certified Member, AAAI-ISMA personal trainer and a Pilates instructor.

Barbara Moeller, MA, E-RYT500

(Yoga Techniques & Teaching

Methodology & Christian Yoga Option)

Barbara is the Director of the 200 and 500 Hour Yoga Teacher Training at LIWS. She has been a practitioner of yoga and meditation since 1973 and has taught over 25 years. She has received extensive training in Classical, Aatha, Christian, Vinyasa, Ashtanga yoga and Yoga Nidra. She is also certified in the Yoga of the Heart training, with emphasis on healing those suffering from heart ailments and cancer.

Karen Murphy, CMP

Karen is a graduate of LIWS who specializes in sports and deep tissue massage. She recently provided massage for athletes at the 2004 Olympics in Athens Greece. In addition to maintaining a private practice for over 12 years, she is a massage therapist at Lourdes Wellness Center. Karen acts as an instructor as well as a clinic supervisor at LIWS.

Lisa O'Brien, RYT, CRM

Lisa is certified in Hatha, Kripalu yoga instruction and specializes in Chakra Yoga with a certification as a Reiki Master. Her studies and teachings include meditation and nutrition.

Elaine Shaughnessy, BA, CAT

(Therapeutic Sensory App I & II)

Elaine holds a BA in Mathematics from Rutgers University and has worked in education for 30 years. She completed a 300-hour aromatherapy diploma program in 1998 and since then has completed over 800 additional hours in aromatherapy and other wholistic healing modalities. She holds certificates in aromatherapy, medical aromatherapy, aroma fitness, natural perfumery, Swiss Reflex Therapy and Reiki. She is a member of the National Association of Holistic Aromatherapy (NAHA), the Alliance of International Aromatherapists (AIA), Feng Shui in NJ Group, and Also the Vice Chairperson of the Herb Society of America-South Jersey Unit.

Camden County College Courses

Therapeutic Herbal Applications

DESCRIPTION: This course will cover approximately 48 herbs that are used for both pharmaceutical and culinary purposes. Information will be given about an herb's flavor, properties, and clinical applications. The course will familiarize the students with the therapeutic herbal applications in relation to specific conditions.

Therapeutic Massage

DESCRIPTION: Students will be introduced to the basic components for therapeutic/swedish massage: hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. The importance of sound ethical procedures for the massage therapist will also be covered.

Therapeutic Sensory Applications I

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. This course explains the history of sensory application techniques focusing on aromatherapy essential oils, blending techniques, choosing the correct carriers, contraindications and safety factors of essential oil use, and the physical and emotional aspects of these applications.

Therapeutic Sensory Applications II

DESCRIPTION: This course is designed to give the student basic skills in sensory applications. The therapeutic properties of sensory application techniques, including aromatherapy oils and the multitude of ways they can be utilized, are discussed. Safe and responsible use of aromatherapy is emphasized. This course follows the National Association for Holistic Aromatherapy Guidelines for Level 1 certification for family and friends practice.

Student Clinic

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.

Yoga Teacher Training

200 hour Program

Lourdes Institute's Wholistic Yoga Teacher Training provides the technical/teaching skills needed to become an all-levels yoga teacher. Instruction includes an anatomical and therapeutic understanding and execution of classical yoga poses, vinyasa, advanced postures, pranayama, yoga nidra and meditation. Yoga history and philosophy are explored, especially in relation to wholistic living. Students will have opportunities to deepen their own physical and spiritual journeys, as well as to teach and assist in a variety of clinical settings. Students should have 6 months of regular yoga practice prior to enrolling in this certification program.

This curriculum includes:

- Philosophy of Yoga • Deep Breathing Practices
- Relaxation Training • Meditative Practices
- Intensive Posture Clinic • Anatomy & Physiology
- Personal Growth & Clearing • Visualization, Imagery, Affirmation
- Teaching Methodology • Nutrition • Spirituality of Yoga • Marketing Skills
- Christian Yoga (Optional)

Phase I: Techniques and Teaching Methodology

DESCRIPTION: This course provides the technical/teaching skills needed to become a beginner-level teacher. Students learn to execute a series of classical yoga postures and study the benefits and contraindications of yoga. Techniques, including pranayama, kriyas, yoga nidra, meditation/Wholistic prayer and visualization/affirmation are explored. This course is also available as a summer intensive course.

Phase II: The Science of Ayurveda

DESCRIPTION: This elective will introduce the student to the fundamentals of Ayurveda. It will look at its 5,000 year-old history & philosophy. Students will explore the 5-element theory and the 3 doshas.

Phase III: Yoga Anatomy and Physiology

DESCRIPTION: This component is designed to give Yoga Students an awareness of the body's anatomical & physiological functions and structure.

Optional- Phase IV: Christian Yoga Teacher Training

DESCRIPTION: Students will learn how to use yoga as a sacred encounter with God-as an experience of the body at prayer.

Full descriptions of Yoga Teacher Training 200 and 500 Hour Programs are available online. Please visit www.lourdeswellnesscenter.org.

Faculty & Staff

Michelle Carlino, BA, CYT

(Yoga Techniques & Methodology)

Michelle is certified in Christian Hatha, Kripula Yoga Instruction and Foot Reflexology. She holds an A.F.A.A. Certification in Aerobics Instruction. She has also been certified as a Level III Reiki Practitioner and continues to study in Yoga for Healing.

Ralph Casciato

(Massage Clinic, Teaching Assistant) Ralph is a graduate of LIWS Wholistic Massage Practitioner Certificate program.

Corinne A. Corcoran, Ed.D., AMTA

(Massage, Reflexology, Ayurveda & CEUs)

Corinne holds a doctorate from Temple University and is a nationally certified massage therapist, Reiki Master, an A.C.A.R.E.T. Accredited Educator of Reflexology, and an Authorized One Brain Facilitator from Three-in-One Concepts. Corinne has taught holistic arts for over twenty years and started the Lourdes Institute of Wholistic Studies in 1992. She is certified in Small Animal Acupressure by Tallgrass Animal Acupressure Institute in Larkspur, Colorado, and Canine Massage from Integrated Touch Therapy in Circleville, Phio. She has also studied with Ronda Reich, a pioneer in canine massage. Having studied with Dr. Deepak Chopra and Dr. David Simon, she teaches Ayurveda and Vedic Chant. She is certified by the Bellanina Institute in the Belavie Facelift Massage. She is certified by the American Reflexology Certification Board and designed the Three Level Reflexology Program here at Lourdes.

Susan Digregorio, CMP

Sue is a graduate of Lourdes Institute of Wholistic Studies and specializes in Spa Services, Therapeutic, Infant, Myofascial and Deep Tissue Massage.

David A. Egan, BS

(Kinesiology & Palpation, Self-care for the Bodyworker, & CEUs)

David has his Bachelor of Science in Exercise Science from Temple University and is certified in Scientific Swedish Massage through the Academy of Massage Science. He is also a nationally certified Strength and Conditioning Specialist. David has provided Personal Training, Massage Therapy and Therapeutic Stretching to private clients for the past 15 years.

Anne Foley, CYT, ERYT500

Anne is a Certified Yoga Teacher with more than 10 years of experience.

Judith Halper, RN, CHPN, ARCB

Judith is a Registered Nurse with varied certifications in the field of Reflexology, Her certifications include Nationally Certified Hospice Palliative Nurse, American Board Certified Reflexologist; a graduate of Lourdes Institute of Wholistic Studies. Judith has traveled thousands of miles as a lifelong student of Reflexology, conducting lectures and workshops for the National Hospice and Palliative Conferences. Judith is a Complementary Therapy Hospice Nurse, Reflexology clinical instructor and a member of ARCB and RAA.

Faculty & Staff

Lourdes Administration

Helen Owens, OSF, D.Min., MSN, RN, Dean

Sister Helen is the founder of Lourdes Wellness Center, the Institute of Wholistic Studies, and is currently Vice President of Mission at Our Lady of Lourdes Medical Center. Her background is in Community Health Nursing and in wholistic modalities. Her interest in wholistic spirituality prompted her to include the wholistic modalities certification programs at Our Lady of Lourdes.

Frank Pileggi, Ph.D., RHP, Director

Dr. Pileggi is the Director of Lourdes Institute of Wholistic Studies. He is a nationally Registered Holistic Practitioner specializing in Bodywork and Corrective Muscle Therapies, holding certificates in over 20 modalities including Pfrimmer Deep Muscle Therapy, Roling, Sports Massage, Myofascial Release, and Athletic Training. In addition to his honored training experiences with the Shamans of the Winooski American Indians, he received his Masters Degree in Holistic Health Sciences and his Doctorate in Holistic Arts and Practices. Dr. Pileggi has an extensive background as a practitioner, educator and administrator on both collegiate and professional levels.

Angela Austin, AS

Angela is the Coordinator, Receptionist, and Registrar for Lourdes Institute of Wholistic Studies. Angela is an honors graduate of LIWS with an Associates Degree in Applied Science/Massage Therapy. Angel is in pursuit of furthering her education in Wholistic Healthcare. Angela provides administrative assistance and helps to facilitate the needs of our students.

Lourdes Institute Faculty

Dorothea Atkins, RN, BSN, MA, NCTMB

(Massage, Pathology & CEUs)

Dotty is a certified healing arts practitioner. A graduate of Temple University, she received her Master's Degree from Fairleigh Dickinson University. She completed her massage training at Pennsylvania School of Muscle Therapy, having studied extensively in many modalities. Dotty, a retired High School teacher, is currently working on her Doctorate.

Amanda Bennett, BA, CMP, SI

(Massage, Structures & Functions,

Therapeutic Herbal Applications, Specialized Techniques, Myofascial Techniques. CEUs & Clinic)

Amanda is an honors graduate of LIWS who specializes in Medical/Rehabilitation and Structural Massage. Amanda has also completed studies in integrative body-work/energetic medicine techniques, is a Reiki Master and maintains a private practice.

Continuing Education Courses

Lourdes Institute Administration & Faculty is proud to provide Continuing Education and Individual Offerings facilitated by exceptional Guest Presenters who are noted for their practical & teaching skills plus the depth of their experience.

Active Isolated Stretching for Massage Therapists

DESCRIPTION: This course is designed to introduce the massage therapist to Active Isolated Stretching, a tool that can increase the effectiveness of your massage work. You will learn the principles of how to increase flexibility for yourself and your clients.

Christian Yoga Teacher Training

DESCRIPTION: This course can be an adjunct to Wholistic Yoga Teacher Training or an individual certification for Registered Yoga Alliance instructors. Students will learn how to use yoga as a sacred encounter with God; an experience of the body at prayer.

Creating Environmentally Friendly Massage Space

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 what 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.

CPR/First Aid

DESCRIPTION: Participants will learn normal cardiovascular anatomy and physiology and cardiovascular dysfunction (diseases). This course will also cover the principles of primary and secondary prevention of unnecessary death and disability from heart attack and other causes of sudden death. Finally, students will learn CPR and relief of foreign body airway obstruction (FBAO).

Deep Tissue Massage

PREREQUISITE: Therapeutic Massage

DESCRIPTION: This is an advanced course designed to work deeper and more effectively with less effort. It introduces the student to deeper pressure than that used in the Therapeutic Massage course. This hands on training will focus on over 40 techniques for various musculoskeletal disorders. This course includes common contraindications, elbow work, stretches, joint mobilization, body mechanics, and review of the musculoskeletal system.

Hot Stone Massage

PREREQUISITES: Basic massage training

DESCRIPTION: Nature's Stone Massage training involves the use of basalt stones combined with a variety of massage techniques to relax and rejuvenate the client. Students will learn all about stones, how to perform a stone massage and how to integrate the stones into your everyday massage practice. Also, contraindications, how to control temperature, sanitation, stone placement and use of equipment.

Continuing Education Courses

Infectious Diseases

DESCRIPTION: At the completion of this course, students will possess knowledge to differentiate between HIV infection and AIDS as well as other infectious diseases such as Hepatitis. Students will learn the symptoms of various infectious diseases and different ways they can be transmitted and prevented. Additional topics include the psychological and social impacts of living with an infectious disease. This course will also list HIV infection anonymous testing and counseling sites in New Jersey.

Medical Massage

PREREQUISITE: Therapeutic Massage

DESCRIPTION: This course is designed to give the massage therapist additional understanding of pathologies and knowledge of specific massage techniques that can be helpful in the recovery from specific medical conditions and injuries. Such techniques can be utilized as a guide when treating common musculoskeletal dysfunction.

Pregnancy and Infant Massage

PREREQUISITE: Therapeutic Massage

DESCRIPTION: This course instructs the skills and techniques necessary to massage the normally healthy pregnant client during all three trimesters. Students will learn methods for alleviating the common ailments that can occur during a normal pregnancy. Common contraindications, proper draping, body alignment, and positioning are addressed. Topics covered will also include the historical and cultural background of infant massage, the various techniques used, and the special considerations that must be made for infants with conditions such as cerebral palsy, drug withdrawal, birth trauma, and cleft palate. The student will also learn about the proper essential oils to use with infants, how to communicate with the infant's family, and how to teach the family some simple techniques that they can use at home.

Reiki I

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.

Reiki II

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

Reiki III

PREREQUISITE: Reiki I, Reiki II, Completion of twenty full Reiki

Treatments and ten full Absentee Reiki Treatments.

DESCRIPTION: This expert level Reiki training builds on the healing process taught in Reiki I and Reiki II. Reiki practitioners who would like to strengthen their energy healing abilities are encouraged to participate in this class. This workshop includes how to use Reiki for specific conditions, enhanced treatment procedures, multi-tasking absentee healing, and Reiki meditation exercises that strengthen ones energy flow.

Continuing Education Courses

Review Class for the National Certification Exam

PREREQUISITE: Completion of a formal 500-hour Therapeutic Massage/Bodywork program

DESCRIPTION: This course is designed to provide test-taking strategies for those students preparing for the National Certification Examination. It covers a review of anatomy and physiology, pathology, massage/bodywork theory, ethics, and business practice. Students will take practice tests and have the opportunity to review answers within the classroom setting.

Seated Chair Massage

DESCRIPTION: This course provides the massage therapist with instruction for an important massage service. Students learn how to deliver effective seated (on-site) massage therapy in private practice and health promotion settings. Physical, mental, and emotional preparation skills are emphasized as well as technical proficiency in the use of on-site equipment and supplies. Upon completion, students are able to deliver the confident application of long and short therapy techniques.

Self Care for the Body Worker

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.

Sports Massage

PREREQUISITE: Therapeutic Massage

DESCRIPTION: This course is an introduction to Sports Massage. Students will learn about common athletic injuries, when to utilize sports massage and when to refer to a physician. This course instructs on how to give a basic, yet complete pre and post event sports massage.

Therapeutic Sensory Applications I

DESCRIPTION: This course introduces the student to the therapeutic benefits and uses of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of essential oils and how the student can utilize them in their professional and personal life. This course explains the history of aromatherapy, the properties of essential oils, the techniques of blending, choosing the correct carriers, and contraindications and safety factors of essential oil use. The physical, emotional, and spiritual aspects of essential oil use will also be addressed.

Therapeutic Sensory Applications II

DESCRIPTION: This course is designed to give the student basic skills in aromatherapy education. The therapeutic properties of aromatherapy oils and the multitude of ways the oils can be utilized are discussed. Safe, responsible use of aromatherapy is emphasized. This course follows the National Association for Holistic Aromatherapy Guidelines for certification for family and friends practice.

The Science of Flexibility

DESCRIPTION: This course is an introduction to Active Isolated Stretching. It will focus on angles, origins and insertions. This course is about helping you understand the laws of human movement, stabilization and isolation of muscle structures.