

# LANE COMMUNITY COLLEGE MASSAGE THERAPY PROGRAM



LMT Continuing Education Newsletter

Fall 2018

**PLEASE NOTE:** For the convenience of students, the courses listed here will be reflected on a Lane Community College transcript upon completion. However, **it is the obligation of every instructor to ensure that their course content meets OBMT standards for approved CEUs.** Questions regarding content should thus be directed to instructors, and questions about OBMT standards or requirements should be directed to the Board office ([www.oregon.gov/OBMT/Pages/contact\\_us.aspx](http://www.oregon.gov/OBMT/Pages/contact_us.aspx)).



VISIT US ON THE WEB • <https://www.lanecc.edu/ce/massage> • <http://laneccmassage.com>

SEPTEMBER

TO REGISTER, CONTACT INSTRUCTOR

**9/18/2018-11/20/2018 • Qigong for Physical Health, Emotional Balance & Spiritual Grounding**  
**Debra Nash-Galpern, L.Ac.**

Taoist Qigong consists of postures that develop and cultivate physical and emotional stability. To provide care to others, we must feel a sense of balance and stability in our own lives. When we are in sync with the forces of the earth and the universe, we find a powerful sense of connection to ourselves. Learn to promote your own sense of wellness using this ancient modality. Based on the teachings of Master Mantak Chia.

1:40pm-2:40pm • Tuesdays • 10 CE HRS • \$150 • 1641 Oak Street, Eugene

EMAIL: [acuoffice@yahoo.com](mailto:acuoffice@yahoo.com)

**9/21/2018-9/23/2018 • The Berry Method® – Foot & Ankle**  
**Lynn VanNorman, LMT**

The Berry Method® can increase joint flexibility, prepare a client for strenuous workouts, and improve range of motion. Use a clay model of the foot and ankle to (re)teach your hands about what lies below the surface of the skin. Then, explore Berry Method® techniques to correct imbalances in the foot and ankle, which can help stabilize the joint, relieve discomfort, and delay surgery. *Note: class held 1-4pm Fri & 9am-5pm Sat/Sun.*

9:00am-5:00pm • Friday-Sunday • 20 CE HRS • \$425 • Location TBA

WEB: [lvnmedicalmassage.com](http://lvnmedicalmassage.com) • PHONE: 541.603.8031



**Community Balance Circles • Sara McRae, LMT & Joyce Bunner • NO COST**

*Be empowered to improve your health by using Touch For Health Kinesiology and Chinese Medicine! Improve posture, increase energy, and reduce stress while connecting with other growth-minded people.*  
**6:30pm-8:30pm • Dates vary • Zenbrio House, 1725 Pearl St • [www.zenbriohouse.com](http://www.zenbriohouse.com) • 541.953.4537**

**9/24/2018-12/3/2018 • Touch for Health Kinesiology****Sara McRae, LMT & Joyce Bunner**

Advance your practice with kinesiology! This holistic system of healing empowers practitioner and clients alike. Learn to use muscle testing as a biofeedback tool to restore the body to equilibrium and respond to physical and emotional stress. Reset muscular dysfunction and energy imbalances with simple but powerful techniques. For LMTs and Acupuncturists. *Option of 3 (\$35), 16 (\$355), or 32 (\$575) hours.*

5:45pm-8:45pm • Mondays • 3-32 CE HRS • \$35-\$575 • Zenbrio House, 1725 Pearl Street

**WEB: [zenbriohouse.com](http://zenbriohouse.com) • PHONE: 541.953.4537**

**9/27/2018-11/29/2018 • Cancer Center Experience****Jan Locke, LMT**

Designed for LMTs and Reiki practitioners, this class introduces a gentle, non-invasive technique and offers the opportunity to work with patients undergoing chemotherapy at the Willamette Valley Cancer Institute. LMTs must show proof of liability insurance/license. *4 hours of Ethics! Register by Sep 17 for \$20 discount.*

11:00am-12:45pm • Thursdays • 20 CE HRS • \$195 • Contact instructor for location

**EMAIL: [janloc@q.com](mailto:janloc@q.com) • PHONE: 541.726.9450**

**9/27/2018 • Emotional Freedom with Essential Oils****Rachel London**

Some days, it feels hard to be human. Balancing our own emotions and also supporting our clients in finding balance can be challenging. Join certified aromatherapist Rachel London for a sensory and hands-on journey into essential oils that can ease feelings of stress, increase your sense of confidence, encourage hormonal balance, and soothe the heart. All supplies included.

6:00pm-7:30pm • Thursday • 1.5 CE HRS • \$40 • 749 Willamette Street, Eugene

**WEB: [urbantherapeutic.net](http://urbantherapeutic.net) • PHONE: 541.357.4662**

**9/28/2018-9/30/2018 • Cupping Fundamentals****Jim Madras, LMT**

This age-old technique has been used around the world to treat pain, weakness, and illness... or just because it feels spectacular! This class introduces traditional fire cups as well as modern cups, and by the end of the weekend, students will be cupping like pros. *Includes 4 hours of communication.*

9:30am-5:30pm • Friday-Sunday • 21 CE HRS • \$420 • Natural Arts Center, Eugene

**WEB: [naturalartscenter.com](http://naturalartscenter.com)**

**9/28/2018-9/29/2018 • Phase 1 Vibrational Sound Course: Energy Vitality Technique****Jan Konow**

Students will discover the Chakras and correlated Solfeggio Frequency. Through group exercises, frequency attunement will be introduced and techniques of ear reception and point stimulation will be explored, along with the Energy Vitality Technique – a complete set of protocols for using the forks for personal or client-centered setting. *Solfeggio tuning forks for sale (\$199) but not required for class.*

9:30am-4:30pm • Friday & Saturday • 12 CE HRS • \$299 • Downtown Campus, Room 230

**EMAIL: [backintune@ymail.com](mailto:backintune@ymail.com) • PHONE: 541.895.2475**

**9/29/2018-9/30/2018 • Going with the F.L.O.W.: A Basic Course in Manual Lymphatic Drainage****Holly Dracup-Silvonen, LMT**

This course introduces manual lymphatic drainage following the F.L.O.W. principle: fluid direction, lymphatic drainage sequence, objective assessment, and wisdom to refer. Ideal for anyone interested in learning the basics of the lymphatic system in order to reduce inflammation in any client. This technique can accompany all modalities. **Discounted rate for massage students: \$250**

9:00am-5:00pm • Saturday & Sunday • 16 CE HRS • \$285 • Downtown Campus, Room 221

**WEB: [calmwavesbodyworks.com](http://calmwavesbodyworks.com) • EMAIL: [calmwavesbodyworks@gmail.com](mailto:calmwavesbodyworks@gmail.com) • PHONE: 541.272.2696**

**9/30/2018 • Prenatal Massage****Annie Siemens, LMT**

Students will explore the anatomical and pathophysiological changes that may occur in the prenatal client. Precautions and contraindications are discussed, as well as safe positioning, draping, and specific proven techniques, including for the psoas. The instructor has been teaching this very popular class since 1994.

9:00am-5:30pm • Sunday • 8 CE HRS • \$135 • Downtown Campus, Room 230

**EMAIL: [thewayofthecircle@yahoo.com](mailto:thewayofthecircle@yahoo.com) • PHONE: 541.485.4122**

**9/30/2018 • Ethics for the Massage Therapist****Robert Bike, LMT**

Students will deepen their understanding of ethical principles and dilemmas, the Oregon Revised Statutes and Administrative Rules, policy statements, boundaries, communication, dual relationships, best practice management, and business ethics. This class fulfills the OBMT requirement for re-licensing.

1:00pm-5:00pm • Sunday • 4 CE HRS • \$75 • Downtown Campus, Room TBA

**WEB: [robertbike.com](http://robertbike.com) • EMAIL: [robertbike@comcast.net](mailto:robertbike@comcast.net) • PHONE: 541.465.9486**

**▶ Also offered Sunday 10/28/18 & Sunday 11/25/18**



**CPR HOURS • OCT 3rd or NOV 28th • Basic Life Support for Healthcare Providers**

This 4.5-hr course is designed for a wide variety of healthcare professionals and meets the requirement for licensure, certification, or renewal for Oregon healthcare regulatory agencies.

10:00am-2:30pm • Wednesday • \$55 • Downtown Campus, Room 108

**10/5/2018-11/4/2018 • Basic Jin Shin Do® Bodymind Acupressure  
Becky Smith, LMT**

Learn to assess and balance energy using gentle yet firm finger pressure. This class introduces you to simple acu-point patterns that release chronic tensions associated with headaches, backaches, digestive and sleep trouble, and fatigue. Learn to relate to clients mindfully and to promote bodymind awareness and core vitality. *Includes 7 hours of ethics. Discount for payment in advance!*

*Note: Class held 1st weekends of October & November (Oct 5-7 & Nov 2-4)*

9:00am-5:00pm • Friday-Sunday x2 • 40 CE HRS • \$675 • South Eugene

**WEB: smithbodymind.com • EMAIL: beckysmithlmt@gmail.com • PHONE: 541.345.7189**

**10/6/2018 • Introduction to Bowenwork®  
Susan Smith, LMT**

Bowenwork® is a manual therapy based on the principle that our bodies are self-healing and can, with the right stimulation, return to a balanced state of wellness. Explore the basic Bowen “moves” and indications for their use. Illustrated manual provided.

10:00am-2:30pm • Saturday • 4 CE HRS • \$95 • 412 W 17th Avenue, Eugene

**PHONE: 541.933.3975**

▶ **Also offered Thursday 11/1/18 4:00pm-8:30pm & Sunday 12/1/18 11:00am-3:00pm**

**10/6/2018-10/7/2018 • 1st Degree Usui Reiki  
Laura Magpali, LMT**

Awaken or deepen your healing abilities and learn a wide variety of uses for this gentle but powerful ancient healing art. Class introduces the body’s energy centers, the science behind Reiki, as well as techniques and applications to your personal life, for self-healing, and for healing others. Open to anyone with an interest in healing and personal growth. Certificate and manual included.

10:00am-5:00pm • Saturday-Sunday • 14 CE HRS • \$225 • 766 Foothill Drive, Eugene

**WEB: reikiclasseseugene.com • PHONE: 541.525.4033**

Lane’s downtown campus – the **Mary Spilde Downtown Center** – is located at:  
**101 WEST 10TH AVENUE, EUGENE, OR 97401**

• TEXT or CALL **541.579.5881** to schedule a session in our STUDENT CLINIC •

**10/7/2018 • Ancient Wisdom for Ethical Practice in the Healing Profession****Marcia York, LMT**

Explore the indigenous wisdom of lomilomi, or Hawaiian massage. Class will begin with a discussion of the responsibility practitioners have to ourselves, our clients, and our planet. Self-care tools will be shared and new insights will be applied, to improve client communication, enhance awareness of boundaries, and gain clarity in resolving ethical dilemmas. *Fulfills OBMT ethics requirement for re-licensing.*

11:00am-3:00pm • Sunday • 4 CE HRS • \$85 • Downtown Campus, Room TBA

**WEB:** [mymassageeducation.com](http://mymassageeducation.com) • **EMAIL:** [mymassageeducation@gmail.com](mailto:mymassageeducation@gmail.com) • **PHONE:** 541.999.6542

**10/7/2018 • Experiential Anatomy & Massage – The Skeletal System****Wendy Loren, LMT**

This workshop uses images, touch, and movement to facilitate a deeper understanding of the bones of the body, and explores how to incorporate this knowledge into your practice. Bring questions to this non-judgmental classroom! Instructor is certified in Embodied Anatomy and Yoga from the School of Body Mind Centering.

12:00pm-4:00pm • Sunday • 4 CE HRS • \$45 • Downtown Campus, Room 221

**WEB:** [wendyloren.massagetherapy.com](http://wendyloren.massagetherapy.com) • **PHONE:** 541.337.4726

**10/12/2018-10/21/2018 • Thai Massage Essentials: Layers & Lines****Jim Madras, LMT**

This foundational course explores Sen lines, the layers of the physical body in the Thai medicine system, and the history, theory, and spirituality of Thai healing arts. Students will also learn how to give a full body Thai massage.

*Note: course taught on 2 consecutive weekends (Oct 12-14 & Oct 19-21).*

10:00am-5:00pm • Friday-Sunday x2 • 36 CE HRS • \$640 • Natural Arts Center, Eugene

**WEB:** [naturalartscenter.com](http://naturalartscenter.com)

**10/14/2018 • Postpartum Massage****Annie Siemens, LMT**

Explore how you can best support postpartum clients and help them find their “new normal.” Topics covered include anatomical and pathophysiological changes and considerations, as well as techniques – including to address caesarian scars.

9:00am-5:30pm • Sunday • 8 CE HRS • \$135 • Downtown Campus, Room 230

**EMAIL:** [thewayofthecircle@yahoo.com](mailto:thewayofthecircle@yahoo.com) • **PHONE:** 541.485.4122

**TMJ Workshop • Annie Siemens, LMT & Lynn VanNorman, LMT • 7 CE HRS • \$350**

*Explore intraoral techniques for TMJ, using microcurrent. Manual Included.*

**10am-5pm • Sunday • Date and location TBA. See: [lvnmedicalmassage.com](http://lvnmedicalmassage.com) or call: 541.603.8031**

**10/15/2018-12/10/2018 • The Five Series: Skill Development Workshops****Amy Lee, LMT & Beckett Rowan, LMT**

These 5 workshops, offered every two weeks, are designed to provide early career LMTs with concrete skills that will enhance their work. In each class, an anatomy review will be followed by the demonstration and practice of 5 specific techniques. **Register for three 2-hour workshops for \$120, or 5 for \$180 (get 1 free).**

Oct 15: Shoulder • Oct 29: Glutes • Nov 12: Low Back • Nov 26: Neck • Dec 10: Arms & Hands

6:30pm-8:30pm • Mondays • 2-10 CE HRS • \$45-\$180 • Downtown Campus, Room 221

**EMAIL: [leea@lanecc.edu](mailto:leea@lanecc.edu) • PHONE: 541.908.2336**

**10/18/2018-10/21/2018 • Awareness-Oriented Structural Integration, Session 1****Cris Rubini, LMT**

AOSI is a non-symptom-specific approach that addresses certain areas of the body in different courses. This course will address the corresponding fascial structures of breath; the abdomen, thorax, spine, and pelvis. Students will focus on client participation and increasing bodily awareness in the areas worked.

9:00am-6:00pm • Thursday-Sunday • 32 CE HRS • \$650 • 2520 Harris Street, Eugene

**WEB: [oregonmyofascialrelease.com](http://oregonmyofascialrelease.com) • EMAIL: [rubini.cristofer@gmail.com](mailto:rubini.cristofer@gmail.com) • PHONE: 808.639.6698**

**10/20/2018 • Culturally Competent Communication****Carrie Brown Reilly, NTP**

Explore how race, culture, and belief patterns relate to health. Students will work to define terms like cultural competency, race, ethnicity, and stereotype, and will learn interventions to help LMTs enhance their cultural competency for more ethical communication with clients. *Course fulfills OBMT requirement for re-licensing.*

9:00am-1:00pm • Saturday • 4 CE HRS • \$65 • Downtown Campus, Room TBA

**WEB: [balancedntp.com](http://balancedntp.com)**

**10/21/2018 • Hot Stone Massage****Amy Lee, LMT & Beckett Rowan, LMT**

No matter what your work setting, hot stones can be a valuable addition to your practice by enhancing the experience of clients while offering your hands a much-needed break. This class focuses on how to safely use moving stones as a therapeutic tool.

9:00am-6:00pm • Sunday • 8 CE HRS • \$179 • Downtown Campus, Room 221

**EMAIL: [leea@lanecc.edu](mailto:leea@lanecc.edu) • PHONE: 541.908.2336**



## OCTOBER

TO REGISTER, CONTACT INSTRUCTOR

### **10/26/2018-10/28/2018 • The Berry Method® – Pelvis Lynn VanNorman, LMT**

In this fun class, use clay models to (re)teach your hands what lies below the surface of the skin, then explore Berry Method® techniques to correct imbalances in the pelvis. On Sunday, use these skills in practice.

*Note: class held 1-4pm Fri & 9am-5pm on Sat/Sun.*

9:00am-5:00pm • Friday-Sunday • 20 CE HRS • \$425 • Location TBA

**WEB:** [lvnmedicalmassage.com](http://lvnmedicalmassage.com) • **PHONE:** 541.603.8031

### **10/27/2018 • Cupping & Scraping: Communication Jim Madras, LMT**

Explaining the marks that result from cupping and gua sha can be challenging. This workshop offers simple and effective ways to help clients view their body and their wellness through the lens of traditional medicine, and to explain what the marks on their body indicate and why clients need to bundle up after treatments.

9:30am-1:30pm • Saturday • 4 CE HRS • \$80 • Natural Arts Center, Eugene

**WEB:** [naturalartscenter.com](http://naturalartscenter.com)

### **10/30/2018 • Pediatric Massage Annie Siemens, LMT**

This workshop introduces concepts and techniques, from both Western medicine and Traditional Chinese Medicine, for working with children of all ages. Topics include: the conditions that can be aided by massage, assessing the pediatric client, and treatments that are appropriate for common conditions such as scoliosis and congenital torticollis.

9:00am-5:30pm • Sunday • 8 CE HRS • \$135 • Downtown Campus, Room 230

**EMAIL:** [thewayofthecircle@yahoo.com](mailto:thewayofthecircle@yahoo.com) • **PHONE:** 541.485.4122

## NOVEMBER

TO REGISTER, CONTACT INSTRUCTOR

### **11/3/2018-11/4/2018 • 2nd Degree Usui Reiki Laura Magpali, LMT**

Accelerate your personal growth and deepen your healing abilities. Magnify your Reiki energy with symbols and techniques for remote healing of others, for emotional self-healing, and for creating the life you want. Open to anyone who has their 1st Degree Reiki. Certificate and manual included.

10am-5pm • Saturday-Sunday • 14 CE HRS • \$225

766 Foothill Drive, Eugene

**WEB:** [reikiclasseseugene.com](http://reikiclasseseugene.com) • **PHONE:** 541.525.4033

LANE COUNTY  
MESSAGE & BODYWORK  
ASSOCIATION

**2 CEUs • \$10**

**Fall Workshops**

OCT 1 • TBA

NOV 5 • Valerie Ozgenc  
**Marketing Basics for LMTs**

DEC 3 • TBA

see: [laneccmassage.com/lcmba](http://laneccmassage.com/lcmba)

**11/3/2018 • Yoga for Bodywork Professionals****Heather Nelson**

Designed for LMTs, Rolfers, PTs, or any other manual practitioner. Maintain and promote your own self-care through yoga, so that you can continue to comfortably help others. Learn poses and techniques to ease and strengthen areas of the body used repetitively by manual therapists. Discover grounding techniques you can use before and after sessions to be relaxed, focused, and prepared to deliver your best.

12:30pm-2:30pm • Saturday • 2 CE HRS • \$25 • 199 E 5th Avenue, Suite 33

**WEB:** [eugenemudra.com/yoga-lmt](http://eugenemudra.com/yoga-lmt) • **EMAIL:** [info@eugenemudra.com](mailto:info@eugenemudra.com)

**11/4/2018 • Introduction to Hawaiian Massage****Marcia York, LMT**

This ancient bodywork practice incorporates problem-solving techniques that affect deep tissues, but are not invasive for the client and are easy for the therapist to deliver with little demand on their body. This class combines short lectures with concentrated table time. The use of hot stones is also introduced. Scholarships may be available – contact instructor for more information.

*Discounted rate for Lane Massage Program students: \$85!*

10:00am-5:00pm • Sunday • 6 CE HRS • \$100 • Downtown Campus, Room 221

**WEB:** [mymassageeducation.com](http://mymassageeducation.com) • **EMAIL:** [mymassageeducation@gmail.com](mailto:mymassageeducation@gmail.com) • **PHONE:** 541.999.6542

**11/4/2018 • Muscles, Movement & Massage****Wendy Loren, LMT**

Explore muscles, movement, and massage with visualizations and practical applications that deepen your massage or bodywork practice. Questions welcome! Non-judgmental atmosphere. Instructor is certified in Embodied Anatomy and Yoga from the School of Body-Mind Centering.

12:00pm-4:00pm • Sunday • 4 CE HRS • \$45 • Downtown Campus, Room 230

**WEB:** [wendyloren.massagetherapy.com](http://wendyloren.massagetherapy.com) • **PHONE:** 541.337.4726

**11/5/2018 • Introduction to the Ethics and Practicalities of Insurance Billing****Erica Anderson**

An introduction for LMTs to insurance billing, this class covers: how to complete the CMS1500 form in order to bill insurance, setting fee schedules, and the ethics of insurance billing. Reference packet provided.

5:30pm-7:30pm • Monday • 2 CE HRS • \$59 • 388 Pearl Street, Suite 2, Eugene

**EMAIL:** [ericaander@gmail.com](mailto:ericaander@gmail.com) • **PHONE:** 541.870.7692

***The Lane Small Business Development Center (SBDC) offers free services, classes, and workshops!***

THE SBDC IS LOCATED AT THE DOWNTOWN MARY SPILDE CENTER – 101 WEST 10TH AVE

***lanesbdc.com***



**11/8/2018 • Creating Touch Points for Client Loyalty****Brenda Stebbeds, LMT**

This course presents 11 Service Path Touchpoints that can guide your approach to maintaining client loyalty. Learn to create the conditions for successful client experiences, and to enhance those experience with your individual style. These skills will inspire client loyalty whether you're an employee, an independent contractor, or are self-employed.

6:00pm-8:00pm • Thursday • 2 CE HRS • \$45 • 749 Willamette Street, Eugene

**WEB: [urbantherapeutic.net](http://urbantherapeutic.net) • PHONE: 541.357.4662****11/9/2018 • Intersecting Identities: Cultural Competency for Healthcare Providers****Erin Kitumba, LMFT**

Whether you're a bodywork professional, mental health clinician, human services worker, caseworker, or any other healthcare provider, this course offers you an opportunity to delve deeper into cultural identity. Explore how your culture interacts with and informs your practice.

9:00am-1:30pm • Friday • 4 CE HRS • \$89 • Downtown Campus, Room 108

**WEB: [springfieldcounselingservices.com/trainings](http://springfieldcounselingservices.com/trainings) • PHONE: 541.357.8864****NOV 28 • 6:00pm-8:00pm***This class does **not** offer CEUs***NATURAL DIY  
HOLIDAY GIFTS****Brenda Stebbeds, LMT**

Join the Urban Therapeutics DIY team and learn to make natural, affordable gifts! Customizable products can incorporate herbs, essential oils, salts, and more. You will leave with completed, "ready to gift" products to inspire your gift giving for the rest of the season! All supplies included.

**\$42****WEB: [urbantherapeutic.net](http://urbantherapeutic.net)****PHONE: 541.357.4662**

749 Willamette Street, Eugene

**12/8/2018-12/10/2018****Ethics and Hawaiian Hot Stone Therapy (Lomi'iili'i)****Marcia York, LMT**

Explore how hot stones, combined with ancient Hawaiian healing philosophies and techniques, offer both spiritual inspiration and effective problem solving. Learn to work deeply with little demand on your body. Class includes a discussion of ethics that applies the lens of *lomiomi* to clarifying personal values, strengthening communication, and providing support in navigating difficult boundaries issues. *This class fulfills OBMT ethics requirement for re-licensing.*

**Course cost includes roaster & stones.***Discounted rate for Lane Massage Program students: \$455*

8:30am-6:30pm • Saturday-Monday • 27 CE HRS • \$555

Downtown Campus, Room 230

**WEB: [mymassageeducation.com](http://mymassageeducation.com)****EMAIL: [mymassageeducation@gmail.com](mailto:mymassageeducation@gmail.com)****PHONE: 541.999.6542**