



LMT CONTINUING EDUCATION DIRECTORY

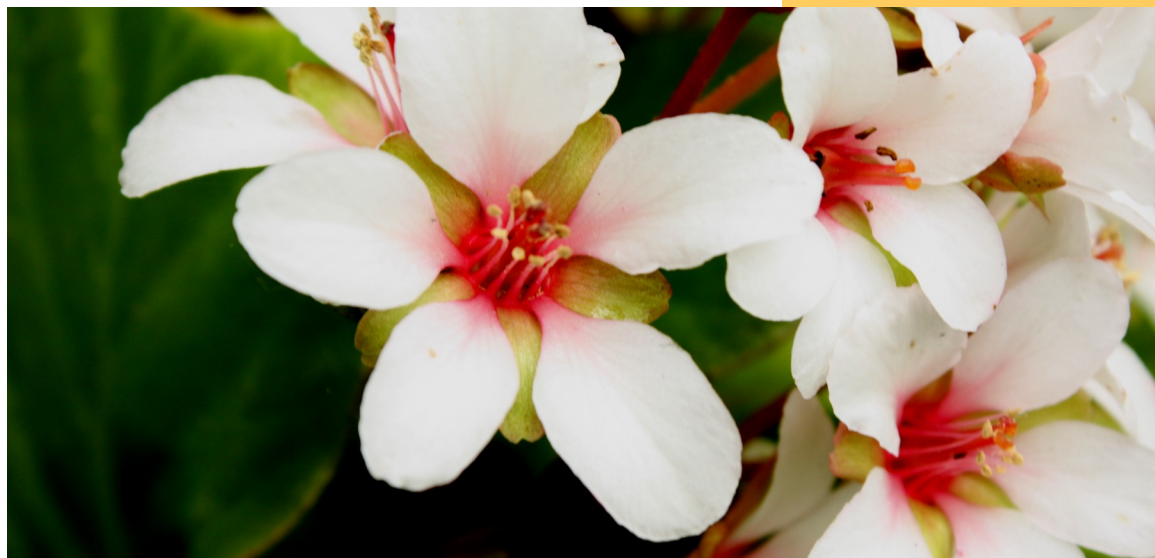
SPRING 2019

These classes are offered and administered by private instructors, *not* Lane Community College.

This publication is an outreach service of the Lane Massage Program, which works with participating instructors to record these courses on a Lane transcript, making CE hours easy to access for license renewal. However, Lane does not approve or monitor course content.

Each instructor is responsible for ensuring that the content they offer meets standards set by the OBMT.

Please direct all questions about course content to the appropriate instructor(s), and questions about CE standards or license renewal requirements to the OBMT office.



APRIL

TO REGISTER, CONTACT INSTRUCTOR

4/2/2019-6/4/2019 • Applied Acupressure Debra Nash-Galpern, LAc

Learn the points of the 12 acupuncture meridians, and how they are used in the mirror and image systems for effective acupressure treatment. Instructor is a 20-year Chinese medical practitioner and former instructor at the American College of Traditional Chinese Medicine (ACTCM) in San Francisco. Textbooks required.

12:40pm-2:40pm • Tuesdays • 20 CE HRS • \$295 • 1641 Oak St, Eugene

EMAIL: acuoffice@yahoo.com • PHONE: 541.521.1166 (Contact Jamie to register)

4/4/2019-6/6/2019 • Cancer Center Experience Jan Locke, LMT

LMTs and Reiki practitioners will be trained in a gentle, non-invasive technique and have the opportunity to work with chemotherapy patients at Willamette Valley Cancer Institute. Proof of liability insurance and license is required for LMTs. *This class includes 4 hours of ethics continuing education.*

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

EMAIL: janloc@q.com • PHONE: 541.726.9450

Schedule in the Lane Massage Program **STUDENT CLINIC** • TEXT or CALL **541.579.5881**

4/4/2019-6/6/2019 • Qigong for Organ Health and Physical & Emotional Healing
Debra Nash-Galpern, LAc

Join a Universal Healing Tao Certified Instructor and Licensed Acupuncturist and Herbalist, to learn Grand Master Mantak Chia's methods, the Secret of the Inner Smile Meditation, the Six Healing Sounds, and the Micro Cosmic Orbit. Textbook required.

2:00pm-3:00pm • Thursdays • 10 CE HRS • \$145 • 1641 Oak St, Eugene

EMAIL: acuoffice@yahoo.com • PHONE: 541.521.1166 (Contact Jamie to register)

4/6/2019-4/7/2019 • Massage Cupping
Jim Madras, LMT

Expanding on the material in Fundamentals, this class digs into some wonderful methods for working tissues using negative pressure. To get the most out of this workshop, you should be very familiar and comfortable with fire cupping. *Pre-requisite: Cupping Fundamentals or equivalent.*

9:30am-5:30pm • Saturday & Sunday • 14 CE HRS • \$280 • Natural Arts Center, Eugene

WEB: naturalartscenter.com

4/7/2019 • 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 ethics requirement for re-licensing.*

1:00pm-5:00pm • Sunday • 4 CE HRS • \$75 • Downtown Campus, Room 105

WEB: robertbike.com • EMAIL: robertbike@comcast.net • PHONE: 541.465.9486

 **Also offered Sunday 5/5 & Sunday 6/2**

4/9/2019 • Essential Oils 102
Rachel London

Are you exploring the world of essential oils and seeking to dig deeper? This workshop, taught by a certified aromatherapist, offers a quick refresher of Essential Oils 101 but takes a more in-depth look at the plants from which oils are derived and why. Contraindications are discussed, as well as advanced safety methods for implementing essential oils into your daily life and wellness practice. Students will make an assortment of aromatherapy blends in class. All supplies included.

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

WEB: urbantherapeutic.net • PHONE: 541.357.4662

Lane's downtown campus – the **Mary Spilde Downtown Center** – is located at:

101 WEST 10TH AVENUE, EUGENE, OR 97401

4/14/2019 • Cupping & Gua sha (2-Part Workshop)**Carly Samish, LAc, LMT**

Cupping is easy to integrate into a massage session, and decompresses fascia, increases circulation, and resolves pain. This class uses silicone cups, and will cover safety, communication, and cupping skills. *Gua sha*, also known as scraping therapy, AISTM, or Graston, is another effective way to resolve pain, chronic tension, and fascial restriction. *Gua sha* techniques for the whole body will be presented, and safety and communication will be discussed. Workshops offered on same day; students may register for one or both. *Discount for registration before Apr 1. Students must own or purchase cups/tools before class.*

9:00am-6:00pm • Sunday • 4 or 8 CE HRS • \$90-\$175 • Downtown Campus, Room 221

WEB: bluefirehealingarts.com**4/14/2019 • Experiential Anatomy & Massage: The Skeletal System****Wendy Loren, LMT**

Gain a deeper understanding of the bones, using images, touch, and movement. Then, discover how you can incorporate this experience into your practice. Bring questions to class! Instructor 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 • PHONE: 541.337.4726 (please text)**4/16/2019 • Being Client-Wise****Brenda Stebbeds, LMT**

Explore strategies and tools for establishing and sustaining a clientele, both in a private practice and as an employee within the wellness industry. All materials included.

5:00pm-7:00pm • Tuesday • 2 CE HRS • \$40 • 749 Willamette Street, Eugene

WEB: www.urbantherapeutic.net • PHONE: 541.357.4662

Lane County
Massage & Bodywork Association

Spring Workshops

M O N D A Y S

APRIL 1 • Pamela Czerny, LE
Skin Conditions & Facial Massage

MAY 6 • Becky Smith, LMT
Jin Shin Do® Bodymind Acupressure®

JUNE 3 • Erin R. Ward, DACM, LAc, LMT
Insurance Billing Fundamentals for LMTs

laneccmassage.com/lcmba**CPR HOURS**

WEDNESDAYS
APR 10 • MAY 1 • JUN 5

Basic Life Support for Healthcare Providers

Meant for a variety of healthcare professionals, this course fulfills the requirement for licensure, certification, or renewal set by Oregon healthcare regulatory agencies.

10:00am-2:30pm • \$55 • 4.5 HRS
Downtown Campus, Room 108

REGISTER AT: <https://laneccmassage.com/laneccmassage.com/laneccmassage.com/laneccmassage.com/index.cfm?fuseaction=1010#>

4/21/2019 • 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 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

WEB: anniesiemenslmt.messageplanet.com • **EMAIL:** thewayofthecircle@yahoo.com

PHONE: 541.485.4122

4/26/2019-4/27/2019 • 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 forks in a personal or client-centered setting. *Solfeggio tuning forks for sale (\$199) but not required for class.*

9:00am-4:00pm • Friday & Saturday • 12 CE HRS • \$299 • 1000 Willagillespie Road, Suite 350, Eugene

EMAIL: backintune@ymail.com • **PHONE:** 541.895.2475

4/27/2019-4/28/2019 • 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. *Register by Apr 24.*

10:00am-5:00pm • Saturday & Sunday • 14 CE HRS • \$235 • 766 Foothill Drive, Eugene

WEB: reikiclasseseugene.com

▶ **Also offered Saturday & Sunday 6/1-6/2 (Register by May 29)**

4/28/2019 • The Functional and Structural Anatomy of the Foot & Leg**Scott Huetten, LMT & Mark Donahue**

Deepen your understanding of the detailed functional anatomy of the muscles and joints of the legs and feet, explore their role as support for the whole body, and learn techniques to resolve leg and foot issues.

Discount for registration by Apr 1.

9:00am-5:00pm • Sunday • 7 CE HRS • \$170 • Downtown Center, Room 230

EMAIL: scott@heartbalancerolfing.com • **PHONE:** 541.913.6827

The Lane Small Business Development Center (SBDC) offers free services, classes, and workshops!
For more information, see: www.lanesbdc.com

5/3/2019-5/5/2019 • Cupping Fundamentals**Jim Madras, LMT**

This age-old technique has been used around the world to treat pain, weakness, and illness... or because it simply 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 ethics/communication.*

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

WEB: naturalartscenter.com

5/4/2019-5/5/2019 • 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. Explore the body's energy centers, the science behind Reiki, and techniques and applications to your personal life, for self-healing and for healing others. Open to anyone interested in healing and personal growth. Certificate and manual included. *Register by May 1.*

10:00am-5:00pm • Saturday & Sunday • 14 CE HRS • \$235 • 766 Foothill Drive, Eugene

WEB: reikiclasseseugene.com

5/5/2019 • Postpartum Massage**Annie Siemens, LMT**

Explore how you can best support postpartum clients and help them find their "new normal," and how you can safely treat their infants. Topics covered include the anatomical and pathophysiological changes in new mothers, along with considerations and techniques – including to address caesarian scars – as well as the fundamentals of infant massage.

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

WEB: anniesiemenslmt.massageplanet.com • EMAIL: thewayofthecircle@yahoo.com

PHONE: 541.485.4122

5/5/2019 • 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

WEB: mymassageeducation.com • EMAIL: mymassageeducation@gmail.com • PHONE: 541.999.6542



5/6/2019 • Trauma-Informed Ethics, Boundaries, and Communication**Emily Pyle**

Recognizing how primary and secondary trauma impact physical, mental, and emotional health gives new insight into common ethical dilemmas encountered in healing practices. This workshop is meant for bodywork professionals who want to provide competent, compassionate care for clients with histories of trauma and toxic stress. *This course fulfills the ethics requirement for license renewal in Oregon.*

8:30am-4:00pm • Monday • 7.5 CE HRS • \$75 • 1100 Charnelton St, Eugene

WEB: healingattention.org/ethics

5/15/2019 • Resume Workshop**Brenda Stebbeds, LMT**

If you are new to the bodywork industry, or are re-entering with a rusty resume, this course is for you! We will discuss the structure and content of cover letters and resumes, and how to fill in the "gaps" so that you can confidently market yourself to a potential employer or even to clients! Current local job openings will also be discussed.

6:00pm-8:00pm • Wednesday • \$40 • 749 Willamette Street, Eugene

WEB: www.urbantherapeutic.net • PHONE: 541.357.4662

5/19/2019 • Introduction to Motivational Interviewing**Alan Siebel, LPC**

Explore the foundations of Motivational Interviewing, which aims to support behavioral changes in clients who are open to exploring and resolving ambivalence regarding their health. This is a conversation style that can be used by a variety of professionals. *Class fulfills OBMT ethics/communication requirement for re-licensing.*

9:00am-5:00pm • Sunday • 8 CE HRS • \$149 • Downtown Campus, Room 221

EMAIL: asiebel@alansiebellpc.com • PHONE: 541.972.3768

5/19/2019 • 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 • PHONE: 541.337.4726 (please text)



5/31/2019-6/9/2019 • Thai Massage Essentials: Layers & Lines**Jim Madras, LMT**

This foundational course explores sēn lines and the layers of the physical body in the Thai medicine system, as well as the history, theory, and spirituality of Thai healing arts. Students will also learn how to give a full body Thai massage. *Includes 4 hours of ethics/communication.*

Note: course taught on two consecutive weekends (5/31-6/2 & 6/7-6/9).

10:00am-5:00pm • Friday-Sunday x2 • 36 CE HRS • \$700 • Natural Arts Center, Eugene

WEB: naturalartscenter.com

6/2/2019 • 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: 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

WEB: anniesiemenslmt.messageplanet.com • EMAIL: thewayofthecircle@yahoo.com

PHONE: 541.485.4122

6/9/2019 • The Functional and Structural Anatomy of the Hips & Pelvis**Scott Huetten, LMT & Mark Donahue**

Expand your understanding of the functional anatomy of the muscles and joints of the hips and pelvis, further explore their role in gait and in support of the upper body, and learn techniques to help you resolve hip and pelvic issues. *Discount for registration by May 6.*

9:00am-5:00pm • Sunday • 7 CE HRS • \$170 • Downtown Center, Room 230

EMAIL: scott@heartbalancerolfing.com • PHONE: 541.913.6827

6/11/2019 • Outdoor Skin: Build a Natural First-Aid Kit**Rachel London**

Summers spent in the great outdoors can be rough on our skin! In this hands-on class, learn to make several simple but effective first-aid products that you can take on your next hike, ride, or camping trip, or use in your own backyard or wellness practice. You'll create recipes customized for your needs. All supplies included.

6:00pm-7:30pm • Tuesday • 1.5 CE HRS • \$35 • 749 Willamette Street, Eugene

WEB: urbantherapeutic.net • PHONE: 541.357.4662