

CYPRESS HEALTH INSTITUTE  
1119 Pacific Avenue #300  
Santa Cruz CA 95060  
[www.cypresshealthinstitute.com](http://www.cypresshealthinstitute.com)  
CAMTC approval code SCH0142  
BPPE code 4400301

CATALOG

**January 10, 2018 through December 23, 2018**

Program address:  
Cypress Health Institute  
1119 Pacific Ave Suite 300  
Santa Cruz, CA 95060

Mailing address:  
P.O. Box 542  
Soquel CA 95073  
(831) 476-2115

Cypress shall provide a catalog pursuant to section 94909 of the Code, which shall be updated annually. Annual updates may be made by the use of supplements or inserts accompanying the catalog. If changes in educational programs, educational services, procedures, or policies required to be included in the catalog by statute or regulation are implemented before the issuance of the annually updated catalog, those changes shall be reflected at the time they are made in supplements or inserts accompanying the catalog. Catalogs are available by request through postal mail at the above address, at the school or by email request from [larry@cypresshealthinstitute.com](mailto:larry@cypresshealthinstitute.com)

Printed/revised January 10, 2018

## Our Mission and Purpose Statement

The Cypress Health Institute is an educational organization dedicated to the teaching of preventative and holistic health care practices. We wish to provide an opportunity for interested students to acquire caring and professional training in a broad spectrum of therapeutic skills useful in facilitating a high level of physical, mental and emotional well-being in both themselves and others.

The therapeutic Massage Program is designed to acquaint the student with his/her own creative healing potential. Within the framework given by the program, each practitioner is encouraged to develop his/her own unique style and approach to massage and the healing arts. To this end, our methods of instruction are both structured and flexible., widely applicable and highly personalized. Extensive, hands-on practice and guided experience under careful staff supervision are the keys to learning.

Class size is purposefully limited to best allow individual concerns to be met within the context of the larger class setting.

Program emphasis is on a commitment to professional integrity, personal growth and therapeutic effectiveness. It is our intention that the conscientious student will graduate as a massage practitioner of the highest caliber.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 320, Sacramento, CA 95814, [www.camtc.org](http://www.camtc.org), phone (916) 669-5336, or fax (916) 669-5337."

### Business Address

Administrative matters are handled through the Institute's business address: P.O. Box 542, Soquel CA 95073. The telephone number for administrative affairs is (831) 476-2115, available 9:00 A.M. - 5:00 P.M. Monday through Friday.

### Approval Disclosure Statement

The Cypress Health Institute is private institution and is approved to operate by the **Bureau of Private Post Secondary Education**. Approval to operate means Cypress Health Institute is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations. The BPPE school code is #4400301.

The Cypress Health Institute approval application to the California Massage Therapy Council (CAMTC) is currently being reviewed and approval status is currently pending.

### Admission

The Therapeutic Massage Program is open to all interested persons age 18 or over who are high school graduates or have a successful passing score on the ability to benefit exam. There is no entrance testing requirement. Cypress does not provide English as a second language instruction. Cypress does not offer ESL classes or translators. Cypress does not offer distance educational programs or on-line educational programs. All classes are in English only. The student must have the ability to read and write English at the level of a graduate of an American high school as demonstrated by the possession of a high school diploma, GED or passage of the California high school proficiency exam. Students may submit transcripts from a high school, community college or 4 year college as an assessment of their potential attendance at Cypress courses.

Interested individuals and prospective students can request a catalog. Catalogs can be sent by email, postal mail or picked up at the school. Cypress's email address is [larry@cypresshealthinstitute.com](mailto:larry@cypresshealthinstitute.com).

Cypress admits students from other countries, but no visa services are provided and Cypress will vouch for student status, but not any associated charges. Foreign students must take the TOEFL exam and have a passing rate of 550 in order to be assessed as proficient to enroll in Cypress Health Institute.

Students who have completed a course of study at another approved educational institution can apply for transfer credit by supplying Cypress with official transcript documentation from their previous, approved educational institution. Cypress may grant up to 50% transfer credit. Cypress does not have specific transfer agreements with any other institution. Cypress does not grant credit for prior experiential learning. Cypress does not accept credits through challenge and/or achievement test. Cypress does not accept or offer an Ability to Benefit Exam.

#### Statement of educational objectives

The educational objectives of the Therapeutic Massage program at Cypress Health Institute are to help students learn a broad range of physical manipulations and know how and when to apply various strokes and techniques. In addition, students are taught to focus life energy and channel it creatively for healing. Students are taught to give a nurturing massage and to help alleviate pain and provide other symptomatic relief. Another objective is to help students acquire insight into the dynamics of the healing process and an understanding of the underlying causes of disease. Students will also begin to understand anatomy of the human body with its structural and functional interrelationships. Finally, a student will begin to develop the self-confidence and intuitive freedom to trust his/her innate healing abilities.

As a prospective student you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

#### NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Cypress Health Institute is at the complete discretion of an institution to which you may seek to transfer, Acceptance of the certification you earn at the Cypress Health Institute is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may want to transfer after attending Cypress to determine if your certificate will transfer.

## STUDENT TUITION RECOVERY FUND

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

### Facility, Equipment and Student Services

Cypress is located in downtown Santa Cruz above Logos Bookstore in a large and well-maintained building.

Two large, clean, light-filled classrooms, with 2 restrooms are available for classes. Massage tables are available for student's use while in class.

Both a projector and projection screen are available for power point presentations.

A skeleton is available to students in the classroom.

Reference books, including but not limited to the following are available in the classroom for student use. Trail Guide to the Body by Biel, Pathology for Massage Therapists by Werner, Anatomy flash cards, anatomical charts of the musculoskeletal, skeletal and nervous systems, MBLEx study guides.

A large whiteboard is available for teacher and student use during class.

Filtered water is available for students.

Public transportation is available in front of the school.

Ample free, off-street parking is available at the school.

Student handouts of material, when needed, are provided to the students for each class at no cost to the students.

Student services: A whiteboard listing of job openings and inquiries from local businesses is available for students to look at whenever they are at school.

### Library

Cypress does not offer a library. There are no library services available at Cypress.

### Housing information

Cypress does not have any dormitory facilities.

The school has no responsibility to find or assist a student in finding housing. The approximate range of cost of housing is \$500-700/ for room and \$1000-1400/month for house. Cypress has no responsibility to find or assist a student in finding housing.

### Student records

Cypress retains student records for 5 years and transcripts are kept permanently. Students shall contact the Director, Larry Bernstein, in order to get a copy of their records or transcript.

### Rules of Operation

#### Attendance Policy

Course attendance is documented daily and all clock hours are included in the scheduled start and finish dates and times of each class in any course. Classes start on time and important information is presented at the beginning of class. The Institution requires all students to attend classes in each course on a regular and consistent basis in order to develop the skills and attitudes necessary to compete in the highly competitive labor market. Because much of each class is conducted in a hands-on environment, attendance is critical to proper skill building. Actual attendance time is expressed in terms of clock hours.

Clock hours will be rounded off to the nearest 1/4-hour. It is important to arrive on time or before the beginning of the scheduled class or lab period. A 96% total attendance record of the Certified Massage Therapist 520-hour Program is required to graduate. Make-up hours are required if a student falls below the 96% attendance record.

Missed time due to tardiness or leaving a class early will be recorded and students will be required to make-up that time by paying for and attending a make-up class. Any student who misses more than 15 minutes of a 4 hour class in any program, or more than 30 minutes of a 8 hour class in any program, will not be given transcript credit for that missed class time until the student attends a make-up class for the time they missed

**Applicants for CAMTC certification must attend 500 supervised hours total with 100 of those hours satisfying CAMTC specified subject. Cypress Health Institute will**

**record any absences and track and record all make-up sessions to insure student completion of the required hours mentioned above.**

Make-up Hours Procedures:

Students must make up missed hours. Students are required to attend scheduled make-up classes at the student's current program level. Students will be charged by the instructor for their make-up session time.

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. seq

Cypress Health Institute uses a pass/fail system of evaluation. A student passes upon demonstrated proficiency in and knowledge of the area of study taught in the program.

#### Completion and graduation requirements

Cypress Health Institute uses a pass/fail system of evaluation. A student passes upon demonstrated proficiency in, and knowledge of, the area of study taught in the program.

Such demonstration will be evidenced through the practical application of skills at the end of each course. A student must complete each course by the end date of that course. If, due to illness or emergency, a student cannot demonstrate proficiency in a course at the time that any course ends, then a student is allowed 3 months after the completion date of a course to demonstrate proficiency in that course. If a student fails to meet these requirements, then the student can request, in writing, to demonstrate proficiency after the 3 month period. This written request may be by postal mail or email.

To complete and graduate from the Certified Massage Therapist 520-hour Program, a student must attend at least 500 clock hours of classes in the program. A 96% total attendance record of the Certified Massage Therapist 520-hour Program is required to graduate. Make-up hours are required if a student falls below the 96% attendance record.

Students must complete all class assignments to graduate. Students must pass all class assessments to graduate.

Applicants for CAMTC certification must attend 500 supervised hours total with 100 of those hours satisfying CAMTC specified requirements in core subjects (64 hours of Anatomy & Physiology, 13 hours of Contraindications, 18 hours of Business & Ethics, 5 hours of Health & Hygiene). Cypress Health Institute will record any absences and track and record all make-up sessions to insure student completion of the required



hours mentioned above. Students must make up missed hours. Students are required to attend scheduled make-up classes at the student's current program level. Students will be charged by the instructor for their make-up session time.

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. seq."

### Hygiene, dress code and draping policies

Students are required to be clean and neat while attending all classes at Cypress Health Institute. Bodies and clothing should be scent free during class times. Professional draping techniques are taught and used for all classes requiring exposure of client body parts and skin.

### Certificate of Completion

When a student successfully completes all aspects of the program the student will receive a Certificate of Completion from the Cypress Health Institute. Cypress does not offer any degree programs.

### Student Conduct: Probation and Dismissal Policy

Disrespectful, disruptive or unsafe behavior may be cause for probation and/or dismissal. A student who behaves in this manner three times will be put on probation for a period of two weeks. If the behavior occurs again during this period, the student will be dismissed. If the behavior recurs after the two week probation, the student will also be dismissed.

### Student Complaint Procedure

A student or any member of the public may file a complaint about the institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll free or by

completing a complaint form, which can be obtained on the bureau's internet web site [www.bppe.ca.gov](http://www.bppe.ca.gov).

The school director, Larry Bernstein, is designated to receive and resolve student complaints. A student may lodge a complaint by communicating verbally to the director in person at the school, 1119 Pacific Avenue, #300, Santa Cruz, CA 95060. The Director is available 9:00 A.M. - 5:00 P.M. Monday through Friday.

A student may also file a complaint in writing to the Director, Larry Bernstein, at the school (P.O. Box 542, Soquel, CA 95073) or by emailing Larry Bernstein at [larry@cypresshealthinstitute.com](mailto:larry@cypresshealthinstitute.com).

After receiving a complaint, Cypress shall, within ten days of receiving the complaint, provide the student with a written response, including a summary of the school's investigation and disposition of the complaint.

Larry Bernstein will be regularly accessible to all students during their time of study at Cypress Health Institute. As director, Larry Bernstein has the duty to investigate complaints thoroughly, including interviewing all people and reviewing all documents that pertain to the complaint. He shall also record a summary of the complaint, its disposition and reasons. He shall place a copy of the summary, and other related documents, in the student's file and make an appropriate entry in the log of the student's complaints.

The director will implement reasonable policies to avoid similar complaints in the future and communicate directly to any person regarding a complaint. The director may compromise or resolve the complaint in any reasonable way. If the complaint is valid and not resolved within thirty days after it was first made by the student, the director will notify the Council and authorities of the complaint investigation and resolution or lack of resolution. The director may also reject the complaint if, after investigation, it is determined to be unfounded. A student's participation in the complaint procedure and disposition of a student's complaint shall not limit or waive any of the student's rights.

### Leave of Absence

Submitting a written request, a student may request a leave of absence from the program for up to one year. Personal health issues and family emergencies are reasons a leave of absence may be approved. The student will have one year from the date of the written request to return and complete the program.

### Placement Assistance

Cypress Health Institute does not guarantee any job placement as part of its training.

## Massage Licensing

The training received from the Cypress Health Institute will meet the requirements to practice massage in California and most parts of the United States. However, since city, county and state regulations do vary as they relate to the licensing of massage, the prudent student should make local inquiry of the county clerk or department of licenses for the city in which he/she plans to practice.

## Unanswered questions

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 800, Sacramento, CA 95814, [www.camtc.org](http://www.camtc.org), phone (916) 669-5336, or fax (916) 669-5337.

## DESCRIPTION OF COURSES

### Cypress Health Institute

#### Certified Massage Therapist 520 hour Program

Program costs and applicable fees:

Certified Massage Therapist 520 hour program::

Program Cost \$7500

Supplies and Books 0

Application Fee \$100

Total Program Cost \$7500 due at the time of registration or 3 payments over the course of the program. The first payment is due at the time of enrollment.

The Certified Massage Therapist Program is 520-hours. The courses offered in this program are listed below. There is no exit exam, internship or externship at Cypress Health Institute.

Course:

Hours

Anatomy...	107
Physiology...	36
Pathology...	40
Business and ethics...	24
Therapeutic massage...	85
Polarity Therapy massage...	100
Craniosacral therapy massage	36
Pectoral girdle massage	20
Pelvic girdle massage	20
Chair massage	12
Clinic	40
Total	520

### Schedule of Tuition and Fees

#### Payment schedules:

Certified Massage therapist 520-hour program:

Program Cost \$7500

Supplies and Books 0

Application Fee \$100

Total Program Cost \$7500 due at the time of registration or 2 payments over the course of the program. 1st payment is due at the time of enrollment.

#### Financial aid

There is currently no financial aid if any kind available for students through the school. Cypress does not offer any federal or state financial aid programs.

If a student receives a loan from other sources to meet their tuition, then the student is required to repay the full amount of that loan plus interest, less the amount of any refund.

If a student obtains a loan to pay for their educational program, the student will have to repay the full amount of the loan plus interest, less the amount of any refund in the case of a student's withdrawal. If a student receives federal student financial aid funds, and

withdraws from the institution, the student is entitled to a refund of the money not paid from federal financial aid funds.

Cypress does not currently, and has never had, a petition in bankruptcy.

### Cancellation and refund policies

The student has the right to cancel and obtain a refund of charges paid through attendance at the first course session, or the seventh day after enrollment, whichever is later. You may cancel this enrollment agreement and receive a refund by providing a written notice, via postal mail, to Larry Bernstein, Director, Cypress Health Institute, P.O. Box 542, Soquel, CA 95073. Students must submit a written request via postal mail by one week after the start of the course to receive a full refund less the \$100 nonrefundable registration fee.

#### Refund Information

In addition, the student may withdraw from this program after instruction has started and receive a pro rata refund for the unused portion of the tuition and other refundable charges if the student has completed 60% or less of the instruction. For example, if the student completes only 100 hours of a 520 hour program and paid \$7500 tuition, the student would receive a refund of \$5769.23

$$\begin{array}{r} \$7500. \text{ amount paid} \\ \text{for instruction} \end{array} \quad \times \quad \begin{array}{r} 400 \text{ hrs. paid but not received} \\ 520 \text{ hrs. for which student paid} \end{array} = \$5769.23 \text{ refund}$$

If a student has received federal student financial aid funds, the student is entitled to a refund of moneys not paid from federal student financial aid program funds.

If a student obtains a loan to pay for this program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.

If the student defaults on a federal or state loan, then 1) the federal/state/agency may take action against the student, including garnishing an income tax refund; and 2) the student may not be eligible for any other government financial assistance at another institution until the loan is repaid.

The school will also refund money collected for sending to a third party on the student's behalf such as license or application fees. If the school cancels or discontinues a course the school will make a full refund of all charges. Refunds will be paid within 45 days of cancellation or withdrawal.

## Course syllabi

### Anatomy

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Anatomy</b>	<b>77</b>	<b>30</b>	<b>107</b>

### Course Description

This course is catered towards bodyworkers of all types who want to further their knowledge of the body. We will explore the various muscles and anatomical landmarks using palpation and other methods to further develop your understanding of the amazing human body. This basic Anatomy course is a unique hands-on approach to the neuro-muscular-skeletal system as well as its supportive and integrative systems. Students learn to feel, visualize and understand the body's interrelationships, in an integrated way and will be able to approach massage with a working knowledge of the anatomy and structure of the human body.

### Syllabus

**Title:** Anatomy

**Course Instructor:** Christian Real CMT

## Course Objectives

- Understand basic anatomical language
- SWBAT identify bony landmarks on body, origin and insertions of muscles and connective tissue
- Understand planes of reference, bony structures,ifications of movements and joints, muscle and connective tissue terminology
- Recognize and understand connective tissue structures and aponeuroses
- Recognize and understand fascia and it's role in muscle structure, body structure and massage
- Perform supervised palpation of musculoskeletal structures
- Identifying, locating and describing actions of individual muscles
- Identifying, locating and describing actions of muscles groups including agonists and antagonists
- Understand the muscles of the integumentary system
- Palpation techniques for the integumentary system
- Recognize and palpate the structure and muscles of the respiratory system
- Understand the nervous system pathways in the body and palpation techniques for release of nerve pain in massage
- Knowledge of the lymphatic system and understand of the role of muscles and massage in the flow of lymphatic fluids in the body

## Course meeting time:

Wed 7-10 PM

Sat 9-11 AM  
 Tuesday 9 AM - 1 PM  
 Wednesday 9 AM - 1 PM  
 Thursday 9 AM - 1 PM

### Course hours

107 hours

### Pre-Requisites

None

### Textbook/handouts

Handouts will be given to students in class.  
 Recommended textbook: Trail Guide to the Body  
 By Andrew Beil

### Delivery Methods

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation
- \* Anatomical models and charts

### Assessment and Final Exam:

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice. There will also be a written final exam on the final day of the course. The written final exam will be approximately 100 questions. composed of true/false, multiple choice, matching, and/or short answers. This is a pass/fail assessment exam. Students must be on time for all exams.

### Physiology

Course	lecture	lab	total
Physiology	26	9	36

### Course Description



Students will learn the basic principles of Human Physiology, and the general properties and functions of the internal environment. The course covers the nervous, musculoskeletal, cardiovascular, respiratory, gastrointestinal, renal, reproductive, endocrine, and sensory systems of the human body.

## Syllabus

**Title:** Physiology

**Course Instructor:** Christian Real CMT

### Course Objectives

By the end of the course the students should have a basic understanding of the nervous, musculoskeletal, cardiovascular, respiratory, gastrointestinal, renal, reproductive, endocrine, and sensory systems of the human body.

The objectives of this course are to teach students the principles of human physiology as it relates to massage therapy. This includes but is not limited to the following:

- Understanding homeostasis, metabolism, feedback loops, cell transport, osmosis, diffusion, basic cell anatomy, and organization of the body from cells to tissues to organs to organ systems to organisms as well as the different tissue types- nervous, epithelial, connective, muscle.
- Understanding of the basic anatomy and function of the nervous and endocrine systems, action potentials, “all or none” mechanism, and chief neurotransmitters and their functions, divisions of the nervous system including CNS, PNS, ANS, and sympathetic/parasympathetic.
- Understanding the definition of a hormone, chief hormones and their functions, chief endocrine glands, feedback loops in the endocrine system.
- Understanding of the special senses- basic anatomy of sensory organs, and discussion of the senses of vision, hearing, taste, smell, and different types of receptors for each, as well as specific cranial nerves involved.
- Understanding the integumentary system- basic anatomy and function of the skin
- Knowledge of the basic anatomy and function of a muscle, types of muscle tissue- smooth, striated, cardiac. Sliding filament model of

muscle contraction. Muscle contraction and the skeleton, types of muscle contraction- concentric, eccentric, isometric

- Knowledge of the skeletal: basic anatomy of the bones, types of bones, function of the skeleton
- Knowledge of the basic anatomy and functions of the heart, blood and circulatory system. Pathway of blood through the heart, cardiac conduction system.
- Understanding of the basic anatomy and function of the lymph system
- Knowledge of the basic anatomy and function of the respiratory system, including the respiratory tree, alveoli, and muscles of inspiration and expiration
- Knowledge of the basic anatomy and function of the Kidneys and Urinary System. Production of urine- filtration, absorption, secretion. Regulation of the bodies' pH
- Knowledge of the basic anatomy and function of the digestive system. Pathway of food through the digestive tract, chief digestive enzymes and their functions.
- Knowledge of the basic anatomy and function of the male and female reproductive systems. Chief reproductive hormones and their influences. Changes of the female body during menstruation and pregnancy

### **Course meeting times**

Tuesday	9 AM- 1 PM
Wednesday	9 AM- 1 PM
Thursday	9 AM- 1 PM

### **Course hours**

36 hours

### **Pre-Requisites**

none

### **Textbook/handouts**

**Recommended Texts (from the fsmtb.org website):** Fritz, Sandy. Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics and Pathology. (4th edition). St. Louis: Mosby/Elsevier, 2013.

MBLEX Study Guide, fsmtb.org

Handouts provided to the students upon enrollment in the course.

### **Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation
- \* Anatomical models and charts

### **Assessment and Final Exam:**

Homework as given by the instructor.

Weekly quizzes to aid in retaining information and prepare for the MBLEX exam.

Students must be on time for all exams.

### **Pathology**

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Pathology</b>	<b>30</b>	<b>10</b>	<b>40</b>

### **Course Description:**

This course is designed to teach students the basic concepts underlying various pathologic processes. Emphasis will be placed on the pathogenesis of diseases, their mechanisms, and how they develop. Contraindications to the application of massage therapy are examined and discussed in detail, including endangerment areas and medications adverse to massage.

### **Syllabus:**

**Title:** Pathology

**Course Instructor:** Christian Real CMT

### **Course objectives:**

Common disease conditions relevant to massage therapy will be examined. Having successfully completed this course, the student will be able to make safe, appropriate and evidence-informed decisions about massage therapy for clients who live with the conditions covered

and when it may be necessary to refer out to other forms of therapy. This includes but is not limited to:

- Understand the fundamental concepts of pathology
- Understand hygienic practices, and the practical applications of these practices for massage therapy
- Understand the inflammatory process and the healing process
- Understand the functions and pathologies of the skin
- Know contraindications for massage therapy
- Identify risks and appropriate adaptations, if appropriate, for massage therapy with pathologies of the skin
- Know the difference between viral, fungal and bacterial infections
- Be familiar with burns, eczema, dermatitis and other pathologies of the skin and when massage is contraindicated.
- Understand musculoskeletal conditions such as sprains, strains, cysts and bone/joint conditions and their appropriate risks and benefits in applying massage therapy.
- Understand the major cautions with chronic pain and chronic degenerative disorders.
- Understand lymph, circulatory and immune systems, their pathologies and the contraindications of massage therapy with these disorders.

### **Course Meeting Times**

Mondays 9 – noon  
Fridays, 9AM – 1 PM.

### **Course hours**

40 hours

### **Pre-requisites:**

None

**Textbooks/handouts**

Handouts are provided to students at the beginning of each class.

**Delivery Methods:**

This course utilizes the following instructional tools to present material:

Lecture with Power Points

Hands-on work to illustrate massage therapy for certain conditions.

**Assessment and Final Exam:**

In class tests and quizzes are given by the instructor.

All tests and quizzes are pass/fail basis. Students must be on time for all tests and quizzes.

**Business and ethics**

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Business and ethics</b>	<b>22</b>	<b>2</b>	<b>24</b>

**Course description**

This course provides students with the skills needed to begin, maintain and promote a successful massage practice. This course also covers the importance of obtaining and maintaining credentials, adhering to laws and regulations, ethical principals for massage therapists, standards of ethical practice, and compliance with the Massage Therapy Act applicable to CAMTC certified professionals.

**Syllabus**

**Title: Business and ethics**

**Course Instructor: Christian Real CMT**

**Course objectives**

The student will be able to identify laws and regulations directly related to the ethical and legal practice of massage therapy; relate physical, financial, health, and business requirements to various practice settings. This includes but is not limited to:

- Understanding basic bookkeeping and payment methods
- Create and maintain intake, release and chart forms
- Knowledge of the laws and regulations relating to practicing massage therapy
- Understanding of the health requirements in a massage business
- Ability to understand contracts and business zoning requirements

### **Course meeting times**

Sat 2-5 PM  
Wed 7-10 PM  
Monday 1-5 PM

### **Course hours**

24 hours

### **Pre-Requisites**

None

### **Textbook/handouts**

#### handouts

By Christian Real CMT

Provided to the students upon enrollment in the course.

### **Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation

### **Assessment and Final Exam:**

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice. Throughout each class students take

notes and are asked a series of questions which are then evaluated by the instructor personally. Feedback is given orally. Corrections are reviewed daily. There will also be a written final exam on the final day of class. The exam is a pass/fail exam.

Students must be on time for all exams.

### **Therapeutic massage course**

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Therapeutic massage</b>	<b>40</b>	<b>45</b>	<b>85</b>

#### **Course Description**

In this course, students will be shown how to give a full body, therapeutic massage using several different modalities, including Swedish, Deep Tissue, and Reflexology. A different area of the body will be addressed in each class providing students techniques they can use to create a full body massage. Proper biomechanics, posture, injury prevention, table management and professional draping techniques are included in this course.

#### **Syllabus**

**Title:** Therapeutic Massage

**Course Instructor:** Donna Hayes, CMT

#### **Course Objectives**

The student will be able to give a complete therapeutic massage by the end of this course. This includes but is not limited to:

- Perform the four basic Swedish massage strokes: effleurage, petrissage, friction, and percussion, and several variations of each.
- Recognize and perform the use of effleurage, petrissage, friction and percussion on the back and front of the torso
- Recognize and perform the application of effleurage, petrissage, friction and percussion on the legs and feet
- Recognize and perform the application of effleurage, petrissage, friction and percussion on the arms and hands

- Recognize and perform the application of effleurage, petrissage, friction and percussion on the neck and head
- Perform proper professional draping techniques.
- Recognize client indicators of relaxation such as breathing rate and temperature
- Recognize and apply appropriate pressure to apply during a massage
- Demonstrate an understanding of the professional conduct required to be a Certified Massage Therapist.
- Demonstrate a thorough understanding of body mechanics.
- Demonstrate the hands-on skills related to each massage technique learned in class
- Demonstrate an understanding of the theories and philosophy of massage.
- Have an understanding of the physiological benefits of massage.
- Demonstrate competency in adhering to professional standards, conscientious client assessment, practical application techniques and appropriate self-care.
- Students will be able to design and implement a massage session focusing on specific areas of concentration as discussed with a client.
- Understand client preparation and massage procedures
- Recognize and perform the selection and set up of a massage table suitable for practice
- Students end this course very proficient in basic oil massage techniques and able
- to confidently administer a fifty-minute Swedish massage in a spa, clinic, or other professional business environment.

### **Course meeting times**

Saturday days from 9 AM to 6 PM.

Wednesday evening from 7-10 PM.

Wednesday is a review of Saturday's class



**Course hours**

85 hours

**Pre-Requisites**

None

**Textbook/handouts**Integral Massage

By Susan Matthews Scott

Provided to the students upon enrollment in the course.

**Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation
- \* Anatomical models and charts

**Assessment and Final Exam:**

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice. On the last day of the course students perform a hands-on practical exam on the instructor. This is a pass/fail assessment exam. Students must be on time for all exams.

### Polarity Therapy Massage

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Polarity therapy</b>	<b>35</b>	<b>65</b>	<b>100</b>

**Course Description**

In this course students learn the core principles of energy-based bodywork, teaching students outward, inward and neutral energy flows in the body as well as the diagonal, transverse and longitudinal energy currents in the body. This course teaches students how to give a whole body relaxation massage known as the General Session. Students will also learn massage protocols for the 5 Elements of Polarity: Ether, Air, Fire, Water and Earth.

A review of appropriate anatomy and physiology is also included in this course.

## Syllabus

**Title:** Polarity Therapy Massage

**Course Instructor:** Larry Bernstein CST, CMT Chris Hauze CMT

### Course Objectives

The student will be able to give a complete Polarity massage by the end of this course. This includes but is not limited to:

- Recognize the basic principles of Ayurveda, Asian and Western bodywork practices.
  - Understand the five element theory of Polarity (Ether, Air, Fire, Water and Earth) and each element's relationships with different parts of the body.
- Recognize the concepts of light, rhythmical and deep palpation.
  - Perform skeletal muscle palpation using light, rhythmical and deep palpation.
- Perform the basic strokes of Polarity palpation that form the foundation for a therapeutic Polarity massage.
- Recognize the basic planes of tissue organization in the body, transverse, superior/inferior, anterior/posterior/ clockwise/counterclockwise
- Locate the currents of diagonal, bi-lateral compensation and spiral and longitudinal meridians on the body.
- Perform a general session polarity massage.
- Open the three major poles of the body: the head and neck, abdomen and feet.
- Perform polarity massage on the wrist, forearm and shoulder joint.
- Perform polarity massage connecting the diaphragm to the three poles of the body (the feet, the torso and the head and neck).
- Perform a polarity massage that addresses specific elements of the body.
  - Perform stroke sequences for Ether, Air, Fire, Water and Earth.
- Recognize and perform the proper body mechanics for Polarity massage.

- Learn grounding and centering techniques to keep the practitioner's body and energy clear during a polarity massage.

### **Course meeting times**

Saturday days from 9 AM to 6 PM.

Wednesday evening from 7-10 PM.

Wednesday is a review of Saturday's class

### **Course hours**

100 hours

### **Pre-Requisites**

None

### **Textbook/handouts**

#### Introduction to Polarity

By Larry Bernstein

Provided to the students upon enrollment in the course.

### **Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation
- \* Anatomical models and charts

### **Assessment and Final Exam:**

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice. On the last day of the course students perform a hands-on practical exam on the instructor. There will also be a written final exam on the final day of course. The written final exam will be approximately 100 questions. composed of true/false, multiple choice, matching, and/or short answers. This is a pass/fail assessment exam. Students must be on time for all exams.

## **Craniosacral therapy massage**

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Craniosacral therapy massage</b>	<b>10</b>	<b>26</b>	<b>36</b>

### **Course Description**

In this course, students learn how to give a 60 minute craniosacral session. The course provides students with a basic understanding of the history and principles of craniosacral therapy; basic anatomy and physiology of the central nervous system; anatomy of the craniosacral system and its bones, articulations, membranes and fluids; the physiology of stress and its reduction.

### **Syllabus**

**Title: Craniosacral therapy massage**

**Course Instructor: Robyn Michele Jones CMT**

### **Course Objectives**

The student will be able to give a complete 60 minute basic Craniosacral therapy massage session by the end of this course.

This includes but is not limited to:

- Understand the history and principles of craniosacral therapy
- Understand the basic anatomy of the nervous system including CNS, PNS and ANS
- Understanding the anatomy of the cranial bones including the structure and function of the cranial vault bones: parietal, temporal, frontal, occipital, ethmoid and sphenoid
- Understand the anatomy of cranial membranes and cerebrospinal fluid
- Understand the physiology of stress: sympathetic nerves and the contraction of cranial membranes, bones and reduction of cerebrospinal fluid flow
- Practitioner body mechanics and perceptual skills
- Appropriate pressure and the use of body fulcrums for providing a gentle CST session

- Learn palpation skills to identify stress and tension in the craniosacral system
- Perform a full 60 minute protocol of craniosacral therapy
- Perform inducing a still point
- Knowledge of the reciprocal tension membrane between the cranium and the sacrum
- Perform relaxing protocols on the cranium and sacrum to increase parasympathetic activity and stress reduction
- Learn basic communication skills regarding stress, chronic pain and trauma

### **Course meeting times**

Thursday from 8:30 AM to 5:30 PM

### **Course hours**

36 hours

### **Pre-Requisites**

None

### **Textbook/handouts**

Handouts are provided to the students on the first day of the course.

### **Delivery Methods**

This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- Anatomical models and charts
- Power-point presentations

### **Assessment and Final Exam:**

The instructor evaluates proficiency as the students practice.

There is a pass/fail practical exam on the last day of the course. There is no written final exam for this course.

Students must be on time for all exams.

## Pectoral Girdle massage

Course	lecture	lab	total
Pectoral Girdle Massage	5	15	20

### Course Description

In this course, you will develop hands on approaches to working with the shoulder girdle.

With a strong focus on anatomy and the organization of connective tissue, this course will teach you a better sense of direction in how to approach your clients in a way that will encourage a sense of freedom and well-being in their lives. We will explore and develop hands on, deep tissue techniques to encourage mobility and ease in yourself and your clients.

### Syllabus

**Title:** Pectoral Girdle Massage

**Course Instructor:** Matthew Hartman CMT

### Course Objectives

The student will be able to give a complete Pectoral Girdle massage by the end of this course. This includes but is not limited to:

- Learn palpation skills for working with the pectoral girdle
- Palpate and identify deep soft tissue structures and connective tissue
- explore and understand various movement patterns of the pectoral girdle
- Utilize manual therapy methods to work with the shoulder girdle
- Identify postural deviations and misalignments
- Identify contraindications and when to refer clients to the proper medical professional when necessary
- Develop a plan of care for clients

**Course meeting times**

Monday 8-noon  
 Wednesday 8-noon

**Course hours**

20 hours

**Pre-Requisites**

None

**Textbook/handouts**handouts

By Matthew Hartman CMT

Provided to the students upon enrollment in the course.

**Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation
- \* Anatomical models and charts

**Assessment and Final Exam:**

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice. Throughout each class students perform a hands-on session which is evaluated by the instructor personally. Feedback is given orally. Corrections, contraindications, etc. are reviewed daily. There will also be a written final exam on the final day of the course. The exam is pass/fail basis.

Students must be on time for all exams.

**Pelvic Girdle Massage**

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Pelvic Girdle Massage</b>	<b>15</b>	<b>5</b>	<b>20</b>

## **Course Description**

In this course, you will develop hands on approaches to working with the Pelvic girdle. We will explore various movement patterns with a thorough and in-depth approach which will give you the confidence to know what is happening under the skin of your clients and how to approach the stories that their bodies tell. With a strong focus on anatomy and the organization of connective tissue, this course will teach you a better sense of direction in how to approach the pelvic girdle.

## **Syllabus**

**Title:** Pelvic Girdle Massage

**Course Instructor:** Matthew Hartman CMT

## **Course Objectives**

The student will be able to give a complete pelvic girdle massage by the end of this course. This includes but is not limited to:

- Palpate and identify deep soft tissue structures and connective tissue
- Utilize manual therapy methods to work with the Pelvic girdle
- 
- Identify postural deviations and misalignments
- Identify contraindications and when to refer clients to the proper medical professional when necessary
- Develop a plan of care for clients

## **Course meeting times**

Monday 8-noon

Wednesday 8 -noon

## **Course hours**

20 hours

## **Pre-Requisites**

None

## **Textbook/handouts**

handouts



By Matthew Hartman CMT

Provided to the students upon enrollment in the course.

### **Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation
- \* Anatomical models and charts

### **Assessment and Final Exam:**

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice. Throughout each class students perform a hands-on session which is evaluated by the instructor personally. Feedback is given orally. Corrections, contraindications, etc. are reviewed daily. There will also be a written final exam on the final day of the course. The exam is on a pass/fail basis.

Students must be on time for all exams.

### **Chair Massage**

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Chair massage</b>	<b>4</b>	<b>8</b>	<b>12</b>

### **Course Description**

In this course students learn how to give a 5-30 minute relaxing seated chair massage. The course teaches students how to address stress through kneading, soothing and compression strokes on the muscles of the back, shoulders, arms and neck. Students learn to combine these strokes and proper body mechanics to customize a chair massage routine that suits each client's needs.

### **Syllabus**

**Title: Chair Massage**

**Course Instructor: Larry Bernstein, C.S.T. CMT**

### **Course Objectives**

The student will be able to give a complete 5-30 minute chair massage by the end of this course. This includes but is not limited to:

- How to set up and adjust a massage chair for clients
- Proper body mechanics for the chair massage
- Appropriate pressures and the proper use of thumbs, hands and forearms in chair massage
- Learn palpation skills to identify stress and tension in the muscles
- Perform a protocol for relaxing muscles on the back, shoulders, arms and neck
- Perform a chair massage routine with a fully clothed client.
- Learn grounding and centering techniques to keep the therapist's body and energy clear during a chair massage.

### **Course meeting times**

Saturday days from 9 AM to 6 PM.  
Wednesday evening from 7-10 PM.

### **Course hours**

12 hours

### **Pre-Requisites**

None

### **Textbook/handouts**

Handouts are provided to the students upon enrollment in the course.

### **Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs with instructor observation
- \* Anatomical models and charts

### **Assessment and Final Exam:**

The instructor evaluates proficiency as the students practice. On the last day of the course students perform a hands-on practical exam on the instructor. This is a pass/fail assessment exam.

There is no written final exam for this class.

### **Clinic Massage**

<b>Course</b>	<b>lecture</b>	<b>lab</b>	<b>total</b>
<b>Clinic</b>	<b>6</b>	<b>34</b>	<b>40</b>

#### **Course Description**

In this course students learn how to work in a clinical setting performing several massages in a row. Clinic course provides experience in massage therapy providing an opportunity for students to practice, under direct supervision of a clinical instructor, skills they have learned.

#### **Syllabus**

**Title: Clinic Massage**

**Course Instructor: Larry Bernstein, C.S.T. CMT Donna Hayes, CMT**

#### **Course Objectives**

The student will be able to give several professional massages in a row by the end of this course. This includes but is not limited to:

- How to set up a massage room for clients, including supplies and necessary forms.
- How to prepare for employment including being on time, turning off cell phone while working, asking about and knowing the employment rules at a job
- Proper use and completion of forms used in professional settings, including registration, release of liability, SOAP and client evaluation forms.
- Learn essential clinical skills such as how to greet clients at the door or reception area and bring them to their massage room and walk them to the door after their session and beginning and ending on time.
- Learn how to pace themselves and give 3-4 massages in a row.

- Learn grounding and centering techniques to keep the practitioner's body and energy clear during a work shift in massage therapy.

### **Course meeting times**

Sunday 1-5 PM.  
Tuesday 4-8 PM

### **Course hours**

40 hours

### **Pre-Requisites**

Anatomy, physiology, pathology, Therapeutic massage, Polarity Therapy massage, Craniosacral therapy massage, Pectoral girdle massage, Pelvic girdle massage and Chair massage

### **Textbook/handouts**

Handouts are provided to the students upon enrollment in the course.

### **Delivery Methods**

This course utilizes the following instructional tools to present material:

- \* Lecture and demonstration by instructor
- \* Lab consisting of students practicing in pairs and on clients with instructor observation
- \* Anatomical models and charts

### **Assessment and Final Exam:**

The instructor evaluates proficiency as the students practice. This is a pass/fail assessment. There is no written final exam for this course.

**Certified Massage Therapist 520-hour Program  
Course schedule winter 2018**

All programs, courses and classes subject to change.

Course	class days/times	dates
Anatomy I	Wed 7-10 PM Sat 9-11 AM	Jan10 Jan 20, 27 (9 AM – 1PM), Feb10
Anatomy II	Monday 9 AM-12:30 PM Wednesday 8-noon Friday 9 AM-12:30	Jan 22,29 Feb 5,12,19, 26 March 5,12,19 Jan 24,31, Feb 7,14,28, March 7,14,21,28 Jan26, Feb 2, 7, 16, 23 March 2,9,16,23
Physiology	Tues 8-noon Thursday 8-noon	Jan 30, Feb 6,13, 27 Feb1, 8, 15, March 8 (1-5 PM), 15
Pathology	Monday 9-noon Friday 9 AM – 1 PM	March 26, April 2, 9,16,23,30 March 30, April 6,13, 20,27, May 4
Business/ethics	Tuesday 8-noon Thursday 1-5 PM Friday 1-5 PM	Jan 23 Jan 25 (8-noon), March 1,22, March 16
Therapeutic Massage	Saturday 9 AM – 6 PM Wednesday 7-10 PM	Jan 13, 20,27 Feb 3,10,17,24 March 3 Jan 17, 24, 31 Feb 7,14,21,28
Polarity Therapy Massage	Saturday 9 Am – 6 PM Wednesday 7-10 PM	March 17, 24, 31 April 7,14,21,28 May 5 March 21,28 April 4,11,18,25 May 2
Craniosacral Therapy massage	Tuesday 1-5 PM Thursday 8 AM – noon	Feb 20, 27 March 6, 13, 27 March 1, 8, 22, 29
Pectoral Girdle Massage	Tuesday 8 -noon Friday 1-5 PM	March 6, 20, 27 March 23, April 6 (1:30-5:30PM)
Pelvic Girdle Massage	Tuesday 8 -noon Thursday 8 –noon	April 10, 24, May 1 April 19, 26,
Chair massage	Saturday 9-6 Wednesday 7-10	March 10 March 14
Clinic	Sundays 1-5 PM Tuesdays 4-8 PM	April 8, 15, 22, 29 May 6, 13, 20,27 April 3, 10, 17, 24 May 1,8,15, 22, 29

### Textbooks and other written material

Cypress Health Institute provides two manuals of instruction for each student.

These are 'Integral Massage' by Susan Matthews-Scott and 'An Introduction to Polarity' by Larry Bernstein. There is no charge to students for the two manuals. Students also receive handouts for courses at no charge. The 'Trail Guide to the Body' by Biels and 'Pathology for Massage Therapists' by Werner are also recommended, but not required.

## ASIAN BODYWORK 400 HOURS PROGRAM OUTLINE

Program costs and applicable fees:

Asian Bodywork 400 hours program::

Program Cost \$4000

Supplies and Books 0

Application Fee \$100

Total Program Cost \$4000 due at the time of registration or 3 payments over the course of the program. The first payment is due at the time of enrollment.

The Asian Bodywork 400 hour Program is 400-hours. The courses offered in this program are listed below. There is no exit exam, internship or externship at Cypress Health Institute.

The Asian Bodywork Program consists of 400 hours of classroom instruction as follows:

The following classes provide a foundation of knowledge for students successfully being able to do Asian bodywork. The sequence of classes is as follows:

Chinese Medical Theory	40 hours
Anatomy	50 hours
Medical Qi Gong	32 hours
Ayurvedic Massage	24 hours
Chi Nei Tsang	32 hours
Tui Na/ Acupressure	48 hours

Thai massage	24 hours
Clinic	142 hours
Ethics	8 hours
Total	400 hours

### Chinese Medical Theory Syllabus

The Chinese Medical Theory class provides a basic foundation of the principles of Asian Bodywork. This knowledge will help the student successfully understand Asian bodywork. This class will present basic principles of Chinese Medical Theory.

Chinese Medical Theory is 40 hours.

Classes are from 9-12 AM and 1-6 PM

Handouts of relevant material are provided to the students. See Appendix outline of subject matter:

- Concepts of balance: yin and yang

- The 12 essential channels or meridians

- Location of the meridians on the body

- Which channels go where and what do they do

Group discussion is the primary mode of instruction. The teacher will also demonstrate information, such as location of channels on the body, and students will practice locating them on each other. The teacher evaluates proficiency as the students practice. There is no exam for this course.

### Anatomy Syllabus

The anatomy class provides basic understanding of human anatomy. It includes skeletal as well as muscular gross anatomy.

The goal of this course is to give the student a working knowledge of basic skeletal and muscular anatomy.

Anatomy class is 50 hours.

Classes are from 9-12 AM and from 1-6 PM

Handouts with relevant information are given to the students. See appendix.

outline of subject matter

Skeletal anatomy-

Composition and function of bone: Ground substance matrix, red and white blood cells, stem cells,

axial skeleton, name and location of bones

Appendicular skeleton, name of location of bones

Muscular anatomy

Anatomical position/ planes of the body: sagittal, coronal, transverse

Terms and definitions: anterior/posterior, superior/inferior/ medial

lateral/inversion/eversion/rotation/ flexion-extension/ synergists-antagonists/  
supination-pronation/ origin -insertion/ integument system/ heart-direction of blood  
flow/ liver function/ kidney function/

Lecture and group discussions are the primary modes of instruction. The teacher has the students follow along with their handouts, and find muscles, bones, etc on each other. There are quizzes for this class.

### Medical Qi Gong Syllabus

The Medical Qi Gong class provides a basic understanding of the principles of medical Qi Gong. It provides instruction on how these exercises can be applied during bodywork.

The aim of this class is to inform the students of basic Medical Qi Gong practices.

Medical Qi Gong meets for 32 hours

Classes are from 9-12 AM and 1-6 PM

Handouts are provided to the students for this class. See appendix..

outline of subject matter:

Buddha Palm technique:

Self healing, building internal energy

Self protection exercises

Accessing universal energy and emitting it through the hands

5 yin organs and paired yang organs

Qi emission practice

Lecture and group discussion are used in this class. The teacher also demonstrates the work in front of the class and then circulates to help students as they pair up and practice the material. The teacher evaluates proficiency as the students practice. There is no exam for this course.



## Ayurvedic Massage

The Ayurvedic class provides a basic understanding of the techniques of Ayurvedic massage and how to give an Ayurvedic massage.

The goal of this class is to teach students how to give an Ayurvedic massage.

Ayurvedic massage meets for 24 hours

Classes are from 9-12 AM and 1-6 PM

Handouts are provided to the students for class.

outline of subject matter:

The 5 elements of Ayurveda, ether, air, fire, water and earth

Doshas or elements and their qualities

Vata, Pitta and Kapha qualities and characteristics

Applying oil

Back of torso, back of legs, front of legs, front of torso, arms, neck and head

Lecture and demonstration are used in this class. The teacher talks about the strokes, demonstrates them for students, leads them through the stroke sequence and then walks around and helps students while they practice the strokes. The teacher evaluates proficiency as the students practice. There is no exam for this course.

## Chi Nei Tsang Syllabus

The Chi Nei Tsang class provides students with a basic understanding of Chi Nei Tsang techniques in Asian bodywork.

The objectives of this class are to teach students how to give a Chi Nei Tsang massage.

Chi Nei Tsang meets for 32 hours

Classes are from 9-12 AM and 1 -6 PM

Handouts are provided for the students for this class.

Outline of subject matter:

Techniques for

Navel diagnosis

Skin detoxification

Lymph system

Small and large intestine

Diaphragm

lungs  
 liver, pancreas and spleen  
 heart, kidneys and psoas muscle

Lecture and demonstration are used in this class. The teacher talks about the strokes, demonstrates them for students, leads them through the stroke sequence and then walks around and helps students while they practice the strokes. The teacher evaluates proficiency as the students practice. There is no exam for this course.

### Tui Na Acupressure

The Tui Na Acupressure class provides students with a basic understanding of Tui Na and acupressure.

The objectives of this class are to teach the students how to give a Tui Na/ Acupressure massage.

Tui Na/ Acupressure meets for 48 hours  
 Classes are from 9-12 AM and 1-6 PM  
 Handouts are provided for students in this class.

Outline of subject matter:  
 Acupressure points, theory and application  
 Basic and advanced Tui Na massage techniques  
 Spinal system  
 Central and peripheral nervous system  
 Anatomy of muscles, bones and circulatory system  
 Disease prevention  
 Chinese reflexology  
 Clinical application and practice

Lecture and demonstration are used in this class. The teacher talks about the strokes, demonstrates them for students, leads them through the stroke sequence and then walks around and helps students while they practice the strokes. The teacher evaluates proficiency as the students practice. There is no exam for this course.

### Thai Massage

The Thai massage class provides students with a basic understanding of Thai massage techniques.

The objective of this class is to teach the students to give a Thai massage.

Thai massage meets for 24 hours  
Classes are from 9-12 AM and 1-6 PM  
Handouts are provided for students in this class.

Outline of subject matter:  
Stretching warm ups  
Front of body, supine, treatment:  
Feet and legs  
Torso  
Arms and hands  
Neck, face and head  
Back of body, prone, treatment  
Feet and legs  
Torso  
Arms and hands  
Neck, face and head  
Stretching

Lecture and demonstration are used in this class. The teacher talks about the strokes, demonstrates them for students, leads them through the stroke sequence and then walks around and helps students while they practice the strokes. The teacher evaluates proficiency as the students practice. There is no exam for this course.

## Ethics

The ethics class gives students a foundation of understanding the issues of ethics and massage.  
The objectives of this class are to familiarize students with a basic understanding of ethics in their practice.

Ethics meets for 8 hours on  
Classes are from 9 Am - 1PM  
Handouts are provided to the students for this class.

Outline of subject matter:  
Establishing a code of ethics  
Patient issues  
Professional issues  
Public issues

Lecture and group discussions are used in this class. The teacher talks about the issues for students and then leads them through a group discussion. A summary is then

presented to the students. The teacher evaluates proficiency as the students discuss the material. There is no exam for this course.

## Clinic

Clinic is an opportunity for students to practice the material they have learned in class. The objective of this class is to give practice time to students.

Clinic is from 1:30-4:30 PM

### Instructional mode

The Cypress Health Institute uses the following method of instruction.

First the teacher will discuss the work to be learned. The student uses their manual to follow along during the discussion. The teacher then demonstrates the material to be learned on an assistant. Students observe this demonstration and ask questions or follow along in their manual.

Students then pair up and the teacher leads the students through the previously demonstrated material. Students then practice the material themselves. After this, the students switch places and the instructor leads the second group of students through the previously demonstrated material. Students then practice the material themselves.

At the end of the practice time questions and answers are brought forward again. This teaching sequence is repeated for all new material.

### Statement of educational objectives

The educational objectives of the Certified Massage Therapist 520 hour Program at Cypress Health Institute are to help students learn a broad range of physical manipulations and modalities, to know how and when to apply various strokes and techniques and to give a professional massage to each client. In addition, students are taught to focus life energy and channel it creatively for healing. Students are taught to give a nurturing massage and to help alleviate pain and provide other symptomatic relief. Another objective is to help students acquire insight into the dynamics of the healing process and an understanding of the underlying causes of disease. Students will also begin to understand anatomy, physiology and pathology of the human body with its structural and functional interrelationships. Students will learn the importance of

obtaining and maintaining credentials, adhering to laws and regulations, ethical principals for massage therapists, standards of ethical practice, and compliance with the Massage Therapy Act applicable to CAMTC certified professionals. Finally, a student will begin to develop the self-confidence and intuitive freedom to trust his/her innate healing abilities.

Every semester, the Administrator for the Cypress Health Institute meets with each faculty member to create, review and/ or update course curriculum.

As a prospective student you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet which must be provided to you prior to signing an enrollment agreement.

#### List of job titles and occupations

While Cypress Health Institute does not offer instruction that is represented to lead to employment that requires licensure, the following is a list of occupations and job titles some of our students pursue:

massage therapist

physical therapy aide

masseur/masseuse

Students were called and asked about their income levels which were then reported on the Student Performance Fact sheet.

#### **CAMTC's Law related to unfair business practices as related to massage:**

1) Pursuant to California Business and Professions Code section 4611, It is an unfair business practice for a person to do any of the following:

(a) To hold himself or herself out or to use the title of "certified massage therapist" or "certified massage practitioner," or any other term, such as "licensed," "certified," "CMT," or "CMP," in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the California Massage Therapy Council.

(b) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

### Faculty

Larry Bernstein, C.S.T. CMT, C.P.T, FSoc OB.

...a certified orthobionomist, polarity and therapeutic massage therapist, with 20 years experience in the field. He is a state authorized teacher of massage and polarity. He is also state authorized administrator. As director of operations at the Plaza Santa Maria Hospital in Baja, Mexico, Larry worked with an international team of health care professionals. He presently has an active private practice in Body-Mind Integration in Soquel, CA. Larry has conducted workshops in various aspects of health care. Larry holds current certificates of authorization, number 012-34-2193, for both director and instructor.

Fa Jun, Christian Real, CMT

... is a certified anatomy, physiology, pathology and Tui Na instructor who has a practice in Santa Cruz and has taught at Five Branches University and other Bay area schools.

Matthew Hartman, CMT,

...has been a dedicated Bodwywork professional for over 15 years, specializing in Rolf Structural Integration and Therapeutic Bodywork. He holds a BS in Geography, completed his Massage Therapy Training at East/West College of Healing Arts in Portland, OR and completed his Rolf training at The Guild for Structural Integration in Boulder, CO. Matthew has 17 years teaching experience in Yoga, Anatomy, Massage and Bodywork. He is honored to bring his passion and enthusiasm for Bodywork to the classroom and sharing his extensive clinical experience with other Therapists and Bodyworkers. He has taught Massage and Bodywork through massage schools, community colleges and private mentorship. He has developed and taught his wildly popular Continuing Education trainings called Advanced Methods of Bodywork; which incorporates various modalities of myofascial soft tissue work, structural analysis, movement education and corrective exercises. He maintains a Rolf Structural Integration practice in Capitola and lives with his family in Aptos.

Robyn Michele Jones, MA, CMT, RCST

...is a certified bodyworker focusing on trauma & chronic pain recovery and subtle energy therapies. Her original training was in Swedish Massage and Polarity Therapy. Over the years continued education with Jin Shin Do Acupressure, a 2-year herbal training (including Western and Chinese herbs), Shiatsu, RegenesiS, MariEl, Thai massage, Lymphatic massage, Reiki, Myofascial Release (which included Upledger style craniosacral therapy), Trauma Release Exercises, Anatomy and Physiology at Cabrillo College, and Biodynamic Craniosacral Therapy. Robyn is a NCBTMB Board Approved Continuing Education Provider

Susan Matthews-Scott, M.F.C.C.

Susan Matthews Scott is a licensed psychotherapist. She has taught massage and counseling skills since 1977 and is also an experienced workshop facilitator. She created the original Integral Massage used at Cypress Health Institute and Heartwood College. Susan currently has a private practice in psychotherapy and teaches in Cypress Health Institute's Certified Massage Therapist 520 hour Program.

Chris Hauze, C.M.T.

Chris Hauze has been studying and practicing massage since 1980. Chris is a licensed CAMTC Massage Therapist.

In the course of his work he has developed a deep faith in the healing power of the human body. His aim as a teacher at Cypress is to help her students become aware of, and be in harmony with, their own healing energy. Chris has a private massage practice in Santa Cruz.

Donna Hayes, CMT

Donna maintains a private massage therapy practice in Santa Cruz, CA. She has been studying health care for over ten years. Donna is a graduate of Cypress Health Institute and has been involved with the school since her graduation and certification in 2012. She is actively involved in community events, volunteering her time with loving dedication. She strongly believes in the body's natural ability to heal itself, including

physical and emotional wounds from past traumas. In her private practice, Donna offers a healing, therapeutic touch guided by a strong desire and commitment to help others heal.

#### Trevor Caruso, CMT

Trevor Caruso has over 20 years of education in various modalities of movement, structural alignment, and postural analysis. He has traveled the world studying Qigong, Tai Chi, and other movement practices. His studies have brought him to train with the monks at Shaolin as well as some of the most respected lineage holders of Internal Martial Arts. He is a Rolf Structural Integration Therapist and the owner of Mirror Gate Integrative Therapy. Additionally, he teaches ongoing classes in Wujifa Qigong and has taught classes in Qigong and Internal Martial Art classes since 2000 at parks, senior centers, local libraries and community centers.

#### Jeff Rockwell, D.C.

Dr. Jeff Rockwell, DC is a chiropractor, Canadian-trained osteopath, philosopher, poet and somatic educator, with a passionate interest in both the neuroscience and philosophical principles of manual therapy. A pioneer in brain-based manual therapy, Rockwell has been a popular teacher on the seminar circuit for the past twenty-five years. Professor of Clinical Sciences at Parker University for many years, he is the author and producer of numerous manuals, books, and DVDs on neuro-manual therapies and somatic education. He is also the founder and co-director of the Institute of Manual Neuroscience in San Jose, California, and is the developer of Cypress Health Institute's Craniosacral Therapy and Neuromuscular (Neuro-Manual) Therapy Programs.

#### Athene Eisenhardt, RYT, CMT

Athene Eisenhardt integrates her skillsets as an Astrologer, Herbalist, Massage Therapist, Yoga Teacher, and Sound Healer in order to help people awaken the part of themselves that knows how to heal. A series of childhood illnesses and accidents directed her on a path of healing at a young age. She draws upon her 20+ year practice of Buddhist meditation and Hatha yoga, as well as formal Herbology study and training in the indigenous Plant Spirit Healing tradition of the Amazon. She currently maintains a private practice in Santa Cruz, and is in the process of completing her certification in 5 Element Acupuncture and Traditional Chinese Medicine at



Five Branches University.

Athene Eisenhardt has a deep knowledge and appreciation of how the human body functions. She has studied and taught physiology and related health sciences for many years.

Conrad Santos, CMT

Conrad was first introduced to massage therapy in the mid '70's. Since that time he has been extremely fortunate to have worked with many great teachers and bodyworkers. His 15 years of teaching massage has provided him with personal insights and awareness that he brings to the classroom and to his private sessions. Steeped in the richness of Eastern, Rosen and self-awareness practices, Conrad enjoys sharing many aspects of each in all of his classroom settings. Conrad received his California Certification for teaching Adult Vocational College Education, 2003. He has been an instructor at the National Health Institute for over a decade

Christine Sanmiguel, L. Ac

...is a licensed acupuncturist in California and has taught at Five Branches University as well as maintaining a private practice. Christine is also a Ph. D. in Medical Qi Gong.

Marie Royer, D.C.

...is a licensed Chiropractor in Santa Cruz and an anatomy teacher at Bay area Chiropractic Colleges.

Lee Holden, L. Ac.

...is a licensed Acupuncturist in Santa Cruz and has taught classes in Medical Qi Gong, Chi Nei Tsang and Tai Chi around the world.

Adrianna Gonzalez, L. Ac.

... is a licensed Acupuncturist in Santa Cruz and has taught classes on the East and West coast.

Leah Class

... is a certified Thai instructor who has studied extensively in Thailand and has taught Thai massage in Thailand.

Talya Lutzker

... is a certified Ayurvedic Practitioner in Santa Cruz who teaches classes in the Bay area in Ayurveda.

Each instructor shall maintain their knowledge by completing continuing education courses in his or her subject area, classroom management or other courses related to teaching.

Each faculty member shall complete at least one course of instruction every two years and provide documentation to Cypress of their successful completion of that program.