

CME Continuing Education CALENDAR for Therapeutic Massage/Bodywork

October 2018

Date/s Day/s Time/s	Description	Location	Instructor/s	Sponsor / Contact Telephone / E-mail	Cost Total Cost Cost per Hour
SEATTLE REFLEXOLOGY and MASSAGE CENTER PRESENTS:					
Ongoing Classes: Oct. 13, 14 Oct 28 Nov 2 Nov 3-4 Nov 5 Nov 10-11	Reflexology is an amazingly effective and relaxing form of bodywork that can help reduce stress, improve issues throughout the body, encourage optimal holistic health, and manage foot pain. Learn a complete one-hour sequence in our Introductory Reflexology course. We offer reflexology classes taught by local, national & international instructors. Class space is limited. Visit www.seattle-reflexology.com information. Fundamentals in Addressing Foot Pain Ethics for Bodyworkers Pain Control and Stress Reduction Musculoskeletal Ear Hand Foot Reflexology The Hidden Power of Reflexology for Chemical Dependency Introduction to Reflexology	Seattle Reflexology & Massage Center 419 Queen Anne Ave. N. #107 Seattle, WA 98109 www.seattle-reflexology.com	Jessica Crofoot, LMT Pam Foster, LMT Bill Flocco, LMT, NBCR Bill Flocco, LMT, NBCR Bill Flocco, LMT, NBCR	Seattle Reflexology & Massage Ctr Lisa Hensell, Owner, Director of Education - (206) 284-8389 lhensell@netzero.net www.facebook.com/SeattleReflexology www.linkedin.com/SeattleReflexology	\$300 / 16 / \$18.75 \$100 / 4 / \$25 \$ 85 / 3 / \$28.33 \$325 / 14 / \$23.21 \$190 / 7 / \$27.14
CE Classes in Post Falls, ID (20 miles east of Spokane, 10 mins west of Coeur d'Alene)					
1) Breast & Chest: October 13, 14 Saturday & Sunday 9:00 am - 6:00 pm 2) Diaphragm: November 3 Saturday 9:00 am - 6:00 pm 3) Fingertip: November 4 Sunday 9:00 am - 6:00 pm	1) Breast & Chest Massage: meets WA State breast massage CE requirements 2) Diaphragm - Myofascial Connections Beyond Breath: Do you have clients with chronic neck pain, low back pain, or frozen shoulder who are experiencing a treatment plateau? It could be due to unaddressed diaphragmatic myofascial restrictions. Safely explore and treat the diaphragm and thoracic cage beyond simply enhancing the breath. Learn to access and effectively release these restrictions with little effort using myofascial, decompressive and somatovisceral techniques. 3) Fingertip to Elbow Treatment Techniques: Assess and treat the elbow, forearm, wrist, hand and digits. Also, related shoulder and upper arm structures will be addressed to optimize hand and forearm treatment results. Explore the structure, function and common conditions of the retinaculum, ligaments, tendons, bones and joints, structural alignment of the elbow forearm and hand. Apply myofascial, structural decompression and unwinding techniques to treat these important structures.	American Institute of Clinical Massage, Post Falls, ID	1) Barbara Helynn Heard, LMT since 1996, teaching for 14 years & doing breast massage for over 20 years of practice. NCBTMB #1046 2&3) Dawn Schmidt LMT Previous Director of Education Brenneke School of Massage and Cortiva, 27 years teaching experience. NCBTMB #451818-11	Therapeutic Training Ctr. Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	1) Breast & Chest: \$ 295 w/ 1 wk. adv. reg. \$ 325 after 16 hrs / \$18.44/hr 2) Diaphragm: \$ 170 w/ 1 wk. adv. reg. \$ 190 after 8 hr / \$21.25/hr 3) Fingertip: \$ 170 w/ 1 wk. adv. reg. \$ 190 after 8 hr / \$21.25/hr Reg. both 2&3 save \$30
October 20 Saturday 8:30 to 5:30 pm	FIRST BARRIER OF RESISTANCE: The Key to Highly Effective Myofascial Release Treatment Introductory Experiential Class exploring the mechanisms of highly effective myofascial release therapy. Learn to recognize the first barrier of resistance which is the key to releasing structural tightness and pain. Bring presence throughout the process of assessment and treatment, using minimal force that produces lasting results. Develop effective touch that is deep, but never aggressive. Learn to sense and engage tightness in the body three-dimensionally. Experiential learning through self-treatment and treating others. Maximum 12 participants for individual attention. NCBTMB# 1448 Expanded class description at: http://www.cedronsterling.com/upcoming-courses	Wu Hsing Tao School of Acupuncture Seattle, WA	Cedron Sterling, LMT Expert Level MFR Practitioner LMT since 1982	Cedron Sterling, LMT Cedron@CedronSterling.com (206) 972-3486	\$ 180* w/ 2 wks adv. reg. \$ 200 * after 8 / hr - \$25 * Price incl. an extensive myofascial self-care manual, inflatable exercise balls, & pump.
INDIVIDUAL ETHICS Classes w/Dawn Schmidt, Joe Rodin, Marybeth Berney & Lavon Watson					
Times Vary - 1) Oct. 21 Sunday 2) Nov. 10 Saturday 3) Dec. 12 Wednesday	1) ETHICS: Risk vs. Reward - Massage on the Ethical Edge Lavon & Marybeth 2) Boundaries Bootcamp (Ethics) - Dawn (NCBTMB) 3) The Ethics of Treating the Whole Client - Joe (NCBTMB) Each Class Satisfies WA Ethics Requirements	Seattle, WA	Dawn Schmidt, LMT Joe Rodin, LMT Lavon Watson, LMT Marybeth Berney, LMT	Therapeutic Training Ctr. Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	Each class: \$ 80 w/ 1 wk adv reg \$ 90 after 4 / hr \$ 20 per hr
INTRAORAL MASSAGE ENDORSEMENT w/ FASCIAL MASSAGE CUPPING w/ Jason Abbey					
IntraOral w/Fac. Cpg.: October 27, 28 MC Part 1: November 24, 25* *Last class of 2018	Satisfies WA State requirement for IOM Endorsement. Learn TX's for TMJD, Headache, Bruxism, TMJ clicking, TMJ related inner ear TX, Mandible deviation TX's, anti-aging Facial Massage Cupping treatments, & Chinese facial technique of Gua Sha for face/neck. Massage Cupping Pt.1: Learn a myriad of applications of the different cups. Pathology TX, abdominal cupping, ROM, contras, etc. MassageCuppingCE.com	Discovery Point School of Massage 420 E. Pike St, Seattle WA 98122	Rev. Jason Abbey, LMT, MCT Instructor of Massage Cupping for 11 years. NCBTMB #283 IntraoralMassageCE.com .	LIG INC. Rev. Jason Abbey (206) 992-4884 IntraoralMassageCE.com Jasonabbeylmp@gmail.com	Each class: \$ 325* w/ 2 wks adv. pmt *mail-in reg. only \$ 20/hr - ea. class \$ 350 after / PayPal
November 3 Saturday 10:00 am to 7:00 pm	TREATING THE SOURCE OF HEADACHE PAIN w/ Joe Rodin The key to treating headaches is finding the source of pain. We can then differentiate among the many sources and types of headache and base our treatments accordingly. In this workshop you'll learn to differentiate between facial, sutural, TMJ, neurologic, structural and vestibular causes that result in migraine, tension, sinus, cluster and other headaches; how to assess headache pain and how to treat headaches.	Seattle, WA	Joseph Rodin, LMT (*91) Certified Trager Practitioner Certified to teach Intro to Trager Worked w/ TMJ Orofacial Disorders Ctr - 6 yrs. NCBTMB #681	Therapeutic Training Ctr Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	\$ 170 w/ 1 wk adv \$ 190 after 8 \$ 21.25
November 3, 4 Saturday, Sunday 9:00 am to 6:00 pm	MYOFASCIAL BALANCING: BALANCE IN THE SHOULDER GIRDLE & ARMS w/ Richard Polishuk, assist'd by Laura Christman Evaluate and treat common imbalances, such as postural dynamics of the shoulder girdle which also extend into the arms and hands, including a) gleno-humeral joint structure, function and common movement problems b) imbalances and restrictions involving the rotator cuff and serratus anterior c) common restrictions in the thumb, wrist and forearm, including inter-osseous membrane d) neurovascular bundle restrictions in the brachial plexus and distal nerves. NCBTMB #450788-08	Seattle, WA	Richard Polishuk, LMT Aston-Patterner. Practitioner Lauren Christman, LMT, CCST KMI. W/ 47 yrs comb'd exp., teaching intraoral, pediatrics, structural bodywork, injury tx.	Therapeutic Training Center Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	\$ 320 w/ 1 wk adv. reg. \$ 350 after 16 \$ 20 hr
TAOIST MEDICAL QIGONG					
November 10 - 11 Sat. 1:30 - 6:00 pm Sun. 9:00 - 3:30 pm February 15 - 17 Fri., 10:00 - 5:30 Sat. 9:00 - 5:00 pm	Yuan Shen "Original Spirit" Qigong - Join us for this powerful method to awaken your healing hands by activating your kidney's five prenatal qi to nourish your internal organs, bringing abundant qi to your body and activating the Lao Gong acupoint in your hands. Beneficial for any bodywork practitioner! More details - www.linggui.org Second Spring - 3 day Intensive Women's Second Spring "Building Your Qi Egg" Learn to maintain vitality by balancing your hormones w/ Ancient Taoist Practices. When the ovarian system ages - body aging and other symptoms occur. Building the Qi egg can energize the ovarian and endocrine systems potentially slowing and reversing the aging process. Transform your physical-emotional-mental health and quality of life! Master Liu He will inspire each individual with her knowledge on how to live a life of harmony and balance with nature and ourselves. More details: www.linggui.org	Seattle, WA Portland, OR	Dr. Liu Dong Internationally acclaimed Qigong Master and Doctor of Oriental Medicine Master Liu He World Renowned Qigong Master & Author	Ling Gui International Healing Qigong School (503) 380-5814 or (206) 817-4117 www.linggui.org info@linggui.org	\$ 225 / \$ 255 3 day Retreat: \$ 390 / \$ 425
November 10 Saturday 9:00 am to 6:00 pm	FREEING THE BREATH WITH SOMATIC TECHNIQUES w/Karen Clay Breath can reach into places otherwise not accessible to the hand. It can vibrate, hydrate and loosen tissues which are deeply held. In this class learn to a) observe the breath wave in a client and assess their breath restrictions b) know the myofasciae employed in diaphragmatic and costal breathing c) teach a Breathwork exercise to a client d) use Breathwork to improve the effectiveness of a hands-on session.	Seattle, WA	Karen Clay LMT, KMI Movement Artist, Structural Integration Practitioner, Somatic Educator & Teacher. 27 yrs experience. NCBTMB #451271-10	Therapeutic Training Center Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	\$ 160 w/ wks. adv. reg. \$ 310 after 14 \$ 20
November 10 Saturday 10:00 am to 7:00 pm	HEARTSPIRE LOKU: DEEP TISSUE HAWAIIAN STYLE FOR THE BACK - A Touch of Warmth & Aloha from the Islands Learn the flow, rhythm, and dance-like deep lomilomi loku approach to relaxing, aligning and freeing up the back creating a fabulous session for your clients. Learn to give your clients strokes that will warm, circulate, compress, x-fiber, pin and stretch, and myofascially release and free up the spine, metaphysically clearing the future of who they are. Infused in the learning are foundational Hawaiian Healing Principles.	Seattle, WA	Kim Hartley, LMT (since 1990) Teaching Lomi since 1994, Kim brings joy, enthusiasm, and aloha to her classes NCBTMB #450029-06	Therapeutic Training Center Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	\$ 170 w/ 1 wk adv \$ 190 after 8 \$ 21.25
November 10, 11 Saturday, Sunday 10:00 am to 7:00 pm	BREAST AND CHEST MASSAGE w/Barbara Helynn Heard This course meets WA State training requirements in WAC 246-830-555 (effective on 7/30/17) for 16 hrs specialized training in breast massage. Training includes: a) breast anatomy and physiology b) pathology c) indications & contraindications d) appropriate therapist-client or patient boundaries e) draping requirements f) expected outcomes g) client/patient safety related to breast massage h) therapeutic treatment techniques.	Seattle, WA	Barbara Helynn Heard, LMT since 1996, teaching for 14 years and doing breast massage for over 20 years of practice NCBTMB #1046	Therapeutic Training Center Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	\$ 295 w/ wks. adv. reg. \$ 325 after 16 \$ 18.44
DAY-BREAK GERIATRIC MASSAGE: INTRO TO LEVEL 1 AND LEVEL 2 w/Sharon Puszko, Ph.D					
1) Intro Level 1: November 17 Saturday 9:00 am - 6:00 pm 2) Intro Level 2: November 18 Sunday 9:00 am - 6:00 pm	1) Intro to Day-Break Geriatric Massage: Level 1-- Includes: 1) the physical and psychological aspects of aging 2) health assessment; interviewing techniques specific to the elderly 3) massage techniques appropriate for both robust and frail elderly clients. By gaining insight in how to work with the elderly, know you're providing more beneficial massage which suits this population. 2) Intro to Day-Break Geriatric Massage: Level 2-- Includes: a) in-depth information on the most common age-related health problems and how to work specifically with each b) Cautions in the positioning of challenged clients in wheelchairs and geriatric chairs. c) Specific approaches to massaging people challenged with dementia/Alzheimer, arthritis and those who may be wheelchair bound.	Seattle, WA	Sharon Puszko, PhD, LMT Owner of Day-Break Institute, teaching Geriatric Massage worldwide. NCBTMB #22353-00	Therapeutic Training Center Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	Each Class: \$ 180 w/ 3 wks. adv. reg. \$ 200 after 8 hrs / \$22.50/hr Reg. for both classes and save \$35
MUSCLE-SPECIFIC DEEP TISSUE TECHNIQUES for the Legs/Hips & Intro to Visceral/Abdominal Massage w/Brian Utting					
1) Legs/Hips November 17 Saturday 10:00 am - 7:00 pm 2) Visceral November 18 Sunday 10:00 am - 7:00 pm	1) Muscle-Specific Deep Tissue Techniques for the Legs & Hips -- Skillfully applied, Deep Tissue work can be one of the most powerful tools in your toolbox. These muscle-specific Deep Tissue classes will improve your technique, refine your body mechanics, and increase your precision, palpatory sensitivity, and effectiveness for the Legs & Hips. 2) Introduction to Visceral and Abdominal Massage -- Learn simple and effective abdominal massage techniques that are easy to integrate into your massage practice. You will learn the basic layout of some of the area's major anatomical structures and how to identify, palpate, and treat them. This class will make your abdominal work more comforting, intelligent, and effective.	Seattle, WA	Brian Utting, LMT Founder/owner Brian Utting School of Massage 1982-2006; 34 years teaching experience. NCBTMB #451040-09	Therapeutic Training Center Robbin Blake (206) 853-6875 info@theratraining.com www.theratraining.com	1) Legs/Hips: \$170 w/ 1 wk. adv. reg. \$190 after / 8 / \$21.25/hr 2) Visceral: \$170 w/ 1 wk adv \$190 after / 8 \$21.25/hr Reg. for both & save \$45.
Upper Body: December 8, 9 Sat. 9:00 am-6:30 pm Sun.9:00 am-5:30 pm Lower Body: March 16, 17 Sat. 9:00 am-6:30 pm Sun.9:00 am-5:30 pm	NEURAL RESET THERAPY® (NRT) NRT is the first "Game Changing" style to come along since Neuromuscular Therapy (NMT) by Paul St. John in the early 90's. Fast, easy, painless (to therapist & patient) it allows the therapist to achieve extraordinary results for acute complaints and chronic conditions. Learn how to effectively, consistently, and predictably normalize muscle tonus almost instantly and not only release pain but unlock inflexible muscles & joints in minutes. For seasoned therapists, put the wonder & excitement back into your practice while extending your career. For newer therapists, build your practice quickly based on your excellent results! NCBTMB Approved	Dream Clinic 15436 Bel-Red Road Redmond, WA 98052* *Suburb of Seattle	Leif Grunseth, LMT, CNMT, ATC, NRT-M	Leif Grunseth (425) 307-1545 Messages (425) 941-4179 Cell leifgrunseth@hotmail.com Reg. Online for all Redmond (Seattle suburb) NRT workshops at: www.leifgrunseth.com	Upper Body: \$ 445 bef. 11/24-16/\$24.68 \$ 545 after / 16 / \$30.24 Lower Body: \$ 445 bef. 3/2-16 /\$24.68 \$ 545 after /16 / \$30.24

. . . Register early to be assured a space in the classes of your choice!

To List in the CME Calendar (This printed publication)

- Cost 3/4" listing is \$180, cost increases by \$20 with each additional 1/4". Deadline for copy is the 10th for the following month.
- E-mail to: **maxemum@comcast.net** - a vertical list of your ad content starting with **Date, Day, Time** (drop 2 spaces down), **Course Title** and **Description** - approx. 50 words (drop 2 spaces down), **Location** (drop 2 spaces down), **Instructors** (drop 2 spaces down), **Sponsor/Contact/Telephone** (drop 2 spaces down), **Cost/Total hours/ Cost Per Hour**.
The CME always goes to press on the 20th of the month at 9:00 am - all changes and corrections must be in place before that time.
- Upon receipt your ad the content will be placed in format for the printed CME Calendar and a proof forwarded to you for your review - this proof notice will include the cost of your ad (note: copy exceeding 3/4" is \$20 additional per 1/4", or line) a check for payment is expected to be mailed upon receipt of notice of the cost (this is not a 30 day pay) to: **Pro Education Associates, Inc., PO Box 862, Bellevue, WA 98009. Telephone: (206) 612-3343 / add/delete to mailing list: maxemum@comcast.net Add/delete to e-mail list : cme.subscription@gmail.com.**
- The CME Calendar is mailed on or before the first of each month except for the month of December. **Call: (206) 612-3343 Cell/VM, (425) 576-9220 FAX.**

About the CME Calendar - Please be advised: The CME Calendar lists single topics and courses only, within any given advertisement.

The mission of this publication is to encourage professional excellence through ongoing participation in continuing education, and enhance the profession of massage and bodywork therapy. Pro Education Associates, Inc. does not guarantee or assume responsibility for course content, quality or value to the participant. The printed CME Calendar reaches approximately 4,500 massage professionals each month. The on-line productionmassage.com is developing wide interest with the expanded internet possibilities. For additional information regarding any of the courses please contact the individual or institution as listed. Participants are urged to register well in advance of scheduled trainings to avoid possible cancellations due to slow incoming registrations. **Please do not call the Calendar regarding information or registration for any given listing, or for a fax or telephone review of offerings, the Calendar is mailed, with a pdf available at: CME-Calendar.com Please do call immediately if you suspect an incorrect telephone number is listed.**

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