



AIM

ASHLAND INSTITUTE OF MASSAGE
CONTINUING EDUCATION OPPORTUNITIES
WINTER/SPRING 2011



REGISTRATION Please use the registration form at the back of this booklet to register by mail. You may submit forms by fax if you pay with a credit card – 541-488-2383. Registration may also be taken by telephone – 541-482-5134.

EARLY ENROLLMENT DISCOUNT Registrations received 15 calendar days before the course begins and paid in full by check or credit card will receive the early enrollment discount noted for that course. All tuition must be paid at least five (5) days in advance of the seminar.

CANCELLATIONS All cancellations must be received by letter, fax or e-mail. Cancellations 2 days prior to the course will be charged a \$25 processing fee. Cancellations with less than two (2) days notice will be charged half of the seminar tuition.

SRT FOR THE SHOULDER, ARM & HAND

*Saturday, February 5, 9:00 a.m. -- 5:00 p.m. (7 CE hours)
Taya Countryman, LMP (Washington), NCBTMB Approved
\$140 (\$15 discount for full payment by January 21st)*

The complex symptoms of the shoulder, arm and hand are complicated. You will learn to effectively treat CTS, the 1st part of TOS, chronic rotator cuff symptoms, post-mastectomy limited ROM, and discover the secret headache muscle. Since most massage therapists have these symptoms, this is a great class to experience the symptom relief yourself from only one treatment.

This is the class for:

- Carpal Tunnel Syndrome Symptoms
- Thoracic Outlet Syndrome Symptoms
- Frozen Shoulder Symptoms
- Rotator Cuff Tear Symptoms

TAYA COUNTRYMAN, LMP has been practicing since 1977 and specializes in complex and chronic medical conditions. Awards: AMTA-WA for Outstanding Service to the Massage Profession in 2003, Service to the Chapter in 2006, and Chapter Meritorious in 2010. Taya listens to the body and thinks “outside the box” for solutions to patient symptoms. SRT classes are practical and fun!

SRT FOR THE NECK

Sunday, February 6, 9:00 a.m. -- 5:00 p.m. (7 CE hours)

Taya Countryman, LMP (Washington), NCBTMB Approved

\$140 (\$15 discount for full payment by January 21st)

Involuntary muscle contracture of the neck develops from injuries such as whiplash, ergonomically poor posture, and/or sleeping positions. This can lead to more chronic conditions such as headaches, limited range of motion, and pain. Deep tissue massage may feel good, but most symptoms return by the next week. In this class, you will become confident with feeling and treating the structures of the neck.

This is the class for:

- Headaches and/or Migraine-like Headaches
- 1st & 2nd cervical instability
- Pain and/or tenderness in occipital area and/or one side of the upper neck
- Limited Range of Motion of the neck
- 2nd part of Thoracic Outlet Syndrome

***Enroll in BOTH Structural Release Therapy courses and save!
\$250 for both days (\$25 discount for full payment by Jan. 21st)***



NAVEL TO KNEES WITH PELVIC STABILIZATION

The Muscles Involved in Managing Gravity

Joseph Micketti, LMT

February 26-27, 9am - 5pm (14 CE hrs)

\$250 (\$25 discount for full payment by February 11th)

When the center of balance is compromised, the muscles above and below the pelvis will compensate, creating dysfunction and causing discomfort. In this workshop we will study and treat the muscles surrounding, and relative to, the pelvis. From navel to knees we will examine the abdominal muscles, thigh, hip and buttock muscles, as well as the lower back muscles – all of which play a major part in our relationship with gravity. The dance between gravity and the upright human posture can result in torsion, a hitch in the giddy-up, if you will, affecting gait patterns, increasing muscle tension, and the onset of trigger point referrals. The insights and techniques gained from this workshop will maximize your ability to effectively counteract pain, dysfunction and chronic imbalance surrounding the center of gravity.

The muscles we will address are:

Erectors

Quadratus Lumborum
Serratus Posterior Inferior
Psoas and Iliacus
Rectus abdominis and pyramidalis

Gluteals

Maximus, Medius and Minimus

Tensor Fasciae Latae

Gracilis

Sartorius

Quads

Rectus Femoris
Vastus Lateralis
Vastus Medialis
Vastus Intermedius

Hip Rotators

Piriformis
Gemellus Superior
Gemellus Inferior
Obturator Internus
Obturator Externus
Quadratus Femoris

Adductors

Longus, Brevis, and
Magnus

Hamstrings

Biceps Femoris
Semitendinosus
Semimembranosus

JOSEPH MICKETTI, LMT, NMT(OR license #4348), graduated from the Boulder School of Massage Therapy in 1986. He has been a popular instructor at the Ashland Institute of Massage since 1994, and co-owns Advanced Myotherapy with Janie Chandler. Joseph is dedicated to continuing education and maintains his studies in Neuromuscular Therapy, St. John method, as well as Muscle Energy Technique, Strain-Counterstrain, Quantum Touch, and Energy Medicine with Donna Eden.



SRT FOR THE LOW BACK & PELVIS

*Saturday & Sunday, March 12-13, 9:00 a.m. -- 5:00 p.m. (14 CE hours)
Taya Countryman, LMP (Washington), NCBTMB Approved
\$250 (\$25 discount for full payment by February 25th)*

Low back pain is this country's most common and complex patient symptom. In this 2-day class, you will learn to assess, measure, and treat the pelvis. Taya explains how the pelvis really functions and how to gently change the culprit muscles that influence the symptoms of the low back. Using SRT, you will learn to understand scoliosis, and treat sciatica and low back pain.

This is the class for:

- Chronically tight and/or tender upper hamstrings and/or it "hurts to sit"
- Scoliosis
- Sciatica
- Pain in the sacrum, tailbone and/or low back

See Taya's bio on page 2.

MANUAL LYMPH DRAINAGE FOR THE BODY

Ramona Moody French

May 7-8, 9am - 5pm(14 CE hrs)

\$250 (\$25 discount for full payment by April 22nd)

At the end of this class, students will be able to perform lymph drainage massage to the trunk and limbs. The instructor will discuss the structure and functions of the lymphatic system, lymph circulation, principles and techniques of lymph drainage massage and contraindications. The instructor will define edema and lymphedema disease and discuss applications of lymph drainage massage. There will be plenty of time to ask questions about your specific concerns and to discuss how to integrate lymph drainage massage into your practice.

RAMONA MOODY FRENCH was a massage therapist for 28 years, specializing in deep tissue massage and lymph drainage massage. She was the owner of Desert Resorts School of Somatherapy for 15 years and is the author of "Introduction to Lymph Drainage Massage," and "Milady's Guide to Lymph Drainage Massage."

NMT FOR THE SHOULDER

Joseph Micketti, LMT

April 23-24 ,9am - 5pm(14 CE hrs)

\$250 (\$25 discount for full payment by April 8th)

The Shoulder: what an amazing design, what a beautiful piece of engineering! Consider all the wonderful things we can do with the shoulder.

We know that when you "carry the weight of the world on your shoulders," those shoulders can get very achy. We need to take care of our shoulders, because sometimes we want to offer a "shoulder to cry on." This part of the body is simultaneously vulnerable, flexible and strong. With only a singular bone articulation, the shoulder joint has a 360° range of motion. Because of this unique design, it is sadly vulnerable to stress, wear, and tear. We will look at the muscles that encompass

the shoulder, giving it the ability to achieve that 360° movement, and which take on the stress of life. We will address trigger points and issues of limited range of motion in the shoulder, giving you techniques that will put you head and shoulders above the rest.

Muscles we will review and work with:

Supraspinatus	Rhomboid	Coracobrachialis
Infraspinatus	Trapezius	Levator Scapulars
Subcapularis	Subclavius	Latissimus Dorsi
Teres Major and Minor	Biceps Brachii	Deltoids
Pectoralis Major and Minor	Triceps Brachii	Brachialis

See Joseph's bio on page 5.

INTEGRATED TREATMENT OF THE LOWER LIMBS

David Fredrickson, LMT

May 21-22, 9am - 5pm (14 CE hrs)

\$250 (\$25 discount for full payment by April 22nd)

This seminar is an opportunity to re-energize your understanding and treatment of the feet, legs, and hips. The focus is on an integrated assessment of the lower limbs, reviewing skeletal structure plus the muscle and connective tissue relationships that contribute to common functional pathologies. From plantar fasciitis to shin splints, bursitis to sciatica, common lower limb musculoskeletal issues will be addressed.

The treatment focus of the seminar will highlight David's unique therapeutic approach -- integrating the best of Swedish massage with neuromuscular and myofascial competencies.

DAVID FREDRICKSON, LMT (OR License #2614), graduated from East-West College in Portland in 1987. David brings his in-depth knowledge of structural anatomy, musculoskeletal pathology, and clinical assessment skills to his teaching. His 25-year practice has been inspired by chiropractic and osteopathic principles of balance, movement, and functional ease. David is currently a member of the Oregon Board of Massage Therapists, as well as co-owner and core faculty of the Ashland Institute of Massage.

MASSAGE, MOVEMENT, AND MEDITATION

Mark Bauman

June 11-12, 9am - 5pm(14 CE hrs)

\$250 (\$25 discount for full payment by April 22nd)

“You can only give to another that which you have developed in yourself;” Milton Trager used to say, “The work is all about your own development.”

Consider the bodywork sessions that you have had personally: Which had the greatest effect on you? Outstanding sessions have more to do with the practitioner being very present and in a relaxed state of focused concentration – truly focusing on the client, rather than having his or her own agenda of what they thought should happen, as well as having the skill, experience, and awareness to respond in a positively impactful way.

So, how do you get to that place of depth and comfort with yourself and how do you convey that to a client? In this class, we will explore and experience some approaches to creating this level of comfort and ease. In addition to tablework, we’ll do movement derived from Trager® Mentastics, dance, yoga, aikido, and sports. We will use some breathwork to increase awareness and access to physical sensation as well as emotion. We will be observing our own process and deepening our presence with mindfulness meditation. There will be a few short sitting sessions and then the principles will be applied in action, with movement and massage.

***MARK BAUMAN** draws from 30 years as a Trager® practitioner, 25 years as a Trager® workshop leader, and extensive training directly with Milton Trager. Since 1992, he has been certified to practice Chi Nei Sang, originated by ancient Taoists in China, which focuses on the abdomen, harmonizing and balancing vital internal organs and body systems. His practice supports people in their desire to move with balance, certainty, ease, freedom and pleasure. He has a private practice in Santa Rosa, California.*



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