



**AIM** ASHLAND  
INSTITUTE OF  
MASSAGE

*awareness, integrity, mastery*

# *Continuing Education*

*Winter/Spring 2013*

## Welcome to the Winter/Spring 2013 Continuing Education Offerings at Ashland Institute of Massage!

This holiday season finds us completing our first year of new ownership at AIM, and we are filled with gratitude for the current success of the school. Thank you for being a part of the adventure with us! This winter and spring, nationally and internationally known instructors will come to the Rogue Valley to share their expertise in a variety of modalities. We hope you can join us in welcoming them.

### 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 paid in full by the noted early enrollment date for each course will be eligible for an early enrollment discount (see course descriptions for details).

### Cancellations

Cancellations may be made via letter, fax, email, or phone. Cancellations with less than three (3) days' notice will be charged half the seminar tuition. Those who make other cancellations will forfeit their deposit.

**Note:** Registration for Advanced Myofascial Techniques seminars taught by **Advanced-Trainings.com** will be handled directly by that organization, and their early enrollment and cancellation policies will apply. Please visit their website at **regonline.com/MP0312AOR**, email **Info@Advanced-Trainings.com**, or call **877.499.8811** to register.

### Structural Relief Therapy Classes

Based on gentle osteopathic principles, Structural Relief Therapy (SRT) was developed by Taya to stop involuntary muscle contraction, increase ROM, and decrease pain for complex and chronic conditions—all within the first session.

#### SRT for the Hip, Upper Leg, & Knee

*Instructor: Taya Countryman, LMP*

*January 12–13 (Saturday–Sunday), 9 am–5 pm (14 CEU hours)*

*\$250 (\$25 discount if in full paid by January 4)*

The structures of the hip and knee can be intimidating, but they can be the key for stabilizing the pelvis as well as a culprit for many other back and neck symptoms. You will learn to assess the structures of the hip, upper leg, and knee; understand

their relationship to the movement and stability of the pelvis; recognize and treat bursitis-like symptoms of the hip; release chronically tight hamstrings, IT bands, adductors, and quads; increase ROM; and decrease pain in the hip and knee. You will also learn Taya's gentle connective tissue techniques for releasing fascia and improving patella tracking symptoms.

#### SRT for the Lower Leg & Foot

*Instructor: Taya Countryman, LMP*

*February 9–10 (Saturday–Sunday), 9 am–5 pm (14 CEU hours)*

*\$250 (\$25 discount if paid in full by January 25)*

The lower leg and foot structures are critical for the support and movement of the entire body. This treatment is ideal for runners and older clients who have developed debilitating foot pain and problems. You will learn to visually and physically assess the structures of the lower leg and foot; understand common symptoms and their relationship to symptoms of the upper structures; treat common foot symptoms; dramatically change ROM and gait; and develop skills to help stabilize these areas.

#### SRT for Thoracic Outlet Syndrome

*Instructor: Taya Countryman, LMP*

*March 30 (Saturday), 9 am–6 pm (8 CEU hours)*

*\$125 (\$10 discount if paid in full by March 15)*

The National Institute of Neurological Disorders and Stroke states that Thoracic Outlet Syndrome (TOS) "is caused by compression of the brachial plexus, but there is disagreement about its diagnosis and treatment."<sup>1</sup> Deep tissue and trigger point therapy can be effective, but deep pressure on the tight muscles in this delicate area can create more symptoms. Taya offers a different, more effective tool. SRT is a gentle approach to the body to quickly decrease muscle contraction and increase ROM. Learn muscles and positions from advanced SRT classes to treat this common condition. No prerequisites. SRT is a tool every therapist needs in her toolbox.

1. Office of Communications and Public Liaison, National Institute of Neurological Disorders and Stroke, National Institutes of Health, Bethesda, MD 20892.

#### SRT for the Torso

*Instructor: Taya Countryman, LMP*

*March 31 (Sunday), 9 am–5 pm (7 CEU hours)*

*\$125 (\$10 discount if paid in full by March 15)*

Pain in the upper and middle back is difficult to treat and often leads to chronic symptoms in the upper back, neck, arms, and chest. Sometimes these symptoms mimic other more serious conditions of the heart, lungs, kidneys, and stomach. You

will learn how the body uses the structural dynamics of the ribs, sternum, and spine to move; what those “knots” in the rhomboids, trapezius, and thoracic area actually are; and how to dramatically increase breath capacity and treat the third part of Thoracic Outlet Syndrome, the “knife in the back” pain.

**Taya Countryman, LMP** (Washington License #MA0001130, NCBTMB Provider #450706-08) has been practicing since 1977. Specializing in clients experiencing complex and chronic medical conditions, Taya listens to the body and thinks creatively to find solutions to their symptoms. She worked seven years at Everett Providence Hospital's Pain Control Center and was coauthor/lobbyist for the 1987 Washington State Massage Law Revision, which made massage part of the health care field. Taya has been an Advanced Instructor since 1985 and currently teaches nationwide. She makes classes fun with detailed handouts reinforcing the addition and immediate use of SRT as a gentle, effective tool in your practice. For more details, visit her website at [structuralrelieftherapy.com](http://structuralrelieftherapy.com).

## Advanced Myofascial Techniques Classes

The following two classes are offered in association with **Til Luchau's Advanced-Trainings.com**, which is coming to the Rogue Valley for the first time ever! This popular seminar series presents practicing somatic therapists and qualified students with advanced and little-known myofascial techniques that can be easily incorporated into existing personal styles. Drawing on a wide range of disciplines, the focus is on unusual and fresh approaches that will both expand your repertoire of techniques and inspire creative innovation.

### SCIATICA (Special 1-Day Course)

Lead Instructor: George Sullivan  
March 8 (Friday), 1–9 pm (8 CEU hours)  
\$179 (\$20 discount if paid by Feb 7)

Learn advanced myofascial techniques that will dramatically improve your ability to work with sciatica, pseudo-sciatica, sciatic pain, hamstring syndrome, piriformis syndrome, and related lumbar disc issues.

**Preparation:** Completion of our Pelvis, Hip, & Sacrum or our Spine & Low Back course (via seminar or DVD) is recommended though not required. Sign up for the companion courses or order the DVDs at a discount during your registration.



## Pelvis, Hip, & Sacrum

Advanced Myofascial Techniques Series  
Lead Instructor: George Sullivan  
March 9–10, 9 am–5:30 pm (Saturday) & 9 am–4:30 pm (Sunday) (16 CEU hours)  
Take first day or both  
\$339 (\$40 discount if paid by Feb 7)

Learn advanced myofascial techniques that will dramatically improve your ability to work with hip, pelvic, and thigh pain; gait and sacroiliac issues; sciatica; and more.

The above two classes are offered in association with **Advanced-Trainings.com**. For registration and details, please visit [regonline.com/MP0312AOR](http://regonline.com/MP0312AOR), email [Info@Advanced-Trainings.com](mailto:Info@Advanced-Trainings.com), or call 877.499.8811.

**George Sullivan** is a Certified Advanced Rolfer® and lead instructor for **Advanced-Trainings.com's** Advanced Myofascial Techniques series, created by Til Luchau. His background as a black-belt Aikido instructor; keen interest in anatomy and proper body mechanics; and skill, specificity, and sensitivity of touch all inform his extremely competent instruction. His easygoing teaching approach achieves depth, subtly, and clarity. He lives and practices in Olympia, Washington.

## Active Isolated Stretching & Manual Ligament Therapy: Companion Classes

First in a Three-Part Series Covering the Entire Body  
Enroll in both and receive a \$100 total discount

### Active Isolated Stretching for the Shoulder, Neck, & Jaw

Instructor: Joshua Morton, LMP, MMLT  
April 27–28 (Saturday–Sunday), 9 am–5 pm (14 CEU hours)  
\$250 (\$25 discount if paid by April 12)

Help your clients move with pain-free fluidity. Active Isolated Stretching (AIS) is a dynamic flexibility system that works with your body to achieve remarkable success in the treatment of soft tissue injuries and a variety of neurological and orthopedic conditions. What sets AIS apart from all other stretching systems is its simple yet effective use of repetitive active muscle contractions held for a short duration. Learn the key physiological principles behind the effectiveness of AIS. Leave class with the knowledge of how to stretch yourself and assist your clients with basic stretches for the shoulders, neck, and jaw.

**Joshua Morton, LMP, MAISS, MMLT** (Washington License #MA0008567, NCBTMB Provider #451194-0) graduated from Seattle Massage School in 1994 and immediately entered the rehabilitation field. An international educator of professionals for the past decade, Joshua accumulated over 2,400 hours of training with AIS developer Aaron Mattes beginning in 2003. His teaching experience, combined with his devotion to and expertise in AIS, makes him one of Aaron's top teacher-practitioners in the US. For more information, see [www.ainorthwest.com](http://www.ainorthwest.com).

## Manual Ligament Therapy for the Shoulder, Neck, & Jaw

Instructor: Arik Gohl, LMP, MMLT

May 25–26 (Saturday–Sunday), 9 am–5 pm (14 CEU hours)

\$250 (\$25 discount if paid by May 10)

Manual Ligament Therapy (MLT) uses the sensory qualities of ligaments to correct muscular and fascial imbalance/dysfunction by nearly eliminating hypertonicity gently—often within seconds. The end result is clients feel better with little effort on the practitioner’s part. MLT is the ideal precursor to any other treatment modality you use. Using MLT as “prep” before your other work will take you further and faster in your clients’ healing. In this class, you will learn a variety of releases for the neck, shoulders, and jaw. Arik will also touch on the work of Tom Meyers via releases of the fascial lines using the information gleaned from Anatomy Trains®.

**Arik W. Gohl, LMP, MMLT** (Washington License #MA00013106, NCBTMB Provider #451829-11) has been a practicing LMP for over 14 yrs. His research into better ways to treat the body led him to develop MLT, winning him the endorsement of respected MDs, DCs, and PTs. His amazing work with the feet ligaments earned him the backing of Dr. Moshe Solomonov, one of the top five researchers of musculoskeletal dysfunction in the world, as well as the endorsement of Dr. Glaser, developer of Sole Supports custom orthotics. For more details, see [www.mltsite.com](http://www.mltsite.com).

## Massage for People Living with Cancer

Instructor: Gayle MacDonald, LMT

May 3–5 (Friday–Sunday), 9 am–6 pm (24 CEU hours)

\$450 (\$50 discount if paid by April 19)

Comfort-oriented massage or touch can be safely administered to cancer patients regardless of the severity of their condition. The purpose of this class is to present information and provide experience for massage therapists who wish to work with clients who have been diagnosed with or are recovering from cancer. Information about the metastatic process, cancer treatments, immunosuppression, and lymphedema concerns will be addressed. The class is structured to offer a dynamic balance of hands-on practice and informative lectures.

**Gayle MacDonald, MS, LMT** (Oregon License #4274) is the author of *Medicine Hands: Massage Therapy for People with Cancer and Massage for the Hospital Patient and Medically Frail Client*. Since 1994, she has worked with patients and trained massage therapists on the oncology units at OHSU in Portland as well as hospitals across the US and Scotland. Gayle has been sharing her expertise through continuing education for massage therapists since 1998. Oncology massage “was never part of my grand plan,” says Gayle. “It’s not just a career; it’s a way of life.” For details, visit [www.medicinehands.com](http://www.medicinehands.com).

## Registration Form

Please check your requested workshop(s) below.

### Structural Relief Therapy Classes

	DATES	FEE	DEPOSIT	CEUS
<input type="checkbox"/> Hip, Upper Leg, & Knee	January 12–13	\$250	\$50	14
<input type="checkbox"/> Lower Leg & Foot	February 9–10	\$250	\$50	14
<input type="checkbox"/> Thoracic Outlet Syndrome	March 30	\$125	\$25	8
<input type="checkbox"/> Torso	March 31	\$125	\$25	7

### Advanced Myofascial Techniques Classes

	DATES	FEE	DEPOSIT	CEUS
Sciatica	March 8	\$179		8
Pelvis, Hip, & Sacrum	March 9–10	\$339		16

Register for Advanced Myofascial Techniques Classes by visiting [regonline.com/MP0312AOR](http://regonline.com/MP0312AOR), emailing [Info@Advanced-Trainings.com](mailto:Info@Advanced-Trainings.com), or calling **877.499.8811**.

	DATES	FEE	DEPOSIT	CEUS
<input type="checkbox"/> AIS for Shoulder, Neck, & Jaw*	April 27–28	\$250	\$50	14
<input type="checkbox"/> MLT for Shoulder, Neck, & Jaw*	May 25–26	\$250	\$50	14
<input type="checkbox"/> Massage for People Living with Cancer	May 3–5	\$450	\$50	24

\*\$100 total discount if enrolled in both AIS and MLT; not combinable with Early Enrollment discount. One person per form. Please print clearly!

NAME \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

TELEPHONE (DAY) \_\_\_\_\_

(EVENING) \_\_\_\_\_

EMAIL \_\_\_\_\_

FAX \_\_\_\_\_

Course Fee(s) or  Nonrefundable Deposit(s) \$ \_\_\_\_\_

–

Early Enrollment Discount (if paid in full 15 days before the course begins) \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Check (Make payable to **Ashland Institute of Massage**. Returned check fee is \$25.)

MasterCard or  VISA

EXP. DATE \_\_\_\_\_

SIGNATURE OF CARDHOLDER \_\_\_\_\_

PO Box 1233 | Ashland, OR 97520 | 541.482.5134 | [admissions@aimashland.com](mailto:admissions@aimashland.com) | [www.aimashland.com](http://www.aimashland.com)

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