PROFESSIONAL
TRAINING
PROGRAM

# Program Catalog

# 2026-2027

**Celebrating educational excellence since 1976**

8701 Georgia Avenue, Suite 700
Silver Spring, MD 20910

(202) 686-7046 / www.PMTI.org

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**Potomac Massage Training Institute**
8701 Georgia Avenue, Suite 700, Silver Spring, MD 20910
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www.PMTI.org


Potomac Massage Training Institute (PMTI) is a nonprofit, tax-exempt school and organization, established in 1976.


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PMTI is an institution accredited by:

Commission on Massage Therapy Accreditation (COMTA)
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Virginia Beach, VA 23464 • (202) 888-6790

PMTI is approved by:

Maryland Higher Education Commission
217 East Redwood Street, 21st Floor
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## What Is Massage Therapy?

Massage is an ancient healing art form, which can be traced to roots on the African continent. The ancient Hindus, Egyptians, and Greeks used forms of massage to relieve joint pain and address circulatory issues. The Chinese have written records of massage treatments dating back some 3000 years. In the late 1800s, massage began to evolve into a stand-alone method for treating individuals, in the form that is more commonly known as Swedish massage. The aim of Swedish massage is to increase oxygen levels in the blood and to release toxins from muscle tissue.

Today the term "massage therapy" refers to the physical manipulation of muscles, ligaments and connective tissue. It usually includes Swedish massage and deep tissue massage techniques. Massage therapy can reduce stress, relieve fatigue, soothe tension, facilitate relaxation, and promote a sense of well-being, all of which increase efficient body functioning.

Massage therapy does not involve the diagnosis of disease or prescription for treatment of disease. However, massage therapists are trained to recognize certain conditions for which massage is contraindicated and to refer clients to medical doctors or other health care professionals when appropriate.

The potential applications of massage therapy are endless. Massage therapy is given to babies, the elderly, the healthy and the infirm. Studies have increasingly shown its therapeutic and mood-enhancing benefits. In sports, massage therapy is also used to enhance performance and to assist in injury prevention, recovery, and repair.

**From the**
**AMERICAN MASSAGE THERAPY ASSOCIATION (AMTA)**

*Massage therapy requires a balance of academic and technical knowledge, clinical skills, manual dexterity, sensitivity, and awareness. Nearly everyone has the innate resources to touch another with care and confidence. However, it takes a sincere desire to help others, along with a commitment to the time, energy, and focus necessary for the training process in order to become a solid practitioner.*

*The field of massage therapy is growing rapidly in response to the public's expanding interest in forms of health care that promote well-being and a higher quality of life.*

As medical professionals become more knowledgeable about the efficacy and benefits of massage, they are increasingly integrating massage therapy services into patient care. Health insurance companies, realizing the cost savings of massage, may cover sessions with a massage therapist when they are a prescribed aspect of treatment.

The Potomac Massage Training Institute (PMTI) is committed to further establishing massage therapy as an integral part of good health care and as a complementary practice to other therapeutic processes. We are further committed to educating the finest, most professional massage therapists in a caring, comprehensive, and motivated way.

*"To learn the art of healing touch…*
*What an incredible journey… What a beautiful gift we have been entrusted with."*

*— Kathleen Thompson, PMTI Graduate*

## PMTI: A Prestigious Past

Potomac Massage Training Institute (PMTI) was established in 1976, and soon became a 501(c)(3) non-profit organization. PMTI provides career training in the art and science of massage therapy and has graduated almost 4,000 students. As one of the few remaining non-profit massage schools in the country, PMTI has enjoyed a long and distinguished history. A diverse and talented staff is dedicated to offering the highest quality curriculum. We pride ourselves in an ability to support a philosophy of education that emphasizes professionalism and focuses on integrating body, mind and spirit and the individual growth experience of each student.

Our Professional Training Program is carefully designed to prepare graduates for professional practice. Graduates of our program can tailor each massage therapy session to the individual needs of their clients. This client-centered approach is stressed throughout the program at PMTI and is an aspect of our training that allows our students and graduates to utilize their massage skills with sensitivity and compassion. Additionally, we pride ourselves on the continuing emphasis of proper body dynamics, teaching our students to perform bodywork with less effort and greater self-care. PMTI believes that graduates should be able to perform massage for as long as they would like without work-related injury.

### OUR LEADERSHIP HISTORY

Kevin Andreae, founder of PMTI, was Executive Director from 1976 to 1982. Kevin's philosophy of massage therapy is what we still teach today—client-centered therapy that incorporates mind, body, and spirit into the work.

Kerrith McKechnie was Executive Director from 1982 to 1986. She loved teaching and is known for creating and maintaining a nurturing learning environment for instructors and students alike.

Kathryn Hansman-Spice was Executive Director from 1986 to 1991. With her guidance, PMTI created outreach programs in the community through student fieldwork projects. During her tenure, PMTI also instituted the student clinic. She brought attention to the inseparable bond between a massage therapy school and its community, a concept that is still very much a part of PMTI today.

Rosie Gowdey served PMTI as Executive Director from 1991 to 2001. Rosie oversaw PMTI's move to Albemarle Street. Working with the school's staff and the Board of Directors, she led the process for formal accreditation of PMTI's Professional Training Program with COMTA. Under her leadership, PMTI continued to be actively involved in the expanding role of massage therapy and in its growing acceptance as a critical component of health care.

Demara Stamler was PMTI's Executive Director from 2002 to 2008. She joined the staff in 1997 as an instructor and became the Director of Education in 2000. During her tenure, Demara focused her efforts on articulating with local colleges and moving PMTI in the direction of research. In April, 2026, Demara returned to PMTI's administration to serve as the school's Interim Director of Education, where she continues to provide valuable consulting services to PMTI's staff and faculty, as well as a menu of coursework within the curriculum, continuing education and community workshop offerings.

Tam Gelman has served as PMTI's Executive Director since 2011. She has been a member of PMTI's Board of Directors since 2003, serving two terms as Board Treasurer and one term as the Board's Acting Co-Chair. She collaborates with the staff and faculty to maintain PMTI's tradition of excellence, enrich the student experience, enhance PMTI's connection to the greater metropolitan community, and to increase the number of post-graduate educational opportunities for licensed massage therapists.

## PMTI: Today and Tomorrow

### OUR PTP MISSION

The Professional Training Program of PMTI, located in Silver Spring, Maryland, nurtures the talents of future generations of massage practitioners, emphasizing proper body dynamics for self-care, supportive therapeutic presence, and critical thinking skills for client-centered effectiveness, honoring ethical and conscious relationships with clients and professionals while embodying the values of our rich and historic non-profit culture.

### OUR VISION

PMTI champions optimal health, weaving our tradition of leadership and community service with integrity, passion, and purpose while fostering new paths of wellness and prosperity for the future. We cultivate and sustain dedicated and caring practitioners, ethical and inspiring educators, and empowered clients within a thriving community.

### OUR PHILOSOPHY

PMTI has developed a system of teaching bodywork that supports the unique inner health and growth of each individual by recognizing the unity of body, mind, and spirit. We believe that massage and bodywork are vital to body awareness and healing. PMTI teaches students to be aware of the entire body and to engage each client in the process of holistic healing.

The curriculum and teaching methods blend scientific principles and massage therapy techniques while promoting the sensitive use of touch. Students are trained to interact and consult with other health care professionals, while supporting their client's goals and well-being. Classes are serious and structured, but we also place equal emphasis on the personal development of our students. The program emphasizes the unity of art and science in massage therapy.

### OUR FACILITIES

PMTI's four classrooms (measuring 959, 700, 446, and 438 square feet respectively) are equipped with massage tables, full-scale skeletons, anatomy charts, study tables, and seating, including stools for clinical practice. Classroom equipment also includes a sound system, overhead video projectors, video recorders, video monitors, and dry erase boards. The school also has a supply of small-scale skeletons, full-size bone replicas, and other equipment for anatomy study. Additionally, PMTI provides a lounge and small library for students to use. The lounge area provides students with space for dining, networking, and studying.

The library area has reference materials and computers with Internet access. PMTI also has private space available for tutoring and meetings.

PMTI's student clinic is conducted in five fully equipped treatment rooms. In Supervised Fieldwork activities, students choose to travel to a variety of sites within a 10-mile radius of our campus (see Fieldwork Site Addendum). Massage tables or chairs are provided at these sites which are selected by our Fieldwork Team prior to the start of the segment.

### OUR GRADS SAY

"I have been amazed at how much more advanced my training was for my massage skills as well as the practical business knowledge that PMTI gave me. I have been very impressed with how many PMTI graduates pass the national exam compared to other schools and how widespread PMTI's good reputation is with employers around the metropolitan area."

*— Charlly Enroth, PMTI Graduate*

## Program Overview

PMTI's Professional Training Program (PTP) is designed for individuals who want to become licensed massage therapists (as defined by the Bureau of Labor Statistics Occupational Outlook Handbook), as well as individuals who want to use massage skills within their current professions. Graduates may be able to practice in a wide variety of settings, including private practice, sports and fitness venues, health care and medical environments, corporate settings, spas, health clubs and salons. PMTI's training program emphasizes a client-centered approach to massage therapy, in which students learn to tailor each session to the specific needs and goals of the individual, rather than providing the same "formula" massage to each client. Further information on the licensing requirements of local jurisdictions is located on page 21 of this catalog. PMTI's PTP currently has a maximum enrollment of 40 students.

The PTP can be completed in either a 10-month, or 20-month time period. Both programs have identical content and a total of 756 clock hours each. Lecture and laboratory classes comprise the bulk of the in-class experience.

The 20-month program of study is offered in three (3) 24-week teaching segments with one lecture and one laboratory class taught weekly. The 10-month program is offered in three (3) 12-week teaching segments with two lecture and two laboratory classes each. In addition to lecture and laboratory classes, the curriculum includes clinic and fieldwork participation, as well as group tutoring and weekend courses. All components of the curriculum are designed to broaden the student's experience and prepare graduates for professional practice. Graduates are also well prepared to sit for the Massage and Bodywork Licensing Examination (MBLEx) of the Federation of State Massage Therapy Boards (FSMTB), on which PMTI students and graduates continue to achieve pass rates that are far above local and national averages. PMTI's average pass rate for first-time test takers during the last ten years has exceeded 90%, while state and national averages are at least twenty points lower.

All classes are designed to encourage student participation and discussion. Laboratory classes are typically limited to 14 students per classroom, with a minimum student-teacher ratio of ten to one. Lecture classes have a maximum of 20 students per classroom, with a minimum student-teacher ratio of twenty to one.

PMTI has found through experience that its delivery methodology provides each student with the opportunity to integrate their massage education with their own personal development. At PMTI, students not only learn massage as a skill, they learn to practice therapeutically. Our approach gives the student time to learn the wide variety of skills that an effective therapist needs, and to integrate the principles of mindful practice in an environment of support and ongoing supervision. The coursework is both extensive and comprehensive. PMTI students learn to treat each client as an individual as they learn to address each client's therapeutic needs.

## Educational Objectives

PMTI has established the following educational objectives. Each student will be able to:

- Identify and describe the structure and function of the human body, with emphasis on the musculoskeletal system and its relation to massage therapy practice and the effects of stress on each system.
- Demonstrate knowledge of Swedish massage theory and techniques including effleurage, petrissage, friction, tapotement, and vibration.
- Identify the benefits, contraindications, and limitations of Swedish and deep tissue massage.
- Demonstrate skill in deep tissue work with a major focus on the kinesiology of specific muscle groups.
- Utilize proper body dynamics and other self-care techniques to promote ease in working with clients and to avoid injury and physical stress.
- Use appropriate verbal and listening skills to establish a Supportive environment and respond to a client's personal concerns that may arise during a massage therapy session.
- Describe their own approach to personal health, general well-being, and wellness concepts to discuss healthy choices with clients.
- Discuss other body/mind approaches to health, wellness, and stress reduction to refer clients, when advisable, to other health care practitioners.
- Effectively organize and lead a presentation to educate the public about the benefits of massage therapy for health promotion.
- Describe the business, professional, and legal requirements, as well as ethical principles regarding establishment of a massage therapy practice.

## Summary of Professional Training Program Hours

Students can complete the Professional Training Program in either a ten- or twenty- month schedule. Both formats have identical content and a total of 756 clock hours each. Lecture and laboratory classes comprise the bulk of the in-class experience.

The 20-month program of study is offered in three (3) 24-week teaching segments with one lecture and one laboratory class taught weekly. The 10-month program is offered in three (3) 12-week teaching segments with two lecture and two laboratory classes each. In addition to lecture and laboratory classes, the curriculum also includes required clinic, fieldwork and group tutoring hours, as well as weekend courses.

Regardless of the schedule chosen, the PTP is a continuous program of study offered in three teaching segments and totaling 756 clock hours. In the entire program, Lecture classes total 320 hours; Laboratory classes total 308 hours; and Clinic and Fieldwork hours total 128 hours combined. Students in the 20-month program are required to attend regular weekly classes for a minimum of eight hours a week for 72 weeks. Students in the 10-month program are required to attend regular weekly classes for a minimum of sixteen hours for 36 weeks. All classes are to be attended in accordance with the schedule designated for each segment of the PTP. Students in the 20-month program may typically enroll in one of two sections, attending two times a week in an evening format, or alternatively, or two classes scheduled in an all-day format during a single weekday. Students in the 10-month program are required to attend four classes scheduled in a two (2) day all-day format that meets on either Tuesday and Thursday or Monday and Wednesday. Each regular weekly class is four hours long. The first class of the week is the lecture class, followed by the laboratory class. Additional calendar/section information is found on pages 13 & 14.

At the beginning of each segment, students will schedule additional required weekend classes. Typically, these begin at 9:00 a.m. and end at 6:00 p.m. with a one-hour lunch break. Students will be advised of the upcoming calendar for subsequent segments before the current segment ends. Students will also choose from a variety of fieldwork and clinic opportunities to fulfill the required hours for those courses.

| Segment One | | Segment Two | | Segment Three | |
|---|---|---|---|---|---|
| **Lecture Courses (and Hours)** | | | | | |
| Basic Anatomy and Physiology | 64 | Muscular-Skeletal Anatomy / Kinesiology | 40 | Muscular-Skeletal Anatomy/Kinesiology 2 | 8 |
| Body Systems Pathology and Massage | 24 | Muscular-Skeletal Pathology Lecture 1 | 28 | Muscular-Skeletal Pathology Lecture 2 | 8 |
| Communication, Ethics and Boundaries | 8 | Eastern Energy Lecture | 8 | Case Report Research Project | 16 |
| Medical Terminology | 4 | Psychological and Ethics Perspectives | 8 | Business Practices and Ethics | 16 |
| Research Literacy | 4 | Navigating the Gap | 8 | Building Skills for Success | 4 |
| SOAP Charting | 4 | Introduction to Functional Assessment | 4 | Topics in Wellness Care | 24 |
| New Student Program Orientation | 4 | Introduction to Case Report | 4 | | |
| New Student Career Orientation | 4 | Introduction to Business Practices | 4 | | |
| Introduction to Energy Systems | 8 | | | | |
| Overview & History of Massage | 4 | | | | |
| Business Planning/Charting Success | 8 | | | | |
| Ethics in Practice | 4 | | | | |
| **Laboratory Courses (Hours)** | | | | | |
| Basic Swedish Massage Techniques | 76 | Deep Tissue Practicum/Appendicular | 88 | Deep Tissue Practicum/Axial | 16 |
| Body Dynamics | 4 | Basic Seated Massage | 8 | Biodynamic Craniosacral Technique | 20 |
| Supervised Inter-segment Practical (2) | 8 | Movement Perspectives in Bodywork | 8 | Myofascial Technique | 20 |
| Spa & Hydrotherapy 1 | 8 | Spa and Hydrotherapy 2 | 8 | Special Interest Modalities | 16 |
| | | Intro to Stretching | 4 | (Trager, Sports, AIS, Shiatsu) | |
| | | Supervised Inter-segment Practical (2) | 8 | Spa and Hydrotherapy 3 | 8 |
| | | | | Supervised Inter-level Practical (2) | 8 |
| **Supervised Clinical/Practicum (Hours)** | | | | | |
| Clinic Orientation | 4 | Clinic Observations | 4 | Clinical Assessment & Practicum | 60 |
| Clinic Observations | 8 | Clinic Sessions | 20 | Clinic Sessions | 24 |
| | | Fieldwork Assignments | 8 | | |
| **Total Hours - Segment One** | **248** | **Total Hours - Segment Two** | **260** | **Total Hours - Segment Three** | **248** |

**Total Program Hours = 756**

** Class credit is measured and reflected on transcripts in clock hours. One clock hour = 50 minutes of class time during a continuous 60-minute period. Credits earned are for determining progress toward program completion only, and the credits are not necessarily transferable to other private career schools or collegiate institutions.*

**Summary of Content/Hours – for details please see Course Descriptions**

| Content | Segment 1 | Segment 2 | Segment 3 | Total |
|---|---|---|---|---|
| Anatomy, Physiology & Kinesiology | 60 | 35 | 6 | 101 |
| Pathology & Contraindications | 21 | 23 | 6 | 50 |
| Massage Therapy Theory | 64 | 71 | 68 | 203 |
| Hands on Technique & Supervised Practice | 58 | 69 | 48 | 175 |
| Clinical Assessment & Documentation | 4 | 7 | 39 | 50 |
| Professional Ethics | 15 | 16 | | 31 |
| Professional Standards & Business Practices | 9 | 6 | 20 | 35 |
| Health & Hygiene Standard Precautions | 5 | | | 5 |
| Research | 4 | 1 | | 5 |
| Supervised Clinical Experience/Practicum | 8 | 32 | 61 | 101 |
| **TOTALS** | 248 | 260 | 248 | 756 |

## Course Descriptions for the Professional Training Program

PMTI's Professional Training Program consists of 756 clock hours of content and is divided into three segments. Segments consist of lecture, laboratory, fieldwork and clinical practicums. Each segment also contains weekend courses that offer training in ethics, spa & hydrotherapy and introductions to adjunct modalities. Students are required to complete all Segment One lecture and laboratory coursework before proceeding to Segment Two, and to complete all Segment Two lecture and laboratory coursework before proceeding to Segment Three. Should a student fail to progress in the program in accordance with the terms expressed in the Program Catalog and the PMTI Student Handbook, the student will be disenrolled and reenrolled by the Admissions Department should they choose to continue their massage therapy education.

### SEGMENT ONE: LECTURE COURSES

**New Student Program Orientation** Total: 4.0
*(4.0 Theory)*

Students will meet members of the PMTI administration and their Segment 1 instructors, who will explain the policies, procedures, and expectations for the program. Students will also explore the importance of time management and study skills for successful learning.

**New Student Orientation Career Development (Hero's Journey)** Total: 4.0
*(4.0 Theory)*

Through interactive lecture and activities, students will examine their vision for a career in massage therapy, as well as attitudes, values and strengths that will allow them to participate in the training program and achieve their goals optimally. Students will discuss how to seek opportunities for personal development and new ways of learning.

**Basic Anatomy and Physiology** Total: 64.0
*(60.0 Anatomy, 4.0 Theory)*

Students are introduced to the 11 systems of the body. Knowledge of anatomical organization and physiological principles provide students with the necessary foundation required for the more involved information taught in advanced courses. Students are also instructed in the efficacy of massage therapy to support body system functions and maintain homeostasis.

**Body Systems Pathology and Massage** Total: 24.0
*(20.0 Pathology, 4.0 Theory)*

This course will provide information on definition, identification and etiology of common pathologies of the 11 body systems that may be encountered in massage practice. Information will also be provided on indications, contraindications, and considerations of massage therapy in addressing these conditions.

**Introduction to Energy Systems** Total: 8.0
*(5.0 Theory, 3.0 Sup Hands On)*

This course is an introduction to the principles, theory, and practice of energy work. Students will develop a basic understanding of energy-based techniques, and will also experience energy balancing exercises, both alone and with a partner.

**Communication, Ethics and Boundaries of Touch** Total: 8.0
*(8.0 Ethics)*

Students will learn and demonstrate an understanding of basic communication skills, the stumbling blocks to effective communication, active listening, and constructive feedback. Setting clear, appropriate personal boundaries for giving massage will be explored, as well as applying conflict resolution skills effectively in the therapist-client relationship. Students will also review and discuss professional Codes of Ethics for Massage Therapists.

**Medical Terminology** Total: 4.0
*(4.0 Theory)*

This course is designed to provide a basic understanding of the language structure used among health care professionals based on its Latin and Greek roots. Students are taught to recognize common prefixes, suffixes, and word roots to determine the meanings of frequently used medical terms.

**Research Literacy** Total: 4.0
*(4.0 Research)*

Students will discuss the value of research to the profession and explore different study designs that are used in massage therapy research. Students will practice locating research literature and will critically evaluate published articles. The course includes instruction on how to apply these skills to courses at PMTI that require research.

**SOAP Charting** Total: 4.0
*(4.0 Clinical Assessment)*

Students will gain an understanding of the importance of acquiring a thorough medical and social history from their clients, as they become proficient in tracking their progress by using the SOAP format to document massage sessions. Information is provided on requirements for confidentiality and record-keeping methods.

**Overview and History of Massage Therapy** Total: 4.0
*(4.0 Theory)*

Students will learn about the evolution of massage and bodywork including historical events, knowledge of the current structure of and roles within the profession including various work environments, integration with other health care practices, working cooperatively with other health care practitioners and relevant professional organizations. This course will provide a context for each student to identify their path of interest in the profession and any additional areas in which they will choose to participate.

**Business Planning / Charting Success** Total: 8.0
*(8.0 Business)*

Students will learn key terms and concepts related to career planning, including the development of a business plan for their massage career as either an employee or a private practitioner. Students will identify values and personality traits that influence their career planning including work environment, clientele, and additional specialized training. Students will continue to develop their business skills in subsequent classes.

**Ethics in Practice** Total: 4.0
*(4.0 Ethics)*

This course continues the student's practical understanding of the role of ethics in the practice of massage. Students will explore several ethical and practice-based circumstances that may be encountered and practice appropriate responses. They will quantify steps and strategies for recognizing and reframing patterns of behavior that may hinder their success in school and in practice. A reference for this class is The Four Agreements by Don Miguel Ruiz.

## SEGMENT ONE: LABORATORY COURSES

**Basic Swedish Massage Technique** Total: 76.0
*(26.0 Theory, 45.0 Supervised Practice, 5.0 Health & Hygiene)*

Students will learn the five basic techniques of Swedish massage, as well as ancillary strokes, and their appropriate application in giving a full body massage. Students will also receive instruction in appropriate hygiene and sanitation practices for massage therapists. The course will also include basic instruction in appropriate draping techniques and the documentation of session content.

**Body Dynamics** Total: 4.0
*(2.0 Theory, 2.0 Supervised Practice)*

Body dynamics are created by the support, alignment, and movement of the body. Students will learn and practice the fundamentals of proper and healthy body dynamics to give an efficient and effective massage.

**Supervised Inter-segment Practical (2)** Total: 8.0
*(3.0 Theory, 5.0 Supervised Practice)*

Supervised Inter-segment Practical classes provide the opportunity for students to work with instructors and partners from all three (3) segments to gain additional practice and receive feedback on the tools/techniques taught in weekly laboratory classes. Techniques conveyed in SIP are most often chosen by students in order to provide additional support in areas where students feel challenged in their learning process.

**Spa and Hydrotherapy 1** Total: 8.0
*(5.0 Theory, 3.0 Supervised Practice)*

This course introduces the history of spa modalities and treatments, including hydrotherapy techniques. Students are taught to recognize possible indications and contraindications of these applications and appropriate measures to maintain hygiene of equipment, supplies and treatment area. Students will have an opportunity to perform basic hydrotherapy techniques.

## SEGMENT ONE: SUPERVISED CLINICAL PRACTICUM

**Clinic Orientation** Total: 4.0
*(4.0 Theory)*

Clinic Orientation will familiarize the student with the policies, procedures, and practices of the student clinic. Students will review and understand student responsibilities related to their participation in the Student Clinic, both as an observer and as a practitioner. Activities simulating client intake and history taking give students an opportunity to practice their information-gathering skills.

**Clinic Observations** Total: 8.0
*(8.0 Clinical Practicum)*

Students will observe massage sessions provided by other students to clients of the student clinic. Students will document their observations based on the student practitioner's use of appropriate body dynamics, communication, session planning, techniques used, and the overall awareness of the practitioner. After the sessions, students will also participate in the round table discussion with the instructor and student practitioners.

## SEGMENT TWO: LECTURE COURSES

**Navigating the Gap** Total: 8.0
*(8.0 Business)*

In this course, students will report on their progress in working with their educational and career objectives using tools and concepts presented in The Four Agreements, receiving guidance and support as needed. Students will study and practice the five most common limiting beliefs and paradigms that cause students to lose momentum or to lose faith in their ability to complete the program. Students will be given practice tools they can use to get themselves back on track. Parts of this course are founded in the work of Mary Morrissey's Dream Building and Brave Thinking technology. Students will learn through lecture, small and large group discussions, journaling in class, and completing a project assignment.

**Muscular-Skeletal Anatomy/Kinesiology – Appendicular** Total: 40.0
*(35.0 Anatomy, 5.0 Theory)*

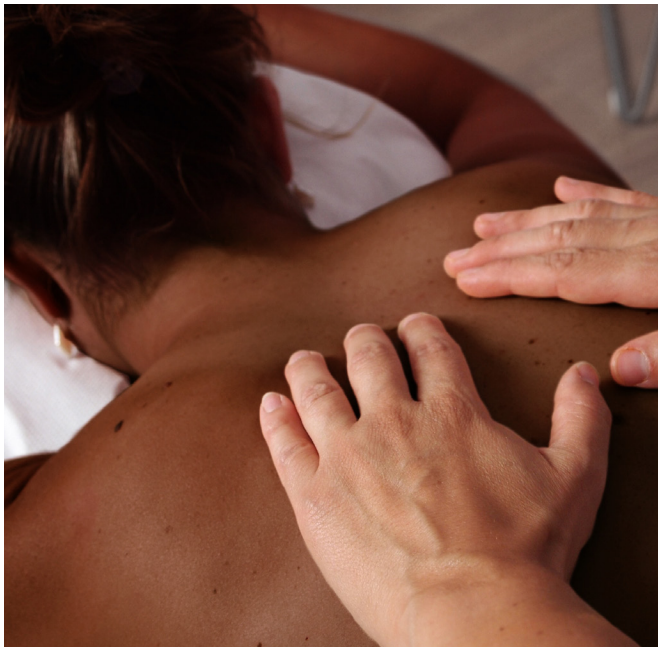
This course introduces the anatomy of the body in regional segments of the appendicular skeleton. Students will learn about the bones, joints, ligaments, muscles, and other supporting anatomical structures associated with each region. Students will also gain an understanding of the origins and insertions of the muscles as well as basic kinesiology—the science of human movement.

**Muscular Skeletal Pathology Lecture – Appendicular** Total: 28.0
*(23.0 Pathology, 5.0 Theory)*

This course will provide a fundamental understanding of the indications, contraindications and effects of massage therapy as it relates to the muscular and skeletal systems and specific conditions in the regions of the appendicular skeleton.

**Introduction to Functional Assessment** Total: 4.0
*(4.0 Clinical Assessment)*

This course provides an introduction to methods of collecting information by observing posture and movements to identify areas of imbalance and restriction that can be addressed through the development and execution of client-centered treatment plans. Students will document these sessions.



**Eastern Energy Lecture** Total: 8.0
*(5.0 Theory, 3.0 Supervised Practice)*

In this course, students will gain a basic understanding of various Eastern energy techniques, particularly the 12 meridians, their location and function. Students will also experience energy balancing exercises, both alone and with a partner.

**Psychological Perspectives** Total: 8.0
*(8.0 Ethics)*

Students learn a basic understanding of psychological principles as they apply to bodywork. Topics include the body as the subconscious mind, dual relationships, transference, countertransference, therapeutic relationships and boundaries, challenging clients, emotional releases and self-care.

**Introduction to Case Report** Total: 4.0
*(1.0 Research, 3.0 Clinical Assessment)*

Students will be given instructions on the Case Report Project including an overview of project objectives, selecting a client, conducting and documenting sessions, and measuring progress. Students will also be given guidelines for preparing, and presenting a final report. This is prerequisite to conducting the project and continuing classes in Segment 3.

**Introduction to Business Practices** Total: 4.0
*(4.0 Business)*

In this course, students will be given information on the many employment opportunities for massage therapists as well as information for various business models and employment opportunities. Students will be given instructions on all assignments related to Business Practices. This is prerequisite to continuing classes in Segment 3 and related assignments.

## SEGMENT TWO: LABORATORY COURSES

**Deep Tissue Practicum – Appendicular** Total: 88.0
*(36.0 Theory, 52.0 Supervised Practice)*

Deep tissue massage techniques engage muscle tissue through layering and specificity. This class will focus on deep tissue massage taught in specific anatomical segments of the appendicular skeleton. Body Dynamics will be explored and reinforced as they apply to deep tissue work.

**Basic Seated Massage Techniques** Total: 8.0
*(3.0 Theory, 3.0 Supervised Practice, 2.0 Business)*

Students will learn and practice the fundamentals of seated massage using a massage chair. They will also discuss developing business plan and marketing opportunities.

**Movement Perspectives in Bodywork** Total: 8.0
*(5.0 Theory, 3.0 Supervised Practice)*

This course provides an overview of contemporary movement education systems, principles of healthy human movement, and principles of manual movement education. Students will explore specific movement practices for massage therapists to support themselves and their clients.

**Spa and Hydrotherapy 2** Total: 8.0
*(5.0 Theory, 3.0 Supervised Practice)*

This course continues to discuss and practice spa modalities, including dry brushing exfoliation, aromatherapy and hot/cold applications. Students are taught to recognize possible indications and contraindications of these applications and appropriate measures to maintain hygiene of equipment, supplies and treatment area.

**Introduction to Stretching** Total: 4.0
*(4.0 Theory)*

Students will be given the theoretical basis behind a variety of stretching techniques and the physiological response they create in soft tissue.

**Supervised Inter-segment Practical** Total: 8.0
*(3.0 Theory, 5.0 Supervised Practice)*

Supervised Inter-segment Practical classes provide the opportunity for students to work with instructors and

partners from all three (3) segments to gain additional practice and receive feedback on the tools/techniques taught in weekly laboratory classes. Techniques conveyed in SIP are most often chosen by students to provide additional support in areas where students feel challenged in their learning process.

## SEGMENT TWO: SUPERVISED CLINICAL PRACTICUM

**Clinic Sessions Segment 2** Total: 20.0
*(20.0 Clinical Practicum)*

Students will attend five 4-hour classes, working in the student clinic as a practitioner. During each class they will review client health histories and conduct intake to develop and execute a treatment plan for two paying clients. Swedish massage is the foundational technique for these sessions, but students may apply deep tissue skills once they have acquired the expertise to do so. All sessions are conducted under the close supervision of a clinic instructor. Students are also required to participate in a round table discussion at the conclusion of the sessions.

**Clinic Observations Segment 2** Total: 4.0
*(4.0 Clinical Practicum)*

As Students in Segment 2 begin to learn the techniques and application of deep tissue massage, they will have the opportunity to observe these techniques practiced in conjunction the with the integration of Swedish technique. They will also participate in roundtable discussions with Instructor and student practitioners.

**Fieldwork Assignment** Total: 8.0
*(8.0 Clinical Practicum)*

Students are given opportunities to provide seated massage to the general public under the supervision of an instructor. Students will conduct appropriate intake and develop session plans for seated massage. Considerations for implementing a seated massage session in a public and/or business setting are reviewed and experienced.

## SEGMENT THREE: LECTURE CLASSES

**Building Skills for Success** Total: 4.0
*(4.0 Business)*

This course complements the business practice assignments of writing the 'documents' of practice (intake form, policies, business plan) by giving students the opportunity to enhance their knowledge and use of their own intuitive nature; their ability to train their own thinking to be more expansive and productive, and; the practice of creating an outside support system that is generative and empowering, Students will reflect on their training toward not only a successful service-oriented profession but a higher understanding of who they've become in the process.

**Muscular-Skeletal Anatomy/Kinesiology – Axial** Total: 8.0
*(6.0 Anatomy, 2.0 Theory)*

This course looks at the body in regional segments of the axial skeleton. Students will learn about the bones, joints, ligaments, muscles, and other supporting anatomical structures associated with each region. Students will also gain an understanding of the origins and insertions of the muscles as well as basic kinesiology—the science of human movement.

**Muscular Skeletal Pathology Lecture – Axial** Total: 8.0
*(6.0 Pathology, 2.0 Theory)*

This course will provide a fundamental understanding of the indications, contraindications, and effects of massage therapy as it relates to the muscular and skeletal systems and specific conditions in the regions of the axial skeleton.

**Case Report Research Project** Total: 16.0
*(16.0 Clinical Assessment)*

Students will conduct an in-depth study of a client's specific condition throughout 8-10 massage sessions. This process is supervised and evaluated by course instructors. Client's needs are assessed and a treatment plan is developed and implemented. The process involves student intake with client, research, treatment sessions, presentation of measurable outcomes, evaluation, and mentoring/collaboration with another medical professional or licensed massage therapist. Students give an oral presentation of their written paper to the instructors and class.

**Business Practices and Ethics** Total: 16.0
*(16.0 Business)*

Topics discussed include a wide variety of aspects that affect the ethical and efficient operation of a massage practice, as well as opportunities and professional practices as an employee of a massage business. Topics include ethics, professionalism, establishing a business, marketing a practice, taxes and law, and psychological perspectives of client relationships.

**Topics in Wellness Care Survey Course** Total: 24.0

*(24.0 theory)*

Classes may vary. Current topics include:

- Oncology Massage - This course will provide a fundamental understanding of the efficacy and application of massage therapy for clients living with cancer, Including indications, contraindications and appropriate intake screening for treatment or referral.
- Prenatal - This course will provide a fundamental understanding of the efficacy and application of massage therapy for clients who are pregnant. Including indications, contraindications and appropriate intake screening for treatment or referral.
- Manual Lymphatic Drainage - This course will provide a fundamental understanding of the technique, efficacy, and application of manual lymphatic drainage and how to locate a qualified practitioner for referral. Students will not receive hands-on training in this technique.
- Nutrition - Students will gain knowledge of the essential nutrients necessary for healthy living and how they are utilized in the body.
- Health Care - The contribution of integrated health care to the conventional health care system is discussed. The role and scope of other professions, such as naturopathic medicine, chiropractic, acupuncture, and midwifery, are defined.
- Special Populations - Students will review, discuss and demonstrate their understanding of the efficacy, application, and contraindications of massage as it applies to specific populations.

## SEGMENT THREE: LABORATORY COURSES

**Deep Tissue Practicum – Axial** Total: 16.0

*(6.0 Theory, 10.0 Supervised Practice)*

Deep tissue massage techniques engage muscle tissue through layering and specificity. This class will focus on deep tissue massage taught in specific anatomical segments of the axial skeleton. Body Dynamics will be explored as they apply to deep tissue work.

**Myofascial Technique** Total: 20.0

*(8.0 Theory, 12.0 Supervised Practice)*

Students are introduced to fascial anatomy and function. Based on the work of Tom Meyers' Anatomy Trains, students will learn the anatomy of seven (7) fascial lines, how to observe, palpate and assess misalignment, and which techniques best address presenting circumstances.

**Biodynamic Craniosacral Technique** Total: 20.0

*(8.0 Theory, 12.0 Supervised Practice)*

Students are introduced to craniosacral anatomy and motion. They will explore how to develop a listening contact with the craniosacral system anywhere in the body and learn how to facilitate a stillpoint. Students will practice assessment of craniosacral motion across joints and will learn to recognize and engage a pattern of strain to facilitate a state of balanced tension.

**Spa and Hydrotherapy 3** Total: 8.0

*(5.0 theory, 3.0 Supervised Practice)*

This course continues to discuss and practice spa modalities, including hot stone massage. Students are taught to recognize possible indications and contraindications of these applications and appropriate measures to maintain hygiene of equipment, supplies and treatment area. Students will practice basic protocol for hot stone massage session.

**Special Interest Modalities** Total: 16.0

*(10.0 Theory, 6.0 Supervised Practice)*

Building on the topics presented during the previous weekend courses, students can choose two (2) courses for further training in energy techniques, stretching, or movement modalities. These may vary by term and may include:

- Introduction to Trager: This is an introduction to the somatic movement education and therapy modality developed by Milton Trager, MD. This technique uses movement and touch to facilitate relaxed and enlivened mental attitude, body structure and movement. In this class students will learn the principles of this work and have the opportunity to practice both self-care movements and basic techniques to use with clients.
- Introduction to Shiatsu: Shiatsu is a form of Asian bodywork therapy that uses pressure, stretching and other manipulations to relieve stress and pain and to promote health. In this class students will learn the principles of this work and can practice both self-care movements and basic techniques to use with clients.
- Introduction to Sports Massage: Students will explore sports massage theory and techniques as well as examine common sports-related injuries. Specific massage protocols for performing pre-event and recovery massage in both clinic or on the field will be presented.
- Introduction to Active Isolate Stretching: AIS is a method of muscle lengthening and fascial release that provides effective facilitated stretching of major muscle groups. Students will learn the theory and basic techniques of AIS for both self-care and to assist clients with their self-care and/or recovery.

**Supervised Inter-segment Practical (2)** Total: 8.0
*(3.0 Theory, 5.0 Supervised Practice)*

Supervised Inter-segment Practical classes provide the opportunity for students to work with instructors and partners from all three (3) segments to gain additional practice and receive feedback on the tools/techniques taught in weekly laboratory classes. Techniques conveyed in SIP are most often chosen by students to provide additional support in areas where students feel challenged in their learning process.

## SEGMENT THREE: SUPERVISED CLINICAL PRACTICUM

**Clinical Assessment, Documentation & Practicum** Total: 60.0
*(23.0 Clinical Assessment & Documentation, 37.0 Clinical Practicum)*

Having completed fundamental course work in anatomy, pathology, intake and assessment, students will apply this knowledge and combine skills of Swedish and Deep Tissue technique to create therapeutic massage sessions. The students' knowledge is expanded through the utilization of clinical case management tools, including postural analysis, functional assessment and fascial mapping. This allows the student to develop and execute appropriate client-centered treatment plans for individual sessions for on-going treatment. Students will document in real time information regarding the client's history, assessment, and any supporting research required to address the client's goals and expectations, and to monitor the progress of sessions and adapt session and treatment plans as may be appropriate.

**Clinic Sessions Segment 3** Total: 24.0
*(24.0 Clinical Practicum*)

Students will attend six 4-hour classes, working in the student clinic as a practitioner. During each class they will review client health histories and conduct intake to develop and execute a treatment plan for two paying clients. Swedish massage is the foundational technique for these sessions, but students may apply deep tissue skills once they have acquired the expertise to do so. All sessions are conducted under the close supervision of a clinic instructor. Students are also required to participate in a round table discussion at the conclusion of the class.

## OUT-OF-CLASS REQUIREMENTS

### CPR and First Aid Course

Students must complete a minimum of 3 hours each of CPR and First Aid training; these courses must meet American Red Cross or American Heart Association

standards. Current certification is required at the time of graduation. Fees for these workshops are not included in tuition.

**Practice Massage Log Work** - 3 hours/class per Segment.

Each week students give a minimum of 2 practice massage sessions per laboratory class based on the work being taught in class. The student must write "log" notes about these sessions. Each session, including client intake and record keeping, takes approximately 1½ hours. These sessions must be submitted on time for instructors to review, comment, and record completion in a timely manner.

### Professional Sessions

In Segments 1 and 2, students are required to receive a minimum of two (2) professional sessions from a PMTI graduate or an AMTA or ABMP professional member/practitioner. The content of these sessions is based on the type of work being presented during the term. Four sessions are required in Segment 3. Each session, including a journal report, takes approximately 1½ hours. Journals must be submitted on time and will be reviewed by instructors. Fees for the professional massages are not included in tuition.

### Study and Homework

It is estimated that students enrolled in the 20-month program will spend approximately 15 to 20 hours a week on classes, study and homework each week. A 12-month student will need to invest 35-40 hours a week to complete these requirements. Actual time will vary, depending on individual learning styles, the scope of material presented each week, and each student's commute.

## Program Schedule and Dates: 10-Month Program

Students attend four regular weekly classes. The first class of each day is the Lecture or academic class, and the second class of each day is the Laboratory or practical class. Scheduling is:

- All-day sections: 1 morning class (9:00 am to 1:00 pm) and 1 afternoon class (2:00 to 6:00 pm)

Morning and afternoon classes meet either Monday/Wednesday or Tuesday/Thursday, depending on the start date chosen. Remember, weekend classes, fieldwork and student clinic hours are additional and are scheduled in consultation with the student at the end of the previous segment.

*The internal starting and ending dates of each segment are subject to change as needed to accommodate cancellations due to weather, illness, emergencies and/or holiday variations. Students will be advised of the upcoming calendar for subsequent segments before the current segment ends.*

## Calendar for 10-Month Program

**January 2026 start** (Tuesday/Thursday)

| | |
|---|---|
| New Student Day: | Saturday, January 3, 2026 |
| Segment 1: | Tuesday, January 6, 2026 |
| Segment 2: | Tuesday, April 28, 2026 |
| Segment 3: | Tuesday, August 18, 2026 |
| Projected Graduation: | Sunday, November 15, 2026 |

**August 2026 start** (Tuesday/Thursday)

| | |
|---|---|
| New Student Day: | Saturday, August 15, 2026 |
| Segment 1: | Tuesday, August 18, 2026 |
| Segment 2: | Tuesday, December 1, 2026 |
| Segment 3: | Tuesday, March 30, 2027 |
| Projected Graduation: | Sunday, June 27, 2027 |

**November 2026 start** (Tuesday/Thursday)

| | |
|---|---|
| New Student Day: | Saturday, November 21, 2026 |
| Segment 1: | Tuesday, December 1, 2026 |
| Segment 2: | Tuesday, March 30, 2027 |
| Segment 3: | Tuesday, July 13, 2027 |
| Projected Graduation: | Sunday, October 10, 2027 |

**March 2027 start** (Tuesday)

| | |
|---|---|
| New Student Day: | Saturday, March 27, 2027 |
| Segment 1: | Tuesday, March 30, 2027 |
| Segment 2: | Tuesday, July 13, 2027 |
| Segment 3: | Tuesday, October 26, 2027 |
| Projected Graduation: | Sunday, February 6, 2028 |

**Scheduled Breaks for 10-Month Program:**

December 22, 2025 – January 2, 2026
February 16-22, 2026
April 6-24, 2026
May 25-31, 2026
July 27 – August 16, 2026
September 28 – October 4, 2026
November 16 - 29, 2026
December 21, 2026 - January 3, 2027
February 15 - 21, 2027
March 15 - 26, 2027
May 29 – June 6, 2027
June 28 – July 10, 2027
September 4 - 12, 2027
October 11 - 22, 2027
November 22 - 28, 2027
December 20, 2027 – January 2, 2028

**Standard Holidays Observed (Administrative Office Closed):**

New Year's Day
Martin Luther King Jr. Day
Presidents' Day
Memorial Day
Juneteenth
Independence Day
Labor Day
Thanksgiving Day
Christmas Day

## Weather Policy

In the event of inclement weather, please check our website home page at www.pmti.org. PMTI makes independent decisions about closing for weather-related conditions — our priority is the safety of our students and staff. All missed classroom hours will be rescheduled by the Director of Education, considering the instructor and student schedules.

## Program Schedule and Dates: 20-Month Program

Students attend two regular weekly classes. The first class of the week is the Lecture or academic class, and the second class of the week is the Laboratory or practical class. Scheduling options are:

- All-day section: 1 morning class (9:00 am to 1:00 pm) and 1 afternoon class (2:00 to 6:00 pm)
- Evening section: 1 evening class twice weekly (6:00 to 10:00 pm)

Class days vary by segment and space availability. All-Day classes my be scheduled for Mondays or Tuesdays. Evening classes may be scheduled Monday and Thursday evening or Tuesday and Thursday evenings.

Remember – weekend classes, fieldwork and student clinic hours are additional and are scheduled in consultation with the student at the end of the previous segment. The Director of Admissions will work with incoming candidates to place them in the section that best meets their individual needs.

*The internal starting and ending dates of each segment are subject to change as needed to accommodate cancellations due to weather, illness, emergencies and/or holiday variations. Students will be advised of the upcoming calendar for subsequent segments before the current segment ends.*

## Calendar for 20-Month Program

**May 2025 start**

| | |
|---|---|
| New Student Day: | Saturday, May 17, 2025 |
| Segment 1: | Monday, May 19, 2025 |
| Segment 2: | Monday, December 1, 2025 |
| Segment 3: | Monday, July 6, 2026 |
| Projected Graduation: | Sunday, January 17, 2027 |

**November 2025 start**

| | |
|---|---|
| New Student Day: | Saturday, November 22, 2025 |
| Segment 1: | Monday, December 1, 2025 |
| Segment 2: | Monday, July 6, 2026 |
| Segment 3: | Monday, February 1, 2027 |
| Projected Graduation: | Sunday, August 1, 2027 |

**June 2026 start** *All-Day classes are Mondays*
*Evening classes are Mondays and Thursdays*

| | |
|---|---|
| New Student Day: | Saturday, June 27, 2026 |
| Segment 1: | Monday, July 6, 2026 |
| Segment 2: | Monday, February 1, 2027 |
| Segment 3: | Monday, August 16, 2027 |
| Projected Graduation: | Sunday, February 27, 2028 |

**January 2027 start** *All-Day classes are Mondays*
*Evening classes are Mondays and Thursdays*

| | |
|---|---|
| New Student Day: | Saturday, January 30, 2027 |
| Segment 1: | Monday, February 1, 2027 |
| Segment 2: | Monday, August 16, 2027 |
| Segment 3: | Monday March 13, 2028 |
| Projected Graduation: | Sunday, September10, 2028 |

**August 2027 start** *All-Day classes are Mondays*
*Evening classes are Mondays and Thursdays*

| | |
|---|---|
| New Student Day: | Saturday, August 14, 2027 |
| Segment 1: | Monday, August 16, 2027 |
| Segment 2: | Monday, March 13, 2028 |
| Segment 3: | Monday, September 25, 2028 |
| Projected Graduation: | Sunday, April 1, 2029 |

**Scheduled Breaks for 20-Month Program:**
June 30 – July 6, 2025
September 1-7, 2025
November 17-30, 2025
(except New Student Day - Nov. 22)
December 22, 2025 – January 2, 2026
March 2-8, 2026
April 27 – May 3, 2026
June 15 – July 5, 2026
Sept 7-13, 2026
November 23-29, 2026
December 21, 2026 – January 3, 2027
January 18 – January 29, 2027
March 29 – April 4, 2027
May 29 – June 6, 2027
August 2-13, 2027
October 11-17, 2027
November 22-28, 2027
December 20, 2027 – January 2, 2028
February 28 – March 10, 2028
May 8-14, 2028
July 1-9, 2028
September 11-22, 2028
November 20-26, 2028
December 23, 2028 – January 7, 2027

**Standard Holidays Observed (Administrative Office Closed):**
New Year's Day
Martin Luther King Jr. Day
Presidents' Day
Memorial Day
Juneteenth
Independence Day
Labor Day
Thanksgiving Day
Christmas Day

## Weather Policy

In the event of inclement weather, please check our website home page at www.pmti.org. PMTI makes independent decisions about closing for weather-related conditions — our priority is the safety of our students and staff. All missed classroom hours will be rescheduled by the Director of Education, considering the instructor and student schedules.

## Admissions Process

The Admissions Committee is staffed by the Director of Admissions, the Executive Director and members of the staff and faculty. Its mission is to admit students who show potential to succeed in the curriculum and in a massage therapy career.

It is important that individuals who apply to the program become familiar with massage by receiving bodywork and learning about its techniques and qualities. The Admissions Committee suggests that applicants receive several professional massages and that they consider taking one or more introductory massage or other bodywork-related classes before applying. Practicing nonprofessional massage with friends or loved ones is important.

Potential students should reflect on their reasons for applying to the program, and research whether massage therapy is a profession that fits their skill set and career goals. PMTI conducts information sessions to familiarize prospective students with the Professional Training Program several times a year. Anyone interested in enrolling in the program is strongly encouraged to attend. Please contact PMTI for information session dates and times.

The Admissions Committee uses specific criteria to evaluate each applicant's ability to successfully complete the program. PMTI will give greater consideration to applicants who have explored massage therapy or other health and touch modalities, and who are able to discuss massage therapy with awareness and sensitivity.

Massage therapy training is physically demanding and requires movement, exertion, and mental and emotional focus. Some medical limitations and conditions may preclude participation in this program, and certain conditions may be contraindicated for giving or receiving massage. PMTI reserves the right to determine whether applicants and students have physical, mental or emotional conditions that would interfere with participation in the program. Consult your authorized health care provider or PMTI for further information. PMTI has graduated students who have had visual or hearing impairments and will make reasonable accommodations in accordance with the Americans with Disabilities Act.

Please note: Criminal convictions may affect a student's ability to receive professional credentials. It is the student's responsibility to check the state regulations of any jurisdiction in which they may wish to practice.

**If literacy in English is determined to be an issue during the interview process, PMTI will formally assess the applicant's comprehension skills.*

## Application Procedures

To apply for the program, complete an application online via PMTI's web site at www.pmti.org/apply -- or request a copy of the application from the Admissions Department by phone at any time. An application is considered valid when the applicant has accurately and fully completed the application, submitted all required materials, and returned them with the application fee of $100*.

**This fee is charged to cover the cost of processing the student's application and is in no way related to the cost of or payment of tuition. This application fee shall be refundable if the student chooses not to enroll in the program or if the student withdraws from the program within seven calendar days after signing an Enrollment Agreement.*

The Director of Admissions screens all applications for completeness. The Admissions Committee then reviews applications and invites qualified applicants for personal interviews. PMTI notifies applicants promptly when they have been accepted into the program. Applicants may call to consult with the Director of Admissions at any time during the application process.

**Professional Training Program Requirements**

- Applicants must be at least 18 years of age or older
- High school diploma, GED, or college transcript
- Demonstrated literacy in English (see below left*)
- Physical ability to give and receive massage on a weekly basis (as determined by student's authorized health care provider)

**The Applicant must provide the following required materials:**

- Completed Application form, including proof of age
- Education documentation (transcript or GED)
- Written statement of purpose for application
- Two personal references
- Massage Journal describing a recent massage, received as part of the application process from a PMTI graduate or an AMTA or ABMP professional member/practitioner
- Medical/health history form
- Application fee ($100)

**The Applicant must complete a required interview with an Admissions Committee member and be accepted by the full Committee.*

**Suggested Guidelines for Success in the PTP**

- 20-month students should have the ability to devote about 20 hours each week to classes and study
- 10-month students should have the ability to devote about 35-40 hours each week to classes and study
- A flexible schedule allowing weekend, day and evening commitments in addition to regular weekly classes
- Necessary financial resources.

## Due Dates

Class sizes are limited and the program sometimes receives applications from more individuals than can be included in a start. Prospective students are encouraged to apply early. Candidates should be prepared to begin the application process at least four weeks prior to the start of the program, to ensure that they have enough time to complete all of the steps involved and, if accepted, to prepare for enrollment.

## Tuition and Financial Information: 10-Month Program

The total cost of tuition payable to PMTI is $15,900.00. If tuition is financed, $596.73 is charged as interest at 5% per annum. An additional $100.00 is paid as an application fee, bringing the total cost of the 10-month program to $16,596.73. Fees for materials and activities associated with the program are estimated below and were calculated in compliance with the Maryland Higher Education Commission regulations and are subject to change. Tuition fees cover student liability insurance and all classroom resources, including handouts.

The student will incur additional costs for the purchase of necessary books, supplies, and equipment. The student may purchase required books, supplies and equipment from PMTI or on the open market.* Required books, supplies, equipment and related program costs are estimated as outlined below:

**1. Textbooks and Clinic Shirt:** $335.00 if purchased individually at PMTI

Segment One:

*Applied Anatomy & Physiology for Manual Therapists, 2nd Edition, Archer and Nelson* ..... *$ 85.00*

*Nina McIntosh's The Educated Heart: Professional Boundaries for Massage Therapists & Bodyworkers, 5th Edition, Allen* ..... *$ 48.00*

*A Massage Therapist's Guide to Pathology, 7th Edition, Werner* ..... *$ 85.00*

*Discovery: A Handbook of Learning the Theory & Practice of Massage, 2nd Edition, PMTI* ..... *$ 25.00*

*The Muscular & Skeletal Systems Study Guide* ..... *$ 7.00*

Segment Two:

*Trail Guide to the Body, 7th Edition, Biel* ..... *$ 85.00*

**2. Massage Table** for use outside of school: $400 to $700 new

**3. Sheets and Massage Oil:** approximately $100

**4. Tutoring:** $40 per hour (optional)

**5. Financing Fee** of 5% per annum, or $596.73.

**6. Missed or Repeated Clinic Appointments:** $45 each

**7. Clinic Polo Shirt:** $50.

**8. Other fees** associated with out of class requirements:

- Eight (8) Outside Professional Sessions: $60 to $120 per session (two each in Segments 1 and 2; four in Segment 3)
- Fee for Late Return of Massage Chair: $20/day
- CPR/First Aid Classes: $80 to $115

*Note: Following graduation, students will be eligible to sit for the MBLEx for an approximate cost of $265.00. Licensure fees in the state of MD are currently $330.00 and are further disclosed on pages 31-32. These costs are subject to change by the applicable jurisdiction and students should monitor the costs for the jurisdiction(s) in which they intend to seek licensure.*

**Tuition Payment Agreement**

Tuition for the PTP shall be charged and paid as follows:

1. Application Fee (paid upon application) ..... $100.00
2. Cost of Tuition ..... $15,900.00
3. Down Payment due upon Enrollment on or before the first day of class ..... $1,590.03
4. Unpaid Principal of Cash Price ..... $14,309.97
5. Annual Percentage Rate ..... 5.00%
6. Finance Charge ..... $596.73
7. Total Contract Price (1+ 2+ 6) ..... $16,596.73
8. Total of Payments (4+6) ..... $14,906.70
9. Principal per Monthly Payment ..... $1,590.00
10. Interest per Monthly Payment ..... $66.30
11. Monthly Installment Payments ..... $1,656.30

A tuition down payment in the amount of $1,590.03 is required. This payment is due upon enrollment, or, on or prior to the first day of class. The down payment represents the student's first installment payments. The down payment amount due shall be reduced by $50 if the student has already paid a registration fee. Payments 2 through 10 shall be made in 9 equal successive monthly installments in the amount of $1,656.30 beginning on the 1st day of each month one month following enrollment.

Students may pay at the PMTI front desk in person or by phone, using cash, check, money order, Visa, MasterCard or Discover. An automatic payment option is available to credit cardholders.

All tuition and fees associated with the program must be paid in full prior to the issuance of any final academic transcript, record of attendance and/or certificate of completion.

** Non-refundable items include any Supplies removed from PMTI's physical location, or non-essential Supplies that have been ordered by PMTI at the student's request. These items include, but are not limited to, massage tables and stools, textbooks, oils/lotions/creams, sheets, and polo shirt.*

**Financial Assistance**

While PMTI does not currently offer in-house financial aid, students who anticipate needing financial Support are encouraged to seek additional sources of funding. PMTI's administration will work with students on a case-by-case basis to assist them in submitting documentation as needed. PMTI students have successfully secured funding from government agencies and personnel departments, such as:

- The Virginia Commission for the Visually Handicapped and the Departments of Rehabilitation Services for the District of Columbia, Maryland and Virginia have approved PMTI for training.
- PMTI is recognized by the Department of Education as an eligible institution for deferring student loans.

## Tuition and Financial Information: 20-Month Program

The total cost of tuition payable to PMTI is $15,900.00. If tuition is financed, $1,258.24 is charged as interest at 5% per annum. An additional $100.00 is paid as an application fee, bringing the total cost of the 20-month program to $17,258.24. Fees for materials and activities associated with the program are estimated below and were calculated in compliance with the Maryland Higher Education Commission regulations and are subject to change. Tuition fees cover student liability insurance and all classroom resources, including handouts.

The student will incur additional costs for the purchase of necessary books, supplies, and equipment. The student may purchase required books, supplies and equipment from PMTI or on the open market.* Required books, supplies, equipment and related program costs are estimated as outlined below:

**1. Textbooks and Clinic Shirt:** $335.00 if purchased individually at PMTI

Segment One:

*Applied Anatomy & Physiology for Manual Therapists, 2nd Edition, Archer and Nelson* ..... *$ 85.00*

*Nina McIntosh's The Educated Heart: Professional Boundaries for Massage Therapists & Bodyworkers, 5th Edition, Allen* ..... *$ 48.00*

*A Massage Therapist's Guide to Pathology, 7th Edition, Werner* ..... *$ 85.00*

*Discovery: A Handbook of Learning the Theory & Practice of Massage, 2nd Edition, PMTI* ..... *$ 25.00*

*The Muscular & Skeletal Systems Study Guide* ..... *$ 7.00*

Segment Two:

*Trail Guide to the Body, 7th Edition, Biel* ..... *$ 85.00*

**2. Massage Table** for use outside of school: $400 to $700 new

**3. Sheets and Massage Oil:** approximately $100

**4. Tutoring:** $40 per hour (optional)

**5. Financing Fee** of 5% per annum, or $596.73.

**6. Missed or Repeated Clinic Appointments:** $45 each

**7. Clinic Polo Shirt:** $50.

**8. Other fees** associated with out of class requirements:

- Eight (8) Outside Professional Sessions: $60 to $120 per session (two each in Segments 1 and 2; four in Segment 3)
- Fee for Late Return of Massage Chair: $20/day
- CPR/First Aid Classes: $80 to $115

*Note: Following graduation, students will be eligible to sit for the MBLEx for an approximate cost of $265.00. Licensure fees in the state of MD are currently $330.00 and are further disclosed on pages 31-32. These costs are subject to change by the applicable jurisdiction and students should monitor the costs for the jurisdiction(s) in which they intend to seek licensure.*

**Tuition Payment Agreement**

Tuition for the PTP shall be charged and paid as follows:

1. Application Fee (paid upon application) ..... $100.00
2. Cost of Tuition ..... $15,900.00
3. Down Payment due upon Enrollment on or before the first day of class ..... $795.06
4. Unpaid Principal of Cash Price ..... $15,104.94
5. Annual Percentage Rate ..... 5.00%
6. Finance Charge ..... $1,258.24
7. Total Contract Price (1+ 2+ 6) ..... $17,258.24
8. Total of Payments (4+6) ..... $16,363.18
9. Principal per Monthly Payment ..... $795.00
10. Interest per Monthly Payment ..... $66.22
11. Monthly Installment Payments ..... $861.22

A tuition down payment in the amount of $795.06 is required. This payment is due upon enrollment, or, on or prior to the first day of class. The down payment represents the student's first installment payment. The down payment amount due shall be reduced by $50 if the student has already paid a registration fee. Payments 2 through 20 shall be made in 19 equal successive monthly installments in the amount of $861.22 beginning on the 1st day of each month one month following enrollment.

Students may pay at the PMTI front desk in person or by phone, using cash, check, money order, Visa, MasterCard or Discover. An automatic payment option is available to credit cardholders.

All tuition and fees associated with the program must be paid in full prior to the issuance of any final academic transcript, record of attendance and/or certificate of completion.

** Non-refundable items include any Supplies removed from PMTI's physical location, or non-essential Supplies that have been ordered by PMTI at the student's request. These items include, but are not limited to, massage tables and stools, textbooks, oils/lotions/creams, sheets, and polo shirt.*

**Financial Assistance**

While PMTI does not currently offer in-house financial aid, students who anticipate needing financial Support are encouraged to seek additional sources of funding. PMTI's administration will work with students on a case-by-case basis to assist them in submitting documentation as needed. PMTI students have successfully secured funding from government agencies and personnel departments, such as:

- The Virginia Commission for the Visually Handicapped and the Departments of Rehabilitation Services for the District of Columbia, Maryland and Virginia have approved PMTI for training.
- PMTI is recognized by the Department of Education as an eligible institution for deferring student loans.

**Program Withdrawal and Refund Policy**

Students have the right to withdraw from the PTP thereby canceling their Enrollment Agreement. If a student chooses not to enroll in, or to withdraw from PMTI within seven (7) calendar days after signing an Enrollment Agreement, all payments made by the student or on behalf of the student will be refunded; if after the seven-day cancellation period, PMTI will retain both the application and registration fees.

A refund due to a student shall be based on the date of withdrawal or termination and paid within 60 days from the date of withdrawal or termination. The official date of withdrawal or termination of enrollment shall be the student's last day in class as determined by PMTI's attendance records and documented by PMTI accordingly.

Any student withdrawing from the program prior to completion may receive a partial transcript and attendance records as soon as all monetary obligations are satisfied. Additional transcripts may be requested in writing, via email or by phone for a fee of $15 per unofficial transcript and $20 per official transcript.

If the student chooses to withdraw from the program at any point in time after the seven-day cancellation period, the refund policy below will be followed. Any and all refunds shall be based on the total contract price for the program and shall be paid net of any charges for books, Supplies or equipment charged to the student's account, as well as any accrued late fees for tuition, delinquent assignments or tutoring. Any interest due will be charged on a per diem basis. The minimum tuition refund that the school shall pay a student who withdraws or is dismissed following the seven-day cancellation period, is as follows:

Proportion of program taught prior to date of withdrawal based on an average of 252 hours per segment.

| Program taught | Tuition refund |
|---|---|
| Less than 10% | 90% refund |
| 10% up to but not including 20% | 80% refund |
| 20% up to but not including 30% | 60% refund |
| 30% up to but not including 40% | 40% refund |
| 40% up to 50% | 20% refund |
| More than 50% | No refund |

If PMTI cancels a class, segment, or section for any reason the student may request and shall receive a refund of deposits, fees and/or tuition paid. If any segment of the PTP is canceled, the students' obligations pursuant to the enrollment agreement shall be canceled as well. Should PMTI's PTP be discontinued, the school shall refund to any currently enrolled student any monies paid by the student for tuition or fees. Such a refund shall be made in lieu of any clock hours the student may choose not to retain.

**Delinquency or Default**

All payments shall be due by the 1st day of each month, and all payments shall be considered delinquent on or after the 11th day of each month. A $25 late charge shall be added to any payment made later than 10 days from the due date. Checks returned by the bank for insufficient funds incur a $35 fee. Declined automatic payments are subject to a $15 service charge.

Any student carrying a balance in excess of two installment payments is subject to dismissal from the PTP. PMTI may elect to place the student on probation. If the balance due is not paid within 30 days from the onset of the probation period, the student may be subject to dismissal. PMTI may declare the balance due and payable, along with all costs of collection including cost of suit and 15% of the amount in default as an attorney's fee. Delinquent payments will first be pursued by office staff and may be turned over to a collection agent.

***Pursuant to regulations adhered to by the Maryland Higher Education Commission (MHEC), PMTI and/or its successors or assigns are subject to all claims and defenses which the debtor could assert against the seller of goods or services obtained pursuant thereto or with the proceeds hereof. Recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder. Additionally, mandatory fees charged by PMTI shall be requested by the school and approved by the Secretary prior to implementation.***

## Program Performance

Students and prospective students may obtain from the Maryland Higher Education Commission (www.mhec.state.md.us) information regarding the performance of PMTI's Professional Training Program -- such as enrollment, completion and placement rates, and pass rates on licensing exams.

## Enrollment Policies and Procedures

### Segment One

PMTI notifies applicants in writing and by telephone after the Admissions Committee makes its decisions. Accepted applicants will receive an Enrollment Agreement and a Medical Authorization form. A space in class is not guaranteed until the student returns the Enrollment Agreement with a minimum $50.00 registration fee.

### Enrollment Agreement

The Enrollment Agreement is a contract between the school and the student and covers a student's continuous enrollment in the Professional Training Program. To register for class and reserve a place, the Agreement must be completed and returned to the Institute with a $50 registration fee to be credited toward tuition, or the required tuition down payment described on pages 15 and 16. A space in the program is not guaranteed until PMTI receives the student's Enrollment Agreement with a minimum $50 registration fee. Should the student choose to withdraw from the PTP for any reason, this registration fee, as well as the application fee and any tuition paid by the student shall be fully refundable in the first seven (7) calendar days after signing an Enrollment Agreement.

### Medical Authorization

Students must have an authorized health care provider complete and return the Medical Authorization Form to notify PMTI of any contraindications or limitations the student may have to giving and receiving massage on a weekly basis. The completed form must be returned to PMTI before the first class.

### Mental and Physical Health Responsibility

Physical injury from receiving massage is rare. Complications can arise when massage therapy is contraindicated for specific medical or psychological conditions. It is essential that students inform PMTI of any conditions they have or develop, both prior to and during their enrollment. If there is any question about a medical or psychological condition, it is the student's responsibility to seek advice from an authorized health care provider, and to inform PMTI in writing immediately of pertinent conditions, treatments, and contraindications. PMTI reserves the right to question a student's ability to benefit from or proceed in the program, and to require mental or physical evaluation from an outside professional. Through this process of consultation and advisement, it may be determined that special considerations must be used, or that it would be medically inadvisable to undertake or continue a course in massage therapy.

### Photographs

Students will be asked to provide PMTI with a digital picture for their file; to facilitate this process, photographs will be taken as part of the registration process on New Student Day at the start of Segment One.

### Segments Two & Three

In order to continue for Segments Two and/or Three in the specific section (mornings, all day, or evenings) in which previously enrolled, students must submit a continuation form (due two weeks prior to the start date of the upcoming segment). Students must be current with tuition in order to register for the next segment.

Students who wish to switch to a different section for an upcoming segment should notify PMTI's Dean of Students and the Registrar in writing or via email. Accommodation will be made according to availability.

### Transfer Students & Testing In

Students who wish to test in or transfer into PMTI from other schools, candidates must first apply to the program. After the potential student has been accepted to PMTI, the Director of Education will evaluate the transcripts of the incoming student, along with course objectives and hours of the program content previously completed. Because of differences in course structure and content between massage therapy schools, transferring hours of training to PMTI requires individual evaluation by the Director of Education. Hours and course objectives will be carefully matched to PMTI's curriculum; when matching, credit will be granted. Part of this evaluation may include placement exams and/or skills assessment by a senior instructor (charged at $40/hour). PMTI does not guarantee that all previous training hours will be accepted for transfer credit.

## Program Requirements and Policies

### Attendance

Attendance in each class and each course is essential due to the nature of PMTI's hands-on learning process. All of the elements of content, interaction, demonstration and practice within the program are important to the student's overall experience and success.

Regular and prompt attendance is a key to success, but a 10% cumulative absence tolerance in each segment is provided for unexpected emergency situations and illness. This amounts to a minimum 90% attendance rate. Tardiness is considered a form of absence. Students who arrive late to class or leave early will have time missed recorded (in 15-minute increments) as a partial absence. In all clinic and fieldwork classes, 100% attendance is required and only 10% of these hours will be permitted to be rescheduled without probation. When a student reaches a threshold of 10% in rescheduled hours in clinic and fieldwork or is absent for 10% of any other course's total hours, they are put on probation and will be dismissed if absence exceeds 10%.

In the event a student misses scheduled clinic or fieldwork hours, they are required to contact the clinic or fieldwork manager within one week of the absence to reschedule the hours missed. All clinic and fieldwork hours missed and subsequently rescheduled should be completed by the student prior to the end of each segment, if clinic and fieldwork have available openings; otherwise, the student will be permitted to make up the missed sessions in the following segment. Regardless of absence tolerance levels, students are responsible for obtaining missed class work, notes, and handouts, and for completing all required tests in a timely manner. If at any time a student has attended less than 90% of the elapsed hours, the student will be placed on probation. (Absence tolerances for every course are shown in an Addendum to this catalog.) The probation period will last until the beginning of the next segment, by which time attendance requirements must be brought within tolerance through tutoring. If a student fails to meet these minimum attendance standards, they will be dismissed. Attendance is monitored by instructors in each class and students are informed of any attendance deficiencies on a weekly basis. Formal student attendance reports are prepared by the Registrar and reported to the student at the midpoint and completion of each segment, or at other times based on any student's reasonable request.

If a student is unable to attend a class or course, and the absence results in a violation of the 90% attendance requirement, the student is immediately required to meet with the Dean of Students, the Director of Education and their assigned Lead Instructor to determine the student's requirements for completing the class or course. Opportunities for making up missed classes and courses within any segment of the program are dependent on whether the classes or courses missed are scheduled to occur again within the segment in question. When courses cannot be made up during the current segment, students will be able to attend missed classes or courses during the subsequent segment of the program.

Instructors are available to review missed content from lecture classes and/or practical assignments. Clinic and Fieldwork are scheduled in a manner that provides students with ample opportunities to make up for absences.

### Grading

Final numeric grades (scale of 0 to 100%) or grades of pass/ fail/incomplete are given in each course. In courses where final grades are given (see Addendum), students must receive a minimum of 75%. Course syllabi are distributed on the first day of each segment. Syllabi are presented within a comprehensive overview of the segment, entitled the "Everyday Packet." Students are responsible for becoming familiar with the content of this packet. Final grades are based on homework assignments, written reports and/or exams.

All grades are placed in the student's file. Records of academic achievement are prepared by the Registrar and reported to the student at the midpoint and completion of each segment. At the end of each segment, students are notified of final grades by email or regular mail. To proceed to the next segment in the Professional Training Program, academic and practical requirements of the student's current segment must be completed with a satisfactory grade and demonstration of competency for that segment of education.

### Policy for Attendance, Late Assignments, and Incomplete or Failed Coursework

PMTI's policy for progressing and graduating is based on the student's ability to demonstrate competency in required elements of each course. All coursework is due on the date assigned by the instructor or in the syllabus and is mandatory. Instructor requirements regarding deadlines may vary. Students are responsible for understanding each instructor's expectations at the beginning of the course. Students must plan in advance if any assignment will be submitted late.

A student must submit a written request to their instructor prior to the end of the course requesting an incomplete in the class. Students who do not submit a written request for an incomplete in the course will receive a failing grade for the entire course. Students have until the start of the next segment to complete coursework; else the incomplete becomes a failure, and the course must be repeated.

If the Dean of Students, Director of Education, and/or the Registrar determine that due to a student's grade point average or excessive absences from class it is no longer viable for the student to make up the classes in order to successfully complete the segment or graduate from the PTP, PMTI shall notify the student in writing of the student's dismissal from the PTP with an effective date of no less than seven (7) days from the notice of dismissal. The student shall have an opportunity to discuss their dismissal with the Director of Education and the Dean of Students within seven (7) days of being notified in writing of the student's dismissal. The student's dismissal shall become effective following this seven (7) day period unless PMTI reverses its decision based on discussions with and information provided by the student.

## Graduation Requirements

To graduate from the Professional Training Program and receive a Certificate of Completion, students are required to:

- *Achieve a minimum cumulative score of 75% in any lecture course that has a numerical grading standard;*
- *Achieve a "Pass" on all other lecture and laboratory classes including skills assessment;*
- *Attend at least 90% class hours within each segment;*
- *Attend 100% of all clinic and fieldwork hours at a minimum attendance rate of 90% with no more than 10% of the student's originally scheduled clock hours to be missed and made up;*
- *Hold a current certification in CPR and First Aid (at least 3 hours each in hands-on courses using American Red Cross or American Heart Association curricula) at the time of graduation (to be obtained outside of the PTP by the student at her or his expense); and*
- *Be paid in full.*

Students who are scheduled to graduate and have not fulfilled all of the required coursework with a satisfactory grade may not be able to participate in graduation, and will not receive a certificate, or obtain completed transcripts until all course work has been completed. It is the student's responsibility to complete all required coursework by the agreed upon deadline or within 180 days, whichever occurs first.

### Student Records

PMTI guarantees the right of students to have access to their files. All grades, records and academic documents are placed in the student's file on a regular basis (every seven weeks). Other documents may be included, with student knowledge. Students are entitled to their transcripts when all academic, administrative, and financial requirements are met. Official transcripts of coursework are given to graduates two weeks after graduation and will be permanently maintained by the school. One official and one unofficial transcript are provided to graduates free of charge; additional transcripts may be requested in writing, via email or by phone for a fee of $15 each. Student records are considered confidential and will not be distributed to a third party without a written release from the student. All student transcripts and related attendance records and information will be kept as long as the school exists and can be obtained by contacting the Registrar at PMTI in writing, via email or by phone.

Students may view their student record during normal PMTI office hours. To view their file, a student needs to make a verbal or written request to the Registrar. Reasonable accommodation will be made for private viewing.

### Leave of Absence – 10 Month Program

Students may request a leave of absence (LOA) in writing to the Dean of Students or the Executive Director, but this absence is limited to 90 cumulative days. The Student's Enrollment Agreement will be amended to reflect a revised completion date. All other terms of the Enrollment Agreement shall remain unchanged. If a student fails to return to training by the end of the LOA, a refund due to the student shall be based on the date of withdrawal or termination and paid within 60 days of the last scheduled day of the LOA. Any student requiring a period of leave longer than 90 days is formally dismissed from the program. A student returning to the program after more than a 3-month period will be required to repeat the final exams relevant to the last segment of the program attended in order to demonstrate proficiency and readiness to proceed into the following segment.

### Leave of Absence – 20 Month Program

Students may request a leave of absence (LOA) in writing to the Dean of Students or Director of Education, but this absence is limited to 180 cumulative days. The Student's Enrollment Agreement will be amended to reflect a revised completion date. All other terms of the Enrollment Agreement shall remain unchanged. If a student fails to return to training by the end of the LOA, a refund due

the student shall be based on the date of withdrawal or termination and paid within 60 days of the last scheduled day of the LOA. Any student requiring a period of leave longer than 180 days is formally dismissed from the program. A student returning to the program after more than a 6-month period will be required to repeat the final exams relevant for the last segment of the program attended to demonstrate proficiency and readiness to proceed into the following segment.

### Continuation and Completion Policy

The student must reapply and be reaccepted by PMTI, and their enrollment shall be subject to any change in enrollment policies or tuition rates. A $50 registration fee, to be applied to tuition, is due at time of enrollment. All outstanding tuition and fees due must be paid in full before a student will be accepted to return to the program. Additionally, all tuition and fees due must be paid before any withdrawing student receives a partial transcript or attendance record. Otherwise, credit for prior courses taken in the PTP will not be recognized by PMTI.

## Student Support

### Resolution of Issues and Grievance Procedures

Students who have concerns or questions regarding their educational experience at PMTI need to address them with their instructor. If concerns cannot be resolved with the instructor, the student should address their concerns or questions to the Dean of Students or Director of Education.

Any student wishing to appeal a disciplinary action may do so in writing within two (2) weeks of the notice. Appeals need to be addressed to the Executive Director, who will convene a review committee, which will review the case and make a recommendation of final status to the Executive Director. The review committee will consist of approximately three (3) members who have limited or no prior knowledge of the disciplinary action that was taken. If a complaint cannot be resolved using PMTI's process, a student may contact COMTA or any of the state agencies below to file a complaint. Procedures are available to students on request.

Commission on Massage Therapy Accreditation (202) 888-6790
900 Commonwealth Pl., Suites 200-331, Virginia Beach, VA 23464

Maryland Higher Education Commission (410) 767-3301
217 East Redwood St., 21st Floor, Baltimore, MD 21202

Maryland Office of the Attorney General (410) 528-8662

Consumer Affairs 200 St. Paul Place, Baltimore, MD 21202

Maryland State Board of Massage Therapy Examiners
4201 Patterson Ave., Suite 301, Baltimore, MD 21202; (410) 764-4738

### Tutoring

An instructor may recommend that a student receive tutoring if there is unsatisfactory progress in academic and/or practical skills. Students, at their own expense, can arrange for private tutoring with a PMTI instructor for $40 per hour.

## Student Conduct

### Standards of Conduct

Students are expected to demonstrate a commitment to the educational process by being in class on time and by keeping up with the class assignments. Students need to be attentive in class and should not behave in any way that disturbs the learning process. Lewd or lascivious conduct is grounds for immediate dismissal from the program. Inappropriate interactions and behavior, dishonesty, plagiarism, violence and violation of PMTI's written policies will not be tolerated and can result in probation, suspension and dismissal.

### Professional Ethics

PMTI Supports the American Massage Therapy Association's Code of Ethics and the National Certification Board for Therapeutic Massage and Bodywork Standards of Practice. Accordingly, students are expected to always represent themselves as "students in basic massage therapy training" until they graduate. Under no circumstances may students charge a fee or accept payment or gifts for any massage work performed. Students who do not abide by these policies not only disregard school policy, but also violate massage laws in DC, Maryland, and Virginia. PMTI reserves the right to suspend and/or dismiss a student who disregards these school policies. Sexual massage, or massage which is promoted with sexual overtones, is also grounds for dismissal.

**Grooming and Dress Code**

Students must be clean, well-groomed, and modestly dressed with short, clean fingernails while attending classes. Students are required to wear a PMTI polo shirt with loose-fitting, well-kept slacks or skirt and appropriate undergarments for all Fieldwork and Clinic assignments, whether filling a requirement or working extra time. Students may wear jeans for Clinic, so long as they are neat, hemmed to an appropriate length, neither too loose nor too tight, with no holes or frayed areas. Those who do not meet these dress code or grooming requirements will be suspended from classroom, Fieldwork or Clinic activities until the condition is remedied.

**Disciplinary Policies**

PMTI tries to resolve student concerns and problems early and informally. Therefore, a student may receive a Student Status Notice and may be required to confer with the instructor and/or Student Services when grades, attire/grooming, conduct, attendance and/or payment of fees, become problematic.

PMTI reserves the right to place on probation, suspend or dismiss any student enrolled in the program. Any student against whom disciplinary action is taken will be notified in writing and must meet with the instructor and/or Dean of Students to discuss the reasons and circumstances for the action.

Under probation, a student continues in the program until the beginning of the next segment under specified conditions, and is monitored by the instructor, the Dean of Students, and the Executive Director. Grounds for probation include non-payment of fees; unsatisfactory progress or performance in lecture or laboratory classes, repeated absence and attendance problems; non-participation; distracting or unprofessional behavior; noncooperation or inattention in class, clinic or fieldwork; inappropriate grooming, attire or personal habits; or failure to comply with required activities set forth in a Student Status Notice.

A student who is suspended is automatically removed from class for a period of time (case dependent) and may return only after fulfilling stated conditions. Grounds for suspension include chronic absence or tardiness; insufficient participation; the inability to complete and submit assignments in a timely manner; unprofessional conduct or attire in class or at school-related activities; absences of more than 10%; nonpayment of tuition or fees; incomplete paperwork for enrollment in the program; or blatant disregard of PMTI's Respect for the School Community (see Addendum). Absences while a student is suspended will be recorded in the student's attendance record.

In each case, specific corrective measures to be made by the student to return to a non-disciplinary status and the length of time of any suspension will be determined by the instructor and Dean of Students, in consultation with the Executive Director and Director of Education. Students will be informed of these decisions in writing. If a student is suspended for more than 180 days, the student will be withdrawn from the program and refunded and must reapply.

Failure to complete the requirements of probation will result in suspension; failure to complete the requirements for suspension will result in dismissal. Additional grounds for immediate dismissal include charging fees for class-related work; misrepresentation of student status; sexual misconduct; giving or receiving massage while infectious or under the influence of illegal drugs/alcohol; blatant and deliberate plagiarism or violating the AMTA's Professional Code of Ethics (see Addendum). A student who is dismissed for any of these reasons is automatically withdrawn from the program and may reapply to the program after a minimum of one year.

**Non-Discrimination Policy**

PMTI actively seeks to cultivate a diverse community among its students, faculty, staff and community. PMTI does not discriminate based on race, color, gender identification, age, sexual orientation, religion, national or ethnic origin or disability. PMTI adheres to all federal, state and local laws and regulations in the administration of its educational policies, admissions policies, hiring policies or any school-administered programs. PMTI is an equal opportunity employer and educational institution.

## PMTI Administrative Staff and Faculty

**Ethan Ableman**
*Intern Segment 2 Practical*
Ethan was a member of the final PMTI class that graduated before the pandemic in early 2020. After a long hiatus, they are excited to be back at PMTI assisting with the Segment 3 Practical class! While not doing bodywork, you can find Ethan birding, social dancing, and working downtown helping state governments manage their federal funds.

**Saya Barkdoll, RMP**
*Lead Instructor Segment 3 Practical, Teaching Assistant Segment 1 Practical, Prenatal, Clinic Instructor*
Saya graduated from PMTI in 2000 and has been practicing ever since. Her passion and love for massage therapy has grown more every passing year. She has continued to add to her practice with prenatal massage, trigger-point therapy, deep tissue massage, isolated stretching techniques, and more. She feels passionate that massage therapy is not just a treat but a necessity for everybody! She has seen the incredible outcome with so many, including her own daughter, and she knows, firsthand, the power of massage.

**Linda Baron, LMT**
*Clinic Instructor*
Linda graduated from PMTI in 2020. After graduation, she was a Teaching Assistant for the Heart of Touch and Segment One practical, and was also an Instructor with the Student Clinic. Linda is licensed in DC and Maryland and currently works at a wellness spa. She studied and practiced bodywork for many years before coming to PMTI and is a certified Phoenix Rising yoga teacher, therapist, group facilitator, and therapeutic life mentor. She also has extensive training and experience in Thai massage. When not practicing body work or teaching yoga, Linda enjoys biking, gardening, and vegan cooking.

**Gaia Baytop, LMT**
*Lead Instructor Segment 1 Practical*
Gaia has a Bachelor's degree in Biology from Bucknell University and is a licensed teacher in the District of Columbia where she currently teaches Science full-time at the Lab School of Washington. She graduated from PMTI in 1999 and taught here as an Intern, Assistant and Lead Instructor for 9 years. She returned in 2023 as a Lead Academic Instructor in Segment 2 and Clinic Instructor. Gaia has certifications in Orthopedic Massage, Connective Tissue Massage, and Infant Massage, and is a Reiki Master. She has a private practice in Silver Spring, MD.

**Stephanie Bean**
*Lead Instructor Segment 1 Research Literacy, Clinic Instructor*
(bio pending)

**Tiffany Bention**
*Teaching Assistant Segment 1 Practical, Clinic Instructor*
(bio pending)

**Jean Briggs, LMT**
*Lead Instructor Segment 3 Integrative Healthcare, Segments 1, 2 & 3 Spa & Hydrotherapy*
Jean is a Licensed Massage Therapist and Massage Educator working in Washington D.C. She has supported the community of PMTI in many capacities since her graduation in 2005 to include formerly serving on the Board of Directors and assistant teaching in the professional training program. Currently she teaches Integrated Health Care Concepts and Spa and Hydrotherapy as courses which offer key elements for the growth, self care, and success of our future massage therapists. Jean's enthusiasm for massage therapy and delight with her educational collaborations has kept her interest ongoing for cultivating the best possible experience for all involved.

**Laura Bryant-Earner, LMT**
*Lead Instructor Segment 3 Oncology*
Laura has been a practicing massage therapist since 2018 and a manual lymph drainage therapist since 2019. Before becoming a licensed massage therapist, Laura taught English in Japan for 19 years. It was in massage school that she heard of something called "oncology massage" and felt drawn to it. Passionate about learning, Laura has continued her advanced training in the fields of oncology massage, scar tissue manipulation and manual lymph drainage. She has provided massage in a variety of settings including corporate, private practice, spas and hospitals. Because of her own massage experiences, Laura appreciates how massage can play a supportive role in health care and the journey that is being human.

**Angilique Campbell, RMP**
*Clinic Instructor*
Angilique graduated from PMTI in 2022 and is certified in Prenatal and Postnatal Massage, Integrative Reflexology, and Reiki. Angilique has over 20 years of teaching experience in the health and wellness industry, with a focus on private and semi-private classical Pilates and yoga instruction, in-person, online, and on retreats.

**Traniceia Campbell, LMT**
*Lead Instructor Segment 3 Academic & Practical, Nutrition, Clinic Instructor*

Traniceia "Tree" Campbell is a Licensed Massage Therapist, Ayurvedic practitioner, healthcare professional, and massage educator. Her journey began in education, which she initially studied after high school before transitioning into the healthcare field. She later earned a BA in Ayurveda and Integrative Health and is currently pursuing a Master's degree in Nutrition and Integrative Health. Tree specializes in manual lymphatic drainage and prenatal and postnatal massage, bringing her experience in healthcare, integrative wellness, and therapeutic bodywork into the classroom. Teaching at PMTI has brought her journey full circle, blending the path she began in education with the career she built in healthcare and massage therapy. She enjoys helping students understand the "why" behind their techniques, build confidence in their hands, and grow into knowledgeable, compassionate massage therapists.

**Jon Coventry, RMP**
*Assistant to the Director of Education, Acting Registrar, Lead Instructor Segment 1 Academic, SOAP Charting, Clinic Instructor*

Jon graduated with a BA in Biology from Skidmore College in 2017. He graduated from PMTI in 2023 and never left, working both as an instructor and in the administration. Jon is a practicing LMT with a passion for manual lymphatic drainage and massage for post-plastic surgery. Outside of bodywork, he enjoys making art, storytelling, acting, and flexing his creative muscles.

**Jasper Drizen-Kahn, LMT**
*Teaching Assistant Segment 3 Practical*

(bio pending)

**George Essig, RMP**
*Clinic Manager, Teaching Assistant Segment 1 Academic*

George Essig is the Clinic Manager at Potomac Massage Training Institute. As a business owner, licensed massage therapist, audio/video technician, entertainer, and inventor, George is constantly exploring different ways to think about massage and how it affects people, especially musical applications. With a focus on the philosophies behind bodywork, every day brings new lessons on the benefits of human touch.

**Molly Farwell, LMT**
*Lead Instructor Segment 2 Introduction to Business Practices & Biodynamic Craniosacral Therapy, Lead Instructor Segment 3 Business Practices & Biodynamic Craniosacral Therapy*

Molly is a full-time MT and cooperative business owner in Baltimore, MD. She graduated from PMTI in 2017, transitioning out of a paralegal career in immigration law. It was her time working with immigrants that prompted her to pursue a career in trauma-healing bodywork and equitable business ownership. Her bodywork training includes over 500 hours of post-licensure education in biodynamic craniosacral therapy and Alchemical Alignment. Outside of work, Molly is a mother, a yogi, and an avid zero-waster. She is also a member of the AMTA Maryland chapter board, where she serves as Financial Administrator. Molly teaches the business practices class with an emphasis on ethical and sustainable business practices and policies, in addition to Biodynamic Craniosacral Therapy.

**Jen Float, LMT**
*Art of Touch, Touch of Massage*

A PMTI graduate in 2013, Jen holds a B.S. in psychology and a Master's degree in special education from the University of Maryland, College Park. She taught special education for 6 years. Jen maintains a private massage practice in Laurel, Maryland. She is certified in pregnancy and postpartum massage, as well as fertility and hot stone massage. Jen joined the instructional team in 2014 and has been a lead practical instructor since 2017.

**Tamera Gelman**
*Executive Director, Admissions Management, Teaching Assistant Business and Ethics 1, 2 & 3*

Tam attended Middle Tennessee State University and enjoyed a long-term career as a commercial mortgage banker and broker prior to becoming a massage therapist. Since graduating from PMTI in 2002, Tam has been an instructor and administrator for the school. Tam first volunteered as PMTI's real estate consultant in 2002 to help orchestrate the school's relocation to Wisconsin Avenue in DC, and she has served in this same role in relocating PMTI to Silver Spring. Joining the Board of Directors in 2003, Tam has twice served as Board Treasurer and as the Board's Co-Chair. Tam served as the school's Acting Co-Director on two occasions before assuming her current position in 2011.

**Mark Greiner, L.Ac**
*Lead Instructor Segment 1, Communication Boundaries & Ethics*

Dually educated as a Zero Balancer and pastor, Mark is passionate about trauma healing for persons and communities. He taught at the Maryland University of Integrative Health where he received his Masters of Acupuncture. Mark also worked at an integrative health clinic in rural Nepal, and has additional certification in the Tao of Trauma with Alaine Duncan. Through his Master's of Divinity from Princeton Theology Seminary, he cares for people through life cycle transitions in diverse congregations. Because he is inspired by the Chinese Medical Classic saying: "If there is free movement, there is no pain; if there is pain, there is lack of free movement," he enjoys gyrokinesis, Sacred Circle Dancing, and Five Rhythms Dancing.

**Lorie Gumbs-Tyler, ND, CNS**
*Lead Instructor Segment 1 Academic, Medical Terminology, Lead Instructor Segment 2 Intro to Case Report, Research Literacy, Segment 3 Case Report*

Dr. Lorie Gumbs-Tyler is a licensed naturopathic doctor, certified nutrition specialist, and craniosacral therapy practitioner. She earned her Doctorate in Naturopathic Medicine from the University of Bridgeport and holds a Bachelor of Arts degree in Comparative Studies in Race and Ethnicity from Stanford University with a concentration in Community Health. She received training in craniosacral therapy, somatoemotional release, advanced topics of craniosacral applications for pregnancy and childbirth, pediatrics, and working with chronic depletion through the Upledger Institute. Her approach is empowerment-based, helping people to restore balance and reach a level of sustained wellness. Her process is holistic, addressing the connection between one's mental, emotional, physical, and spiritual wellbeing. Her unique integration of whole-system analysis with individual needs provides effective personalized medicine. She has over 25 years of combined teaching experience from elementary to postsecondary levels, including private tutor, youth development and after school coordinator, non-credit adult education program coordinator and instructor, curriculum and workshop developer, as well as adjunct instructor for graduate level acupuncture, integrative medicine, and nutrition courses.

**Laura Henschel, LMT**
*Lead Instructor Segment 3 Myofascial Release Technique*

Laura came to PMTI to teach and work with students as they develop their knowledge and interests in the field of massage therapy. Certified through PMTI in 1986, she maintains a private practice in DC. She has expanded her knowledge in response to the needs of her clients, studying sports and prenatal massage, and in Ayurvedic inspired Polarity Therapy with added study in the field of Cranial-Sacral Biodynamics with Sills and Upledger. Laura has studied structural work with Dalton and in 2017 became a certified Anatomy Trains Structural Integrator (ATSI) with Meyers. She received a BS from University of Maryland in English Literature with a minor in biology 1995. In 2005 She completed an advanced personal training program and maintain her standing as a Certified Conditioning Specialist (CCS) through the National Strength Professionals Association. Laura is also certificatied as a Healthy Lifestyle Coach in 2007 through WellCoaches.

**Maya Hollomon-Kovac, LMT**
*Teaching Assistant Segment 1 Academic*

Maya brings both clinical mastery and proven business acumen to Potomac Massage Training Institute. A former dance and yoga instructor (and a 2016 graduate of PMTI), she is the founder of Heaolu Massage, a practice she successfully scaled into a full time mobile massage business serving clients in Maryland and Washington, D.C.. Her career spans diverse clinical settings, from day spas to doctors' offices, including 2 years serving as a Team Lead/in-house instructor. Maya is dedicated to mentoring the next generation of therapists in the art, science, and business of massage therapy.

**Celeste Homan, LMT**
*Lead Instructor Segments 1 & 2 Eastern Energy*

Celeste Homan, MS, DAc, LAc was an Associate Professor of Acupuncture at the Maryland University of Integrative Health where she earned her doctoral degree.

She is certified in Zero Balancing, holds a certificate in advanced massage and bodywork from the Baltimore School of Massage, and completed advanced training in acupuncture and Chinese medial aromatherapy with Jeffrey Yuen. Celeste served on the editorial board of The Journal of the American Society of Acupuncturists and published several articles about her clinical and academic work. Before entering the healthcare field, she worked as an engineer and holds a Master of Science in Engineering from the Johns Hopkins University. Dr. Homan's science and math background naturally supported her academic focus which was clinical reasoning and foundational theory. Dr. Homan has been in clinical practice since 1993. She is passionate about East Asian medicine which is rooted in the body's natural mechanisms for health and healing. In both her clinical and academic work, she emphasizes the role of awareness in the healing process which unites the body, mind, and emotions as they inform the deeper self.

**Chelsea Horton, LMT**
*Lead Instructor Segment 2 Academic, Teaching Assistant Segment 2 ICR, Segment 3 Case Report*
(bio pending)

**Mayassa Howell, RMP**
*Clinic Instructor*
Mayasa is a 2013 graduate of PMTI and certified in Applied Qigong for Holistic Healing by TCCII (Traditional Chinese Culture Institute International). As a student and lover of African dance, Transcendental Meditation, and having previously studied martial arts (Kupigani Ngumi, kung fu, tai chi) with Oso Tayari Casel as well as various African indigenous spiritual systems, she integrates principles and concepts from all of these experiences and modalities into the process with her clients towards achieving therapeutic goals.

**Ellen Jarvis, RMP**
*Dean of Students, Lead Instructor Segment 1 Practical, History of Massage, Couples Massage, Clinic Instructor*
After graduating from PMTI, Ellen stayed on as a therapist in the Graduate clinic and as an intern teaching assistant in Segments One and Two of the Professional Training Program, and as Student Clinic Supervisor. Ellen currently supports the student body in their progression through the PTP while teaching as a lead instructor in Segment One. She also holds a BFA in Stage Management from the University of North Carolina School of the Arts and works with children and adults with developmental disabilities.

**Gabrielle Jarvis**
*Front Desk Manager*
Gabrielle has been part of the customer service industry for over seven years. In college, she worked seasonally as a National Park ranger in New Mexico and Wisconsin. As Front Desk Manager, she is delighted to answer visitor's questions and to extend hospitality. In her off time, she enjoys backpacking, tennis, and spending time with her friends.

**Peter Langsdorf, LMT**
*Lead Instructor Segment 2 Practical*
Peter is an LMT specializing in Swedish, Deep Tissue, and Neuromuscular Therapy (Trigger Point) techniques. He has spent time as an intern, teaching assistant, and instructor in numerous parts of the program: Segment One academic and practical, Segment Two practical, and Segment Three practical and case report projects, as well as Medical Terminology and SOAP Charting. Peter works full time as a massage therapist in Northern Virginia following a career in federal recordkeeping and litigation support.

**Sarah Lawson, LMT**
*Lead Instructor Segment 3 BCST*
(bio pending)

**Holly Leon-Lierman**
*Fieldwork Manager,*
*Teaching Assistant Segment 1 Practical*

Holly is a graduate of PMTI and is thrilled to join the teaching staff where she can pair her extensive background in trauma-informed care, non-profit leadership, restorative yoga and reiki with advanced clinical training in massage therapy. Her passion and vision are to expand access to bodywork and culturally relevant healing modalities to foster embodiment and connection, and to ease stress.

**Mara Levy, MSOT, OTR/L, CLT-LANA, SEP**
*Lead Instructor Segment 3 Manual Lymph Drainage, Special Populations*

Mara is an occupational therapist, certified lymphatic therapist, and somatic experiencing practitioner. They've been in practice since 2005, and have extensive experience with a wide range of complex medical and neurological conditions. They currently provide a blend of somatic mental health care and trauma-informed bodywork at their private practice, Rainbow Spring Wellness in Silver Spring, MD. Their work is queer and trans celebrating, neurodiversity affirming, fat positive and HAES aligned, antiracist, and liberation oriented.

**Michael Oliwa**
*Marketing Director, IT Manager*

Michael started as an assistant in his father's photography studio on Madison Avenue in NYC. Taking an interest in design and communications, he worked and freelanced at publishers and advertising agencies in NJ and NYC, specializing in publication layout, graphic design and illustration. Michael was among the first wave of artists to use digital production methods (then called Desktop Publishing), later teaching new users and testing new software. Several years later he was again on the forefront of a new medium, building websites and interactive kiosks. In 1999 he launched District Line Productions, a boutique graphic design agency, first in Bethesda and later in downtown Silver Spring. Michael is also the manager of PMTI's IT Department.

**Jonathan Osmundsen, LMT**
*Director of Continuing Education,*
*Workshops & Partnerships*

During his rehabilitation from a critical accident in 2015, Jonathan discovered his most significant recovery came from bodywork in modalities like myofascial and craniosacral therapy. This profound life experience set him on a path to PMTI, where his passion for the healing arts eventually led him to return after graduation to intern and support Segments one, two, and three practical classes including craniosacral, myofascial, and practical integration. From there, he transitioned to an administrative position where he manages Continuing Education. Jonathan's bodywork combines modalities including craniosacral, Trager, and myofascial — generously sprinkled in to his Swedish and deep tissue massage. Prior to his career in massage, Jonathan spent more than two decades in public affairs, media relations and PR/marketing for nonprofits, startups and Fortune 100 Companies.

**Bryan Paige, LMT**
*Clinic Instructor, Team Member*

With a degree in Criminology and Criminal Justice from the University of Maryland College Park (1998), for twenty-five years Bryan has worked in almost every capacity with the Maryland Department of Juvenile Services. He also established his own personal training business, Fitness First, from 2001-2005. He graduated from PMTI in 2025.

**Robbin Phelps, LMT**
*Lead Instructor Segment 2 Movement Perspectives in Bodywork, Segment 3 Introduction to Trager*

Robbin graduated from PMTI in 1996 and, from there, developed her practice that centers on touch, presence, and movement as a certified Trager® Approach Practitioner. She is also a Reiki master, an energy medicine practitioner, a licensed social worker, and a psychotherapist. Her love of all this work and a natural inclination toward teaching has taken her into leading a weekly Mindful Movement class on Zoom, tutoring Trager students, and assistant teaching in innumerable Trager trainings. She serves as President of the Board of the US Trager Association.

**Robin Pinner, LMT**
*Teaching Assistant Segment 2 Academic*

Robin has an extensive background in bodywork dating back to 1995 that took her into the field of Esthetics where she has practiced and taught Anatomy and Physiology related to that field. She went on the study at the Medical University of South Carolina Dermatology Department. Robin has trained in a multitude of instructional tools and methods for help students gain the information and techniques that help them and their clients. She had always been interested in teaching at PMTI due to the fact that she consistently heard about the caliber of instruction and the quality of the student job applicants coming out of its program. She also took continuing education training at PMTI and received

work from the students and graduates over the years. Robin is looking forward to contributing to the education of the students and growing in her own path along the way.

**Alicia Portillo**
*Intern*
(bio pending)

**Frederika Prevost, LMT**
*Teaching Assistant/Coordinator Segment 3 Academic*
Fredi graduated from the Baltimore School of Massage in Medical Massage Therapy and has over twenty years of experience and continuing education harmonizing traditional eastern energetic and therapeutic bodywork to support patient well-being. She is a Licensed Massage Therapist in the state of Maryland and Washington D.C., a Professional Member of AMTA, and holds a Bachelor's of Science Degree in Broadcast Journalism from Bowling Green State University. Her practical use of observation and objective listening unlocks restrictive forces, allowing empathetic and compassionate application to direct patients toward healthy well-being.

**Brenda Rayner, LMT**
*Senior Faculty Manager,*
*Lead Instructor Segment 2 Academic and Practical,*
*Lead Instructor Segment 1 Body Dynamics,*
*Intro to Functional Assesment, Accounting*
Brenda joined the staff as Office Manager in October 2017 with a career background in entrepreneurship, human resources, and accounting. A 2002 graduate

of PMTI, Brenda has been a longstanding member of the Segment Two faculty, serving as both an academic and practical instructor. She has been a member of the Board of Directors since 2010, and currently serves as Treasurer. During the last several years, Brenda has continued to develop experience in massage therapy education through involvement with ABMP, AMTA, and AFMTE, participating in the development of two major projects in our field, ELAP/The CORE Blueprint for Entry-level Therapists, and more recently the Core Competencies for Massage Therapy Instructors.

**Billy Reed, LMT**
*Clinic Instructor*
(bio pending)

**Bob Schleichert, RMP**
*Lead Instructor Segment 1 Practical*
Bob graduated from PMTI in 2004 and has additional training in Reiki, Compassionate Touch, couples massage, massage for low back pain, and carpal tunnel syndrome. He has taught in various segments of PMTI's Professional Training Program, and is currently a lead instructor in Segment 1 practical. Bob maintains a private practice in Ashton, Maryland.

**Demara Stamler, LMT**
*Director of Education (Interim),*
*Lead Instructor Business and Ethics Segments 1, 2 & 3*
*Consultant to the Staff*
Demara graduated from PMTI in 1989 and had a successful full-time practice for over 20 years. Since that time, she has served PMTI as a Lead Instructor, Director of Education, and then Executive Director. Demara has also served the massage field as a board member of AMTA Council of Schools (which was re-formed as the Alliance for Massage Therapy Education). She went on to serve massage therapy education standards through her work as the Director of Accreditation for NACCAS, a national accrediting agency. In 2016, she certified as a life mastery coach and consultant through the Brave Thinking Institute and the Association for Research and Enlightenment. Demara then opened Awakened Dreams Coaching and Consulting, which focuses on supporting massage therapists (and allied professionals), businesses, and schools. Because of Demara's love and on-going support of PMTI, she has recently joined the administrative staff as the Interim Director of Education.

**Laurissa Stokes, LMT**
*Teaching Assistant Segment 2 Practical*
(bio pending)

**Tom Swiss, LMT**
*Lead Instructor Segment 3 Shiatsu*
Tom is a 2004 graduate of the Shiatsu and Asian Bodywork program at the Baltimore School of Massage, where he was trained in both the Traditional Chinese Medicine and Zen/Masunaga approaches to shiatsu. He is certified as a Diplomate in Asian Bodywork Therapy by the National Certification Commission for Acupuncture and Oriental Medicine, a Certified Practitioner by the American Organization for Bodywork Therapies of Asia, and a Maryland Licensed Massage Therapist. Besides his private practice, he has worked at one of the Baltimore area's top spas, and with chemotherapy outpatients at one of its top hospitals. Tom also holds a master's degree in Computer Science from the University of Maryland, and a kari rokudan (sixth degree black belt) ranking in Seido Karate. His book Why Buddha Touched the Earth was published in 2013, and he blogs at Patheos as "The Zen Pagan."

**Nicole Teal**
*Lead Instructor Basic Seated Massage*
After graduating from PMTI in 2004, Nicole pursued training in Neuromuscular Therapy (NMT) and 'Thai on the Table.' Her love of massage and bodywork has led to continued learning. She became a yoga teacher in 2016, and this allowed Nicole to relate to clients with special conditions more intuitively and with a more holistic approach. In 2023, Nicole studied with Alicia Barmon, and had a life changing apprenticeship in the neuroscience of breathwork. Through her own pain and recovery, she has been able to gain insight in to the mind-body connection. Nicole believes the breath holds the key to liberation for the mind and body to work in harmony. As a receiver of various modalities, she has enjoyed corrective exercise therapy. Nicole enjoys her career so much that she works out just so she can work more effectively and efficiently. She feels that "coming back to PMTI to teach and be part of this wonderful community is a true honor."

**Brenda Tracy, LMT**
*Clinic Instructor, Team Member*
Brenda earned a BA and MBA from Hood College in Frederick, MD, and has had an extensive career in human resources, specializing in talent acquisition. She graduated from PMTI in 2018 and has worked part time in a wellness center focusing on pregnancy massage. Brenda is a Registered Massage Practitioner, certified in pregnancy and postpartum massage, and she has completed training for the Trager Approach – Levels I, II and III. She has three children: a recent graduate of Temple University in Philadelphia, PA, and two who are currently enrolled at UMD.

**Antwan Watson, LMT**
*Lead Instructor Segments 2 & 3 Stretching, Segment 3 Sports Massage*
(bio pending)

**Rebecca Willis, LMT**
*Teaching Assistant Segment 2 Academic*
Rebecca has been guiding people toward better health through therapeutic touch ever since graduating from PMTI in 1999. She became interested in massage therapy as a means of self-care and healing after a professional career in classical ballet and modern dance, . Also a yoga practitioner and certified yoga teacher, she brings a practice of mindfulness through movement to work, and believes deeply in the power of massage therapy to facilitate health and reduce stress.

**Michael Wolosin, LMT**
*Lead Instructor Segment 1 Academic*
Michael is an LMT who graduated from PMTI in 2026 and is working as a therapist in Bethesda, Maryland. He is fascinated by the ways that presence, connection and manual therapies can change the human nervous system, and thrilled to be in a profession that includes life long learning. Michael has a doctoral degree in forest ecology and transitioned to massage from a career in international climate policy and deforestation reduction.

## General Information

### Program Accreditation: COMTA

PMTI's Professional Training Program is accredited by the Commission on Massage Therapy Accreditation (COMTA). COMTA is an accrediting agency specific to massage therapy and aesthetics in the U.S. and is recognized by the US Department of Education. PMTI is the oldest COMTA-accredited massage therapy training program in the greater Washington, DC area.

**COMTA**
900 Commonwealth Place, Suites 200-331
Virginia Beach, VA 23464
(202) 888-6790 / www.comta.org

### Licensing Exams (MBLEx)

To become a licensed therapist upon graduation, candidates must pass the Massage and Bodywork Licensing Exam (MBLEx), offered by the Federation of State Massage Therapy Boards. All three local jurisdictions, and most other states, accept this examination for licensing purposes. For the past decade, PMTI students have held an average first-time pass rate that is 20+ percentage points higher than the national average. There is currently a fee of $265.00 to apply for the exam. In addition,

PMTI is an NCBTMB continuing education Approved Provider. For more information, visit www.fsmtb.org or www.ncbtmb.org.

**Professional Associations**

American Massage Therapy Association (AMTA) Founded in 1943, is an association of massage and bodywork practitioners. Member benefits include professional liability insurance, legislative support, active local chapters, an annual convention, continuing education hours, Massage Therapy Journal, and the Massage Therapy Career Guide five-volume set. AMTA offers a free student membership rate for those enrolled at PMTI.

Associated Bodywork and Massage Professionals (ABMP) Founded in 1987, ABMP is an organization of massage, bodywork and esthetic practitioners. Member benefits include professional liability insurance, the bi-monthly Massage and Bodywork Magazine, and the Successful Business Handbook. PMTI provides student memberships to ABMP for all enrolled students.

**Student Body**

Students at PMTI come from a variety of backgrounds and life experiences. During the last three years, the age range of enrollees has been 18 to 72, with an average age of approximately 34. The ratio of women to men is approximately 3 to 1. Educational backgrounds range from recent high school graduates to M.D.s and Ph.Ds. There have been several visually impaired and learning-disabled students who have successfully completed the program.

**Local Licensing Laws and Regulations**

Licensing for practicing massage therapy varies greatly around the country.

Graduation from PMTI's Professional Training Program does not guarantee the ability to obtain a license in massage therapy in any particular state, county, or city. Some states have different, lesser, or more extensive educational requirements than PMTI, and some counties and/or states conduct criminal history and background checks. Check with local governments in advance of your enrollment at PMTI if you have specific questions about the area in which you hope to practice. For information on state regulations, visit www.amtamassage.org or www.abmp.com.

The District of Columbia, Virginia and Maryland each have their own licensure or certification laws. DC and Virginia both require a completed certificate from a 500-hour school, such as PMTI, as well as successful passage of the Massage and Bodywork Licensing Exam (MBLEx).

Maryland requires a completed clock-hours based certificate from a 750-hour accredited institution, such as PMTI, and successful passage of both the MBLEx and a state jurisprudence exam. Approximate costs for licensure in Maryland currently are as follows: an application fee of $150.00, a license fee of $200.00 and the jurisprudence exam fee of $180.00. These costs are subject to change by the applicable jurisdiction and students should monitor the cost for the jurisdiction(s) for which they intend to seek licensure. Local county and city laws may also apply in Maryland, Virginia, and DC. Therapists must meet any zoning requirements of local jurisdictions.

**Housing**

PMTI is not a residential school. Students in search of housing can check with student housing services at American, Georgetown, and George Washington Universities. The suburban areas of Silver Spring and Takoma Park, MD are convenient to the school.

**Professional Placement and Referrals**

PMTI receives numerous employment opportunities for massage therapists. These include spas, health clubs, offices and businesses, private practice, salons, athletic facilities, chiropractic offices, and more. Graduates have access to job opportunities and volunteer opportunities through the PMTI Alumni Website. PLEASE NOTE: PMTI makes no guarantee of employment, nor does it guarantee that specific salaries can be attained upon completion of the PTP. PMTI does, however, maintain a registry of job opportunities and provides consultation to alumni and students in their employment searches through the Student and Alumni Services Department.

## Other Programs and Services

**Introductory Workshops**

Individuals interested in massage, bodywork or holistic health can benefit from our introductory classes. These classes have no prerequisites and are recommended for anyone who is considering the PTP. In addition, these classes provide a good way to experience PMTI's philosophy and teaching style. Introductory classes are not part of and cannot apply as credit toward the PTP. For more information about PMTI workshops, please visit www.pmti.org.

**Student and Graduate Clinic**

PMTI's Student Clinic is staffed by intermediate and advanced students who practice their skills with clients from the general public, under Supervision. Clients pay a reduced fee which covers clinic costs. The professional learning environment enables students to experience realistic practice situations to prepare for the transition to a professional practice. PMTI also operates a Graduate Clinic, where recent graduates with greater experience, knowledge, and independence provide massage therapy at a reduced fee.

## Location and Access

PMTI is located at 8701 Georgia Avenue, Suite 700, Silver Spring, MD 20910. The school is located in the heart of Silver Spring, between Cameron and Fenwick Streets.

**By Metro**

Take the Red Line Metro to the Silver Spring station. At street level, walk north two blocks on Colesville Road, turn left and walk two blocks on Georgia Avenue. PMTI is on the right side of the street at 8701 Georgia Avenue.

**By Car**

From the south/DC: travel north on Georgia Ave., going through Downtown Silver Spring. PMTI's building is on the corner of Georgia Avenue and Cameron Street – the building's entrance faces Georgia Avenue and will be on your right.

From the north/Beltway: take the Georgia Avenue/Rt. 97 exit towards DC (southbound). Travel one mile and turn left onto Spring Street. Follow the bend and turn right onto Cameron Street. Travel two blocks and turn right onto Georgia Avenue. PMTI's building entrance will be on your right.

**Parking**

There is metered parking on Georgia Avenue (southbound side only), as well as on Cameron Street and Fenwick Lane. There are also two large public parking facilities nearby: the Cameron-Second Garage, accessible from either Fenwick Lane or Cameron Street; and the Spring Cameron Garage, accessible from Spring Street or Cameron Street.

**PMTI Office Hours**

PMTI administrative office hours are Monday through Friday, from 9:00 am to 6:00 pm.

**Accessing PMTI's Suite**

PMTI is located in a secure building. The main door is locked after hours on weekdays, after 1:00 pm on Saturday, and all day Sunday. The elevators are locked after hours on weekdays, and all day Saturday and Sunday. To enter during these times, use the call box at the door to request access to PMTI. You will also need to call ahead during PMTI's business hours and secure the necessary entry password and elevator passcode from our staff.

OUR GRADS SAY…

"I can't imagine attending another school in this area. I'm so grateful for the outstanding faculty and peers that I've met through this program – – it's given me an extremely strong foundation for my new career."

*– Kate Grisard, PMTI Graduate*