

# Continuing Education Classes

FOR THE PRACTICING  
MESSAGE THERAPIST

Increase your knowledge

Increase your client base

Get support for difficult clients

Network

Obtain help with Body Mechanics

Refine palpation skills

Play with energy

Taught by

**Ellen Halpern**

LMT, NCTMB, IASI, BFA

Category A provider for National Certification Board for  
Therapeutic Massage and Bodywork

## **Deep Tissue Classes (Cat A)**

*At Cortiva Institute*

Low Back   Pelvis   Shoulder Girdle  
Arms   Neck/Face   Legs

## **Super Vision (Cat A) at Myotech**

Supervision classes for the  
practicing massage therapist

## **Art of Touch (Cat A) at Myotech**

Improve your palpation skills



## **Deep Tissue Classes**

Category A

See Cortiva Institute for dates/price/registration

### **Class 1 : Low Back**

9:00 am to 5:00 pm 7 CEs

Focuses on techniques for working deeply with the low back. Improve your palpation skills. Work with side lying techniques– specific back treatments.

### **Class 2 : Pelvis**

9:00 am to 5:00 pm 7 CEs

Focuses on techniques working deeply and specifically with the pelvis. Learn how structure affects soft tissue and vice a versa.

### **Class 3 : Shoulder**

9:00 am to 5:00 pm 7 CEs

Focuses on techniques for working and assessing the shoulder girdle. Treatments are specific to thoracic outlet syndrome, tendonitis medial and lateral, and frozen shoulder.

### **Class 4 : Neck and Face**

9:00 am to 5:00 pm 7 CEs

Focuses on techniques for deeply and specifically working with the neck. Most massage therapist find the neck a challenge for deep work. Most clients need it! Improve your skills and knowledge of the neck.

### **Class 5 : Arms**

9:00 am to 5:00 pm 7 CEs

Focuses on deep tissue techniques for arms and legs. This is where you really feel the tissue and improve your palpation skills. Get the work you need as a massage therapist!

### **Class 6 : Legs**

9:00 am to 5:00 pm 7 CEs

Focuses on deep tissue techniques for the legs. Learn how to work with runners. Learn very specific techniques for certain injuries like Achilles tendonitis, iliotibial band tendonitis, calf strains and more.

*Please bring 2 sheets, 2 pillowcases and lotion to each class.*

## **Super Vision Classes**

(supervision)

Category A

Have you ever wondered how to handle a particular client? Have you felt totally overwhelmed before and/or during a session? This class is an opportunity for you to take advantage of Ellen Halpern's 20 years of extensive knowledge and experience. The class will be structured around questions and challenges participants find in their work.

Learn how to strategize more effectively.

Get support for your practice.

Deepen your vision by working on assessment skills.

Help increase the return rate of your clients by becoming a more aware and knowledgeable therapist.

With support for your work, you can avoid burnout; look at areas of concern in your own body, mind and spirit.

***Get support for your work from others in the field***

***Expand your knowledge***

***Have fun — avoid burnout***

***Network***

***Learn from each other's situations***

*Class size is limited and classes fill up fast.*

*November 8, 2009*

*9:00 am – 12:00 noon*

**\$75.00**

See [www. the bodyworkeducationproject.com](http://www.thebodyworkeducationproject.com)

## **Art of Touch**

Cat. A

Palpation, palpation, palpation is the "art of therapeutic massage". This class is about feeling tissue and getting tissue to change. It is about feeling the differences between fascia, muscles, adipose tissue and scar tissue.

What are those string beans, lumps, and bumps you go over ? Why are some areas more painful to clients than other places ? Can you find those sore places, trigger points, scar tissue and shortened muscle tissue ? Can you feel through your elbow or through a tool? We will work with deepening your knowledge of feeling tissue through your hands, elbow and tools.

Come play with tissue, get your fingers more sensitive, increase your knowledge of tissue and take your work to a deeper level. Class size is limited to 10 students.

Dates October 11,2009

9:00am to 1:00pm

\$100.00

Location Myotech Combined Therapies  
450 Washington Street, Dedham MA 02026

# REGISTRATION PAGE

## Ellen Halpern

LMT, NCTMB, IASI, BFA

A 1990 graduate from the Massage Institute of New England, Ellen has deep experience as both a teacher and bodywork practitioner. She was on the staff at MINE for many years teaching Deep Tissue Classes, Core Classes , Art of Touch, Emotional Anatomy, and many other classes. She wrote the hands-on curriculum when she was the Education Director at MINE. Now she is a teacher at Cortiva Institute in Watertown, MA and teaches with the Bodywork Education Project.

She is certified in Kinesis Myofascial Integration, Zero Balancing, and Gestalt Therapy. She has done extensive studies in Craniosacral work and cadaver dissections. Ellen's practice at Myotech Combined Therapies has been extremely busy since she began. Her clientele varies from the elite athlete to children to the elderly. She loves teaching and imparting her years of experience to the eager learner.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Class (Please circle one or both): Art of Touch      Super Vision

Payment enclosed: Check for \_\_\_\_\_  
(Please make check payable to Ellen Halpern)

### **Myotech Combined Therapies**

450 Washington Street

Suite LL7

Dedham MA 02026

**781-461-0390** To contact Ellen, dial extension 2

Directions to Myotech can be viewed online at [www.myotechtherapies.com](http://www.myotechtherapies.com).