

VIRGINIA ACADEMY OF MASSAGE THERAPY



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HISTORY OF THE MASSAGE SCHOOL

In December of 1995, Sherry Legge, LPT began an Alternative Therapy Clinic to compliment her Professional Rehab Services. Massage, Reflexology, Healing Touch, Hypnotherapy, Psychotherapy, Aromatherapy, Stress and Weight Management services were offered. Holistic services were relatively new to the area, but the programs quickly reached public attention and gained a large client population. Sherry took the initiative in June of 1996 to formulate a massage school to meet the growing needs of the area. She developed a core group which included a licensed psychotherapist, two reflexologists, three certified massage therapists, a certified healing touch practitioner, two nurses, an accountant and Sherry, who herself is a licensed physical therapist, reflexologist, and certified hypnotherapist. This group of professionals developed the Virginia Academy of Massage Therapy for opening in June of 1997. These educators and practitioners are dedicated to providing a high quality curriculum taught by qualified instructors.

PHILOSOPHY

The Virginia Academy of Massage Therapy was created to provide a well-balanced holistic academic and eclectic approach to the profession of Massage Therapy. Through this type of academic presentation, the students will be given a solid technical and physiological foundation on which to grow. This basic foundation will lead to a variety of other contemporary massage and body work courses which will allow the student to grow and expand into the type of massage therapist they want to become.

MISSION

Our mission at the Virginia Academy of Massage Therapy is to provide a caring supportive environment in which a student can receive an ever-increasing high standard holistic education in the field of massage therapy.

OBJECTIVE

Our objective at the Virginia Academy of Massage Therapy is to assist the student to grow in technical expertise, intuitive application, and compassionate sensitivity. This allows the student to become the best massage therapist that they can be.

SCHOOL SITE

Virginia Academy of Massage Therapy is located in Yorktown, Virginia in the Washington Square Shopping Center, 5314 George Washington Highway, Yorktown, Virginia 23692. The space consists of two large practical/lecture classrooms, four massage therapy rooms and 2 rest rooms which are handicapped accessible.

ADMISSION REQUIREMENTS

All applicants are screened and interviewed by our staff and evaluated based upon their motivation and academic ability. The Virginia Academy of Massage Therapy does not discriminate on the basis of age, race, religion, gender, ethnic origin, sexual preference or general disability.

General Admission Requirements:

1. High School diploma
2. 18 years of age
3. Completion of application form and payment of \$50.00 application fee
4. Two letters of recommendation
5. One professional massage from a certified massage therapist.
6. Official transcript from colleges or vocational schools previously attended.
7. A personal interview and questionnaire with the Director of Education.

DENIAL OF ADMISSION

The Virginia Academy of Massage Therapy reserves the right to deny admission to any person for the following reasons:

*** the applicant does not meet the stated entrance requirements;

*** the applicant lacks the physical capabilities to perform massage;

*** the applicant has health problems which interfere with duties as a student or massage practitioner;

*** the applicant is unable to meet financial obligations to the school, the applicant exhibits a lack of motivation or incompatible philosophy regarding bodywork.

The Director of Education may also deny admission if it is deemed that an education in massage will not be beneficial to the applicant.

In the event of admission's denial, all decisions are final and may not be appealed.

ADMISSION PROCEDURE

The admission process is as follows:

1. Applicant mails completed application form and \$50.00 non-refundable application fee to school.
2. Applicant has official copies of high school diploma and other transcripts forwarded to the school.
3. Applicant has two reference letters from professionals who personally know them mailed directly to the school by those persons.
4. Received one professional massage from a certified massage therapist. A massage verification form is provided by the Virginia Academy of Massage Therapy. It must be completed and signed by your massage therapist and returned to the Virginia Academy of Massage Therapy.
5. Applicant has a scheduled personal interview within one (1) month after required paper work is received.
6. Applicant is given a written letter of acceptance.
7. Applicant has a scheduled appointment with Director of Admissions to discuss payment of tuition. Admission fee is \$4,040.00 not including books, and supplies. Payment plans are available.

SCHOOL TERM

The Virginia Academy of Massage Therapy school term is a 12 month program, weather or other emergencies permitting. The Virginia Academy of Massage Therapy reserves the right to change the school calendar as necessary. The following Holidays will be observed (No classes) - Memorial Day, Labor Day, Thanksgiving Day, Christmas Day, New Years Day - there will also be a mid-term break of approximately two weeks.

CLASS SIZE

The Virginia Academy of Massage Therapy reserves the right to delay or terminate the entire school program if the student enrollment is below 10. The school reserves the right to limit the maximum class enrollment to 16 unless it is determined that a larger class size would not affect the quality of the program.

SYNOPSIS OF COURSES

MASSAGE THEORY AND PRACTICE - 229 HOURS:

This course will begin with lecture and discussion pertaining to the history of massage, ethics and massage laws, benefits and contraindications of massage. The students will be required to give a 30 minute oral and practical class presentation accompanied by a type written paper. The subject of the presentation must be a bodywork topic not covered in this school. The practical portion of the course will contain the fundamental techniques of Swedish relaxation massage including joint movement and range of motion. The student will first be taught how to address specific body segments with these techniques, leading to the incorporation of all the Swedish techniques for a full body massage. When this segment of the course is complete the student will be required to perform 45 one hour student massage sessions. Ethics and communication skills will be included in this course.

The practical part of the course will include all of the following Swedish techniques and eclectic topics:

1. SWEDISH MASSAGE STROKES - 9 HOURS

Practical application and incorporation of the following strokes: Effleurage, petrissage, kneading, friction, vibration, and percussion. Also included will be an introduction to application of honey facials.

2. JOINT MOVEMENT AND RANGE OF MOTION - 6 HOURS

Practical application to all major joints and muscles of the body.

3. STRETCHING TECHNIQUES - 12 HOURS

This course includes passive, the practical application of active, strain counter strain, and P.N.F. stretches.

4. MYOTHERAPY/DEEP TISSUE TECHNIQUE - 9 HOURS

This course includes the practical application of deep tissue techniques to include an in-depth presentation of trigger point work.

5. ETHICS - 3 HOURS

This course will include a broad based discussion on establishing proper ethical business and moral practice.

6. FULL BODY MASSAGE PROCEDURE - 15 HOURS

Practical application of various massage techniques, to allow the student to develop their style of full body massage.

7. PRACTICAL FULL BODY MASSAGE TEST OUT - 2 HOURS (ALLOTTED)

Required of each student prior to beginning student massage appointments with clients

8. SUPERVISED CLINICAL PRACTICE AND PROCEDURES / STUDENT MASSAGE APPOINTMENTS WITH CLIENTS - 51 HOURS (45 performed in the clinic; 10 can be done independently)

Technique courses are accompanied by supervised clinical practice, which allows the

student to gain clinical experience through the performance of massage therapy on the public in a clinical setting. Each client is required to fill out a massage evaluation form. This clinical experience reinforces confidence, professional attitude, client rapport, confidentiality, draping techniques and, time frame while enhancing their skills. Students will also gain experience with contacting the public, making, confirming and canceling appointments, collecting money record keeping and client files. Each student is required to perform six (6) hours of clinical front desk work on Saturdays. Students are required to arrive at the clinic 30 minutes prior to all massage appointments and assigned front desk hours.

The ten (10) independent student massages can be done for free, **5 of which must be done on a Certified Massage Therapist.** All clients will be required to fill out a massage evaluation form to be returned to the instructor.

9. INTRODUCTION TO MYOFASCIAL RELEASE - 9 HOURS

This course includes a basic presentation of a variety of myofascial release techniques to address specific tissues.

10. SPINAL MUSCLE MASSAGE AND ADJUNCTIVE TECHNIQUES - 18 HOURS

This course teaches a variety of techniques to address the spinal and other adjunctive muscle groups.

11. INTRODUCTION TO RUSSIAN MASSAGE - 6 HOURS

This course is a fundamental review program on Russian Massage strokes.

12. SPORTS MASSAGE - 34 HOURS (30 Hours Classroom - 4 Hours Supervised pre and post event practical application)

This course begins with the basic techniques used for pre-event and post-event massage. (Requires 4 hours doing pre and post event massage at athletic events). The course then progresses to common injury treatment; covering why injuries happen, when they happen, and how to help correct or prevent them.

13. CHAIR MASSAGE - 17 HOURS (9 hours Classroom - 8 Hours Supervised practical application)

The student will be taught a variety of chair massage techniques from which they will create their own chair massage routine. After passing a chair massage practical examination, the student will then be required to perform 8 hours of chair massage at school approved sites which will be supervised by a certified massage therapist. Each chair massage client must be asked to complete an evaluation form (Virginia Academy of Massage Therapy will provide the evaluation form). All evaluation forms must be returned to the school. A contra- indication form must be filled out and signed by the client prior to receiving the massage.

14. INJURY ASSESSMENT - MANUAL MUSCLE TESTING - 18 HOURS

The purpose of this course is to understand the basis for soft tissue injuries and how to differentiate the muscles involved. This is not intended to be an extensive manual muscle testing course, rather it is a means to screen certain muscle groups. The emphasis will be placed on testing prime movers in relation to the principal joints of the body. We will address several prevalent injuries and how to recognize their signs and symptoms. It is

important to have a basic understanding of how certain muscle weaknesses can limit a persons functional ability, and where a massage therapist fits in the continuum of care.

15. PREGNANCY MASSAGE AND BABY MASSAGE - 9 HOURS (VIDEO MUST BE VIEWED PRIOR TO CLASS)

This series addresses the special needs of pregnant clients as well as provides training in techniques of baby massage. The pregnancy massage series will provide massage therapists with knowledge about the physical and psychological needs of the pregnant women and the benefits massage can provide. Training will emphasize positioning, massage techniques and contraindications specific to the pregnant woman. The baby massage segment focuses on the benefits of baby massage for both the caregiver and the baby. Such issues as massage techniques, environmental considerations, relaxation strategies and emotional bond unique to baby massage will be emphasized. The goal of this series is to provide a therapeutic and nurturing massage experience for both the pregnant client and the “new” baby.

16. PRACTICAL MID TERM WRITTEN REVIEW - 3 HOURS (ALLOTTED)

17. PRACTICAL MID TERM WRITTEN EXAM - 3 HOURS (ALLOTTED)

18. PRACTICAL FINAL WRITTEN REVIEW - 3 HOURS (ALLOTTED)

19. PRACTICAL FINAL WRITTEN EXAM - 3 HOURS (ALLOTTED)

20. PRACTICAL FULL BODY MASSAGE FINAL EXAM - 2 HOURS (ALLOTTED)

ANATOMY AND PHYSIOLOGY - 120 HOURS

Studies will be taught in the structures and functions of all systems of the body. Emphasis will be placed on the muscular, skeletal, nervous and circulatory systems. Additionally, hands-on Anatomy and pathologies treated by massage therapy are included. Medical terminology in reference to massage therapy will be covered in depth.

ADJUNCTIVE MODALITIES 159 HOURS

1. GUEST SPEAKERS - 9 HOURS

A variety of interesting and pertinent body work topics are presented in a lecture or practical format. (3 required Saturdays)

2. VIDEO TAPE STUDY PROGRAM - 9 HOURS

The student will be required to watch 9 hours of video tapes from the school library and submit a neatly written brief summary of each tape. The following video tapes must be viewed prior to the course start: Pregnancy & Baby Massage and Reflexology.

3. BASIC APPLIED ANATOMY/KINESIOLOGY - 15 HOURS

This course will take the massage therapist’s core knowledge of anatomy and apply it to motion, muscle testing, and the detection of common dysfunctions. Regional joint and

muscular dysfunctions shall be discussed, with emphasis on common patterns of dysfunction and appropriate management, including seeking a physician's advice. The course's emphasis shall be on imparting the massage therapist with a greater understanding of functional anatomy, how to assist dysfunctional anatomy in regaining normal function, and when to seek outside assistance from another provider. This course is not designed to teach diagnosis and treatment of disease but to give awareness of common neuromusculo-skeletal disorders and how they may impact the massage therapist in his or her work.

4. HIV/AIDS AWARENESS - 3 HOURS

This course discusses essential information for the massage therapist including modes of disease transmission, universal health precautions, and recognized treatment guidelines.

5. HYDROTHERAPY - 6 HOURS

This course discusses the scientific application of water, in all three of its physical states, for the purposes of therapy and rehabilitation. Students will learn and practice the correct use of hot, cold, contrast applications, ice packs, hot packs, etc. The use of castor oil packs are taught along with paraffin baths in conjunction with massage therapy.

6. CPR CERTIFICATION - 9 HOURS

A certified instructor for the American Heart Association will instruct CPR. An American Heart Certification card will be issued for this course.

7. FIRST AID CERTIFICATION - 15 HOURS

A certified instructor for the American Red Cross will teach the basic fundamentals of first aid. A Red Cross Certification card will be earned with this course.

8. INTRODUCTION TO REFLEXOLOGY - 18 HOURS (VIEW VIDEO PRIOR TO COURSE).

This course is an introduction to the theory and application of various reflex points in the hands and feet that correlate to the organs, glands and parts of the body. The student will learn a half hour treatment, working reflex points on the foot, to relax, rejuvenate and promote healing of the client.

9. NATIONAL CERTIFICATION EXAM PREP - 3 HOURS

Classroom study sessions to help students prepare for the N. C. E. exam. Non-Students may attend these sessions as the class size permits. (Non student Fee \$8.00 per hour)

10. INTRODUCTION TO TRADITIONAL CHINESE MEDICINE - 15 HOURS

This course will apply the massage therapist's basic knowledge of body anatomy and expand it to include an overview of acupuncture, auriculotherapy, meridians and Chinese philosophy of health and disease with emphasis on body surface anatomy. This course is not designed to teach diagnosis and treatment of disease, but rather to give awareness of how stimulation at precise body points using various modalities can affect one's overall health.

11. BUSINESS MANAGEMENT/TAXES - 6 HOURS

The student will be taught how to set up a practice, keep financial records, maintain client

charts, set realistic goals and various methods to aid in tax preparation.

12. MARKETING - 18 HOURS

This course will focus on how to effectively educate consumers and companies about the benefits of massage and how to progressively market yourself and your services to a wide range of potential massage clients.

13. INTRODUCTION TO JIN SHIN DO® - 12 HOURS

Jin Shin Do® acupressure combines gentle yet deep finger pressure on acu-points with body focusing techniques, to help release physical and emotional tension and armoring. Developed by psychotherapist Iona Marsaa Teegarden, this bodymind approach is a unique synthesis of a traditional Japanese acupressure technique, classic Chinese acu-theory, Taoist yogic philosophy and breathing methods, and Reichian segmental theory. JSD promotes a pleasant trance state, in which the participant can move out of the head and into the body, accessing feelings and the wisdom of the body mind.

14. AROMATHERAPY- 9 HOURS

This class is designed to help the student process and integrate emotions brought up by intense bodywork. Students will gain insight into their own process and gain closure on their emotional and spiritual experience with massage and healing.

15. HEALING TOUCH -12 HOURS

This course will cover the basic principles of therapeutic aromatherapy. The proper use of essential oils and carrier oils will be explained with an emphasis on safety and quality. how essential oils affect the mind, emotion and various systems of the body are dependent on the correct application and blending guidelines we will discuss. We will also cover the methods of purchasing quality oils and how to identify their characteristics

TELEPHONE POLICY

Telephone use is to be kept to a minimum and for emergency purposes only. No long distance calls will be permitted.

TUTORIAL STUDENT REVIEW WORKSHOP

This workshop will be available to the students with prior arrangements. The purpose of this workshop will be to review areas where the students may be having problems. There will be a tutorial fee of \$30.00 per hour.

GRADING SYSTEM

The grading system used throughout the program will be as follows:

A	=	90% - 100%
B	=	80% - 89%
C	=	70% - 79%
F	=	69% or less

CLOCK HOURS

The number of clock hours required for graduation is 505 hours. The time frame to achieve the required hours is approximately 12 months (weather and emergencies permitting).

CLASS HOURS

Class hours will be on Monday, Tuesday and Thursday mornings from 9 AM to 12 noon or Monday, Tuesday and Thursday evenings from 7 PM to 10 PM. The required video viewing, tutoring, academic re-tests, chair massage and table massage practical test outs, and make up work must be done during regular business hours Monday through Friday from 9 AM to 5 PM. Prearranged Saturday hours are also available for the aforementioned work, plus student massage appointments with clients and for prearranged workshops, as time permits.

CLIENTS OF THE CLINIC

All clients that are seen for student massages are considered to be the clients of the school and will be scheduled as deemed necessary. A student can only work on a client three times and then they will be automatically scheduled with another student. The only exception to this would be the clients that are generated by the student themselves. They can be scheduled as often as they request but can only be counted three times.

ADDITIONAL CLASS HOURS

Through our additional class hours workshops, we offer learning experiences which enhance and expand the skills, knowledge and attitudes of practicing Massage Therapists. Please call the Virginia Academy of Massage Therapy for an updated list of advanced courses to be offered and a course time schedule. We reserve the right to substitute any educational course and change scheduling when necessary.

All courses taught at the Virginia Academy of Massage Therapy which you have not had previous training in can be used as approved category A continuing education credits towards National Recertification in therapeutic massage and bodywork. The cost per hour is \$8.00.

ATTENDANCE POLICY

Attendance at all scheduled classes is mandatory. Any classes missed for any reason must be made up as these are clock hours and must be made up as such.

Three absences without acceptable reason to the school may result in dismissal from the program. All absences need to be made up within two (2) weeks or the student will be required to pay a fee of \$10.00 in order to complete this work.

TARDINESS

Students are required to arrive for class on time. Tardiness is defined as missing fifteen (15) minutes or more from a class. Anything beyond fifteen (15) minutes late equals an unexcused absence and a make up class is mandatory. The student is responsible for all information provided in class. Students are expected to arrive on time for all VAMT functions and thirty (30) minutes early for student massages and clinical hours. Failure to do so will result in a verbal warning, suspension and then dismissal.

LEAVE OF ABSENCE

Any interruption of course time is discouraged. If emergency situations arise, a leave of absence can be arranged with approval of the Director of Education. Return to class arrangements must be made with the Director of Education.

MAKE UP POLICY

If you are going to be absent or tardy for a class, please call the school before class time to let us know. If you will be absent for an anatomy class, there may be pre-recorded audio tapes of the classes for you to listen to at the school. Otherwise, it will be your responsibility to make up any missed work/test on your own time. If you miss more than three (3) anatomy or any lecture classes during the year long program, these missed classes will have to be made up with a \$30.00 fee per which must be paid prior to making up the missed class. If you miss more than two (2) practical classes, tutoring will be required for the classes missed at a \$30.00 tutorial fee per hour. All classes must be made up within two weeks. If the make up work or retest is not completed within a two week period, the student will be required to pay a \$10.00 late fee. If a class is missed which cannot be made up by listening to an audio tape or rescheduling a practical session, the student will be required to make up the course hours by doing the appropriate number of hours in student massage appointments at the school clinic. These student massage appointments will not be reimbursed.

CONDITIONS FOR DISMISSAL

Students may be suspended or dismissed for any of the following reasons:

1. Failure to fulfill the requirements of academic probation.
2. Failure to keep tuition payments up-to-date.
3. Attending classes under the influence of alcohol or drugs.
4. Having three (3) unexcused absences.
5. Behaving in any manner that may be harmful to the learning environment or reputation of the school. Unacceptable behavior includes theft, lying, disrespect of the instructors or fellow students, either physically or verbally, and is not tolerated.
6. Failure to comply with the dress code.
7. Not abiding by the school's Code of Ethics.
8. All students are expected to observe high standards of modesty, personal

- hygiene, dress, punctuality and respect for others. Failure to do so will result in a verbal warning, suspension and then dismissal.
9. If any student begins doing massage and charging for it away from the school prior to graduation, the school has the right to immediately drop that student from the program.

RE-ENTRANCE

Students who have been dismissed for any of the previous reasons will be allowed to re-enter the school program only at the discretion of the Director of Education.

TEST RETAKE POLICY

If a student fails two tests on the same subject, tutorial will be required before another test can be taken (minimum passing score is 70%). All retesting must be completed within 2 weeks after failing the test or there will be a \$10.00 late fee which must be paid before the test can be taken. All re-testing and tutoring must be completed before the mid-term exam or final exam can be taken.

If a student fails the mid-term or final, tutorial will be required for the areas that the student did poorly on. Then the student will be re-tested in those areas and is required to score a minimum of 70%.

INCOMPLETE STUDENT POLICY

An Incomplete Student (IS) is defined as an enrolled student that has not received their certificate within one month of their last formal class.

If an IS current on tuition wishes to finish the curriculum, the following will apply:

1. If 25% or less of the program is incomplete (i.e. finals, test outs, tests) there will be a \$30/hour tutorial fee for testing. If the IS needs further instruction in a certain class, the IS can choose between paying \$8/hour to attend a regular ongoing class in that subject or tutorial. A tutorial fee of \$30.00
2. By mid-term, all test scores must be a minimum of 70%, all tests must be completed and current. Students with difficulties (less than a 70% on any test) must make tutorial arrangements on an as needed basis prior to the mid-term or they may be dismissed from the program.

CERTIFICATION PROGRAM

This is a certification program. Upon the student's satisfactory completion of all academic, practical, and video requirements (505 clock hours) and payment of all tuition fees, a Virginia Academy of Massage Therapy graduation certificate will be issued.

JOB OPPORTUNITIES/PLACEMENT ASSISTANCE

Virginia Academy of Massage Therapy cannot guarantee employment for its graduates. A listing of job opportunities for Certified Massage Therapists will be posted on the bulletin board in the school. Every effort will be made to keep this listing up-to-date, and we will assist in every way we can to help our students obtain employment.

TUITION FEES

The tuition fees for the Virginia Academy of Massage Therapy will be \$4,040.00. The initial \$50.00 application fee is separate and is non-refundable. There will also be additional costs for the following:

Books, etc. —————approximately \$200.00

STUDENT SERVICES

HOUSING: Student housing is not available at the school; however, there is a list of apartments moderately-priced available in the Admissions Office or from local Realtors, for the surrounding area.

ACADEMIC ADVISING: Anytime a student is experiencing academic difficulty, tutoring can be arranged through the Director of Education. Tutoring fees will be \$30.00 per hour.

SUPPLIES: Students may purchase books, oils, bottle pumps, holsters, massage tables, massage chairs, aromatherapy oils at a discount from VAMT. Virginia Academy of Massage Therapy shirts will also be available.

CANCELLATION REFUND POLICY

If a student wishes to cancel their enrollment either prior to or after classes have begun, they **MUST SEND** a notice of cancellation by registered mail to the Director of Admissions of the Virginia Academy of Massage Therapy. The effective date of cancellation will be the last class day the student attended.

REFUND POLICY: OF TUITION AND FINANCE FEES

A full refund of all monies paid except the fifty (\$50.00) enrollment fee will be made to any student who cancels prior to beginning of classes.

The minimum refund policy for schools which financially obligate the student for the entire amount of tuition and fees for the program or course shall be as follows:

1. A student who enters the school but withdraws or is terminated during the first one-fourth of the program shall be entitled to a minimum refund amounting to seventy-five percent (75%) of the cost of the program.
2. A student who withdraws or is terminated during the second one-fourth of the program shall be entitled to a minimum refund amounting to fifty percent (50%) of the cost of the program.
3. A student who withdraws or is terminated during the third one-fourth of the program shall be entitled to a minimum refund amounting to twenty-five percent (25%) of the cost of the program.
4. A student who withdraws after completing three-fourths (75%) of the program shall not be entitled to a refund. Cancellation shall be considered to have occurred after the last date of actual class attendance but will not be enforced until the end of a seven (7) day waiting period. Refunds will be **TOTALLY CONSUMMATED** within 30 days after the effective date of termination.

DRESS CODE

The intention of the administration is to present the subcontractors and students of The Virginia Academy of Massage Therapy as student and professional health care therapists with the appearance to match the title. When performing massage sessions the following dress code is required: Loose fitting dress slacks and a collared polo short sleeve shirt of any color. No shorts are permitted when doing massage.

Our dress code policy will require the following for classroom attire:

- ***NO JEANS ALLOWED.**
- ***NO TIGHT SPANDEX PANTS OR LEGGINS.**
- ***SHORTS MUST BE NO SHORTER THAN 2 INCHES ABOVE THE KNEE.**
- ***SHIRTS WITH A COLLAR OR LADIES BLOUSE (sport shirts, golf shirt, turtleneck, etc.) ARE PREFERRED. Polo shirts are mandatory for massage class**
- ***NO T-SHIRTS OF ANY KIND ALLOWED.**
- ***SHOES MUST BE WORN IN THE RECEPTION AREA. YOU MAY REMOVE YOUR SHOES IN THE MASSAGE ROOM BUT THEY MUST BE WORN IN THE FRONT OFFICE.**
- ***FINGERNAILS MUST BE SHORT AND SMOOTH TO PREVENT CLIENT INJURY OR PAIN.**

EATING POLICY

Eating during class time is **NOT** permitted. Eating is only permitted during the breaks.

SMOKING POLICY

Smoking will be permitted **ONLY** in the one designated area outside. The entire school building and

Alternative Therapy Clinic is a **NO SMOKING AREA**. First impressions are everything. You are a professional!!! Good hygiene and a thorough washing of hands prior to working is a must. If you smoke, remember that smoke stays on your clothes, hands and breath. Take the time to eliminate these odors.

VIRGINIA ACADEMY OF MASSAGE THERAPY

Code of Ethics

This Code of Ethics is a summary statement of the standards by which all massage therapists agree to conduct their practices and is a declaration of the general principles of acceptable, ethical, professional behavior. Massage therapists shall:

- * Have a sincere commitment to provide the highest quality care to those who seek their professional service.
- * Perform only those services for which they are qualified and represent their education, certification, professional affiliations and other qualifications honestly.
- * Acknowledge the inherent worth and individuality of each person and, therefore, do not unjustly discriminate against clients or colleagues and work to eliminate prejudices in the profession.
- * Strive for professional excellence through regular assessment of personal strength, limitations and effectiveness and by continued education and training.
- * Actively support the profession through participation in local, state, and national organizations which promote high standards of practice of massage therapy.
- * Work in their communities toward the understanding and acceptance of massage therapy as a valuable health service, abide by all laws governing massage practice and work for the repeal or revision of laws detrimental to the legitimate practice of massage therapy.
- * Acknowledge the confidential nature of the professional relationship with a client and respect each client's right to privacy.
- * Respect all ethical health care practitioners and work together amicably to promote health and natural healing.
- * Conduct their business and professional activities with honesty and integrity and project a professional image in all aspects of their practices.
- * Accept the responsibility to self, clients and associates to maintain physical, mental and emotional well being.
- * Respect the integrity of each person, and, therefore, do not engage in any sexual conduct or sexual activities involving their clients.

Adopted from AMTA Code of Ethics

The Virginia Academy of Massage Therapy reserves the right to make any changes necessary in scheduling, policies and procedures, which would increase the quality and effectiveness of our school.