

# Solidago



School of Massage  
& Holistic Health



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## Catalog Quick Reference Guide

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Recognized by the Associated Bodyworkers and Massage Professionals  
and the National Certification Board for Therapeutic Massage and Bodywork

Some changes may occur in this catalog due to licensing requirements.

# The Solidago School of Massage and Holistic Health

## Mission Statement:

*We seek to assist all people who are drawn to this school in creating wellness for themselves and others.*

## The Solidago Philosophy

*"Solidago" means "rediscovering wholeness."*

We seek to assist our students, clients, and instructors in achieving their goals for inner growth, community, and a balanced life. We firmly believe that being a successful massage therapist involves more than mastering a set of bodywork and massage techniques. Self-care, life-balance, and interpersonal skills are an integral part of building an emotionally satisfying and financially profitable practice.

We believe that massage education should provide a strong base of scientific knowledge while enhancing intuitive touch skills. Because we understand that not all students learn in the same way, we provide a variety of learning tools including lectures, videos, readings, drawing, and Maniken® clay models.

The Solidago basic training program begins with exploring the simple act of touch. Rather than learning a set routine of strokes, we use safe touch to "play" with the soft-tissue of the body as we teach the skills of a full-body massage. Only then do we begin to focus on more detailed work for each area of the body based on its anatomy and physiology. With this base of skills, the student is ready to begin their practicum and expand their skills by learning the techniques for sports massage, deep tissue and myofascial work, and joint mobilization that they will integrate into their massage.

## The Solidago Goal

Our goal is to provide high-quality, convenient, and thorough training programs in a relaxed and fun atmosphere. We include the words "Holistic Health" in the name of our school because we are committed to facilitating balance in life for each student, administrator, and instructor. Creating such balance is a different process for every individual and it is generally an ongoing learning experience.

## The Solidago Experience

We know that there are many schools in the area where you can receive excellent training in massage and bodywork - and we also know that there is a school out there that is just right for each student. The Solidago School of Massage and Holistic Health has been created for those students seeking a very thorough, evenly paced education without the "big school" atmosphere.

We believe that there is a higher satisfaction in life when we do the work that we love. We view the field of massage more as a vocation than a job. We also know that loving the work alone does not ensure success as a holistic health practitioner. Since many students desire to make a full-time living with massage, we have developed exceptional "Professional Skills" classes where we teach real-life work, business, and marketing skills. Throughout the training, students will be required to visit many different types of establishments where massage is offered. By observing these business settings, hearing about the experiences of various practitioners, and glimpsing into the careers paths available in massage, each student will gain first-hand knowledge of what to expect in their occupation. Through these types of assignments, we can assist each student in finding their "right work" within the large field of massage, bodywork, and holistic healing.

## About The Director



Kathryn Ryan Krippendorf, M.A. has worked in the field of massage and holistic health since 1992. Ryan has over 1,300 hours of massage training, is certified by the NCBTMB, and is licensed as a massage therapist in the state of New Hampshire and the town of Amesbury, Massachusetts. Ryan earned her BA in Social Work and Counseling from Franklin Pierce College and a Master of Arts in Independent Studies from Lesley University.

After working in several spas and operating a small home-based practice, Ryan founded the Amesbury Center for Healing in 1996. At the same time, Ryan was teaching at several area massage schools and began specializing in the instruction of anatomy, business, and advanced massage classes.

Ryan founded the Solidago School of Massage and Holistic Health in 2002.

Solidago has given her the chance to realize her goals of expanding her teaching endeavors, developing a comprehensive curriculum, and choosing outstanding instructors to create a well-balanced, small-school environment. Having opened a school of her own, Ryan now enjoys the satisfaction of working in a setting where she can guide a small group of students from their first day of class right through to graduation.

## Careers in Massage

A career in massage can range from being a profitable hobby to a part-time or full-time career. Massage therapists work in private practice, group practice, day spas, salons, chiropractic offices, nursing homes, hospice, and hospitals. Increasingly, massage therapists can also be found working with professional sports teams, traveling dance companies, cruise ships, and movie productions.

Massage therapists tend to be caring people who feel it is important to make a difference in the lives of others. They are looking for a profession which can satisfy their financial needs, their desire to work with people in a fulfilling way, and their goal to come home from work knowing that they have spent their day doing something of value for themselves and others.

People of all ages train to become professional massage therapists. Many students are preparing for a dramatic career change from the fast-paced business world. Some students are seeking to enhance a health care career such as nursing or physical therapy. Massage therapy is also beginning to gain appeal with students just graduating from high school or college. And still other students are preparing for part-time careers that fit well into family life, or as a new vocation after retiring from completely different lines of work.

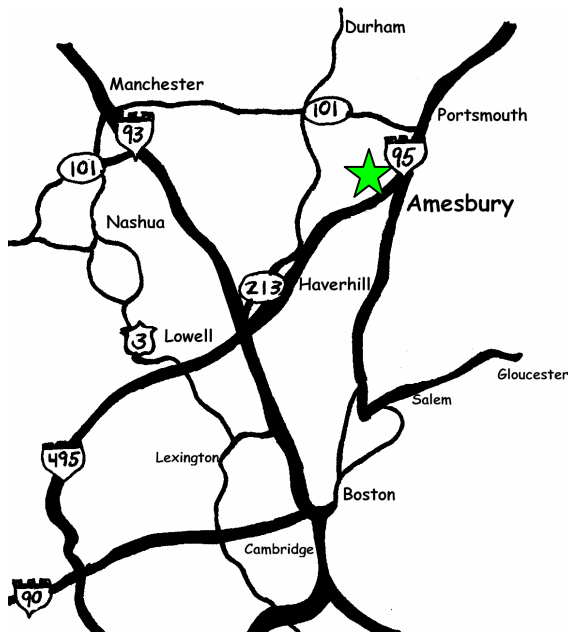
## Our Students



Our programs are specifically designed for *self-motivated, mature* adults seeking a combination of structure and flexibility. We have a rigorous academic portion of our program, so a high-school diploma or GED is required. You will need solid reading abilities, self-discipline, and good study habits. A background in body-sciences is not necessary, but it will make the course work easier.

Students that make wonderful massage practitioners tend to love working with others, feel safe and comfortable working with strangers, love to work with their hands, and enjoy being in touch with their own bodies. Those with an interest in athletics, health, art, and dance tend to especially enjoy careers in bodywork.

It is helpful to not only be interested in the health of others, but also in your own health, well-being, and personal growth. Many people who are drawn to bodywork are caregivers by nature and often take care of others, forgetting to care for themselves. This tendency to put ourselves last on the list can lead to stress, burn-out, and a short-lived career in massage. Our course spends time exploring the importance of emotionally and energetically refueling yourself so that you can have a long and healthy career.



## Our Location

Conveniently located in Amesbury, Massachusetts, Solidago is easily accessible from Routes 495, 110, and I-95. Amesbury borders the New Hampshire town of South Hampton and the Massachusetts beach town of Salisbury, just north of Newburyport.



## Our Schedules

Our 675-hour program is offered in two different schedule formats.

The ***'Mothers & Others' Program*** meets two days per week from 9:30am-3:30pm and one Sunday per month from 9:30am-5:30pm. This program completes in approximately 12 months. This schedule will allow you to go to school while still getting home in time for your children's after-school activities or your evening work shift. *Students will need to set aside approximately 32 hours per week for school-related activities including classes, homework, study, and massage practice.*

The ***'Nights & Weekends' Program*** meets two nights per week from 6:30-10:00pm and one Sunday per month from 9:30am-5:30pm. This program completes in approximately 18 months. This schedule is ideal for working professionals who need a part-time training program to attend in the evening. *Students will need to set aside approximately 18 hours per week for school-related activities including classes, homework, study, and massage practice.*

## Our Curriculum

Solidago has created an intuitive, integrative approach to massage education. Our 675-hour program consists of hands-on classes, academic classes, and practicum. The courses are taught from an interdisciplinary perspective interwoven with major themes. In this way, students are exposed to portions of each major class throughout the program.

Our curriculum is specifically designed for students who have busy lives, yet it is important to note that for every "in class" hour, you will be using at least one and a half out-of-class hours for homework, projects, general study, and massage practice.

Upon graduation, students will receive a certificate of completion and will be able to apply to take their National Exam. Students will be eligible to apply for a license and obtain work in many towns and states. We also offer individual support for students who wish to apply for licensure in towns or states requiring additional training hours.

# Classes of the Solidago Massage Certification Program

The well-rounded 675-hour program covers massage theory, technique, ethics, communication, business skills, and career opportunities. In addition, we stress the various aspects of wellness and self-care that can ensure a successful practice.

Massage Basics	85
Advanced Massage	75
Anatomy & Physiology - General Systems	80
Kinesiology	65
Pathology	40
Theories of Holistic Wellness	35
Professional Skills	85
Assessment	20
Oriental Theory	25
Special Populations and Conditions	40
Practicum	125

As part of our innovative curriculum, we include experiential introductions to particular aspects of holistic modalities. Examples of this training include (but are not limited to):

- Tai-Chi - to improve your posture and energy when giving a massage
- Hatha Yoga - to teach you breathing and stretching
- Meditation - to encourage focus
- Strength Training - to teach strengthening of the muscles needed for full-time massage work
- Feldenkrais Movement Therapy - to enhance mind-body coordination, posture, and increase energy

Bodywork classes include lectures, demonstrations, and practice exchanges (where you both give and receive bodywork.) The integration of specific techniques into the full body massage is continually practiced. You are evaluated on attendance, in-class attitude and performance, practicum, evaluations, graded massages, written assignments, tests, and self-study projects. Each class is graded on a pass/fail or letter grade basis depending upon its content.

All students may increase the number of hours in their program by taking elective classes at Solidago or at other schools. For those students who are pursuing licensing in another state, we will assist you in choosing the most applicable electives to meet the requirements of that state.

Classes are divided into three trimesters. While the exact content of each trimester may vary slightly between groups, the general outline of each trimester is listed below:

## The First Trimester

Your massage training begins with learning seated massage - a fully clothed type of massage that is easy to practice on friends and family. You will move on to learn all eight basic massage strokes and integrate them into a full body relaxation massage. We will then focus on teaching you a variety of specific strokes for each part of the body.



- The Art of Touch
- Seated Massage
- Massage Equipment
- Hygiene and Safety
- Interviewing Clients
- Full Body Relaxation Massage
- Posture and Body Mechanics of the Massage Therapist
- Basic Terms and Concepts in Anatomy and Physiology
- Basic Structure and Function of All Body Systems
- Ethical Principles and How They Apply to Your Practice Hours
- Tai Chi
- Energetic Principles of the Body

## The Second Trimester

You will begin work in the student clinic. The clinic is held at the Amesbury Center for Healing, which is in the same location as the school. This gives you the opportunity to work in a real-life professional setting while honing your relaxation massage skills and integrating new techniques learned in the classroom. The curriculum focuses on learning deeper and more advanced techniques of muscle release while investigating the muscular structure of the body. Understanding how and why the techniques work to release the muscles requires a strong understanding of the relationship between the muscle and nervous systems of the body. You will continue to explore the client/practitioner relationship in ethics and supervision classes. You will also have the opportunity to focus on a related topic of your choice when completing your Research Project.



- Sports Massage
- Stretching
- Trigger Points
- Joint Mobilization
- Client Relations and Communications
- Kinesiology
- Pathology of the Skeletal, Muscle, and Nervous systems
- Oriental Theory

## The Third Trimester

The last portion of the program provides an opportunity for you to complete your practicum work with your Case Study Project. The Case Study Project is an opportunity to apply the more advanced techniques learned in the second trimester to a client with an injury or chronic pain. In conjunction with courses in assessment and supervision, the Case Study allows you to develop, follow, and reassess a treatment plan and see the results of your work. The curriculum also includes instruction on how to keep accurate records for use in a medical environment. In addition to learning more advanced bodywork techniques, you will study business and marketing skills. You will create a complete Business Plan to prepare you in setting up your own business or working as an employee or independent contractor in the massage field. Finally, we will prepare you to take the National Certification Exam that most Solidago students complete within a few months of graduation.



- Positional Release Techniques
- Muscle Energy Techniques
- Client Assessment and Case Study
- Working with Special Populations
- Supervision
- Setting up an Independent Practice
- Marketing
- Taxes
- Retirement Planning
- Reviewing for the National Exam

# Course Descriptions



## Massage Basics (Hands-on Classroom Hours)

### Seated Massage

This class is a great way to introduce novice practitioners to the trade. Students only need to learn a few basic strokes to be on their way to giving a massage to a fully-clothed client sitting on a special massage chair or at a desk or kitchen table. Students will utilize these skills throughout the program to introduce the general public to massage.

### Relaxation Massage

We begin this class with lessons in the use of oils and lotions. We then proceed by teaching draping techniques that keep the client comfortable and warm. Students are then introduced to the eight basic strokes which can be used to perform a complete, flowing relaxation massage. Students will learn to feel the difference in the textures of healthy muscle tone, ischemic muscle tissue, adhesions, and fascial tension.

### Advanced Massage

Having mastered the basic full body massage skills, you will delve more deeply into the methods of soft tissue release. Topics include:

- Pre- and post-event strokes for athletes
- Listening to the client's body to gauge the depth of your strokes
- Separating the fibers of the superficial tissue to work on the underlying musculature
- Finding and releasing trigger points
- Myofascial release of the major joints of the spine and extremities

### Practicum (Practice Hours, Graded Massages, Clinic Hours)

Massage is practiced in the school's clinic as well as outside of the school. The massage recipient provides feedback on each session through a written evaluation form. Individual and group supervision is provided throughout the practicum to support and challenge each student. Supervision helps to develop healthy client/practitioner boundaries, professional ethics, and treatment planning. It consists of discussions with different instructors around issues you encounter during your practicum hours.

- |                                      |          |
|--------------------------------------|----------|
| • Personal Practice Hours (off-site) | 40 hours |
| • Clinic Hours (on-site)             | 65 hours |
| • Case Study                         | 15 hours |

## Anatomy & Physiology

You will gain a comprehensive understanding of the structure, function, movement, health, and disease of the human body. Contagious pathology, including blood-borne pathogens, is stressed. While predominately a lecture-based course, the lab work includes hands-on study of bones and muscles, as well as the use of video and computer learning tools, and Maniken® clay models.

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|-------------------|----------|
| • General Systems | 80 hours |
| • Pathology       | 40 hours |
| • Kinesiology     | 65 hours |

## Professional Skills

### Massage Theory

This course covers the history of massage and related modalities, benefits and contraindications of massage, as well as professionalism, legal issues, and research in the industry today. Other topics include treatment room setup and clean up, office safety, laundry, appointment booking, and basic record keeping.

### Supervision

Throughout the program, time is set aside in class to review each student's client experiences from the point of view of technique, boundaries, ethics and communication skills. Students learn from the successes and challenges of each other's practice and clinic hours. During the last trimester, substantial time is devoted to supervision in combination with the Assessment and Pathology classes as students pursue their case study assignment.

### Ethics and Communication

The impact of emotion on a caretaker is discussed in relation to professional boundaries and responsibility. This class explains how transference, counter-transference, unmet needs, and previous family dynamics can unconsciously infiltrate the relationship between therapist and client.

### Professional Massage Evaluations and Interviews

Students are required to receive six massages from six different practitioners who have attended six different massage schools. In addition to receiving the massage, you will write an evaluation of the massage and office environment, as well as interview three of these therapists regarding their experience in the field. This project ties into *Business Skills for a Successful Life*.

### Business Skills for a Successful Life

Where can I work? How do I get the job? Which job is right for me? This class answers these questions and many more. Career opportunities, business ethics, accounting and record keeping, tax law, and planning for retirement are studied. Since many massage practitioners work as independent contractors or sole proprietors, the expenses of being self-employed such as health insurance, self-employment taxes, and retirement planning are discussed. Students will create their own business plans as they explore mission statements, start-up costs, monthly overhead, and marketing.



## **Theories of Holistic Wellness**

This is an introduction to the basic concepts of holistic thinking. You will explore your own wellness and life balance. The next section studies the history and theory of massage and related modalities. The class then studies other holistic methods that complement massage and support general wellness. This class discusses the potential for emotional and financial “burn-out” and each student creates a self-care plan to avoid these career pitfalls.

### **Allied Modalities**

Through readings, guest speakers, and experiential exercises, students will learn about other forms of holistic wellness and bodywork therapies. While stressing self-care and balance for the bodyworker, the students will also learn how to create the most effective treatment plan possible by knowledgeably referring clients to other modalities. Experiential topics may include, but are not limited to, Tai Chi, yoga, meditation, strength training, and nutrition.

### **Research Project and Presentation**

The Research Project is started and completed during the students’ second trimester. This is a special opportunity for the student to explore an area of holistic health in an in-depth way. Class presentations are a fun way for students to learn from each other about a variety of topics. All topics must be approved by the director of the school.

## **Assessment Skills**

Students will be introduced to the skills needed to analyze a client’s body structure and uncover neuromuscular holding patterns. Each student will select a case study participant and begin this ten-week assignment. Beginning with charting the participant’s current condition based on symptoms, range of motion, body structure, and palpation of the soft tissues, the students will develop and implement a treatment plan under the supervision of the instructor. In addition, they will learn the physical and mental effects that chronic pain can have in perpetuating the pain cycle. We will examine the interrelationships of old injuries, daily biomechanical habits, and thought processes that can create an unconscious propagation of chronic pain.

## **Oriental Theory**

In this class you are introduced to a completely different basis of health and wellness that has been practiced in the Far East for thousands of years. The five elements, twelve major meridians, and theory of energy medicine are introduced and discussed.

## **Special Populations and Specific Conditions**

This class focuses on learning the skills needed to work with clients who are pregnant, elderly, disabled and those with abusive or traumatic backgrounds. Students will be introduced to the special considerations that these populations present and taught communication skills and massage techniques that will accommodate this clientele. Other classes will focus on working with clients suffering from specific conditions such as cervical strain, PMS or menopause, and fibromyalgia. Students can customize this portion of the program and choose five classes out of the ten classes offered in the Special Populations series based on their personal interest.

## Tuition, Costs, and Fees

<b>Program Costs:</b>		<b>Other Costs:</b>	
Tuition:	\$9,150	Students are responsible for purchasing:	
Application Fee	\$ 50	Sheets, Oil, Study Supplies	\$100-\$200
Enrollment Fee:	\$ 150	Massage Table	\$300-\$800
Student Liability Insurance	\$ 50	6 Professional Massages	\$300-\$420
Books/Materials	\$ 600	National Exam (current price)	\$225
		Physical Exam and Immunizations	\$15- \$150
<b>Total:</b>	<b>\$10,000</b>	<b>Total (Estimated)</b>	<b>\$1,500</b>

### Payment Options

Payment is accepted by check, money order, and credit card (Mastercard, Visa, or Discover.) No cash payments are accepted for tuition. The non-refundable application fee of \$50 is due with your application. The enrollment fee and the student liability insurance fee are due upon enrollment.

#### 1. In-House Payment in Full

Students making payments in full must do so at least one week prior to the first day of class.

#### 2. In-House Monthly Installment Plan

The amount of tuition and books can be divided by the number of months in the program. The first monthly payment must be received at least one week prior to the first day of class. The final monthly payment is due one month prior to completion of the program. Students may also opt to provide a deposit and then divide the remaining balance over the number of months in the program.

#### 3. Extended Monthly Installment Plan

The amount of tuition and books can be extended past the completion of the program through TFC Credit Corporation. Monthly payments can be financed for up to 30 months at a 6% interest rate during the length of the plan. Payments during and after your training program are made directly to TFC Credit Corporation. For more information on this tuition financing option, please request a TFC brochure.

### Payment Schedule

#### 1. If you are paying in full:

Tuition	\$9,150.00	
Books/Materials	\$600.00	
<b>Total Due:</b>	<b>\$9,750.00</b>	Due one week prior to the first day of class.

#### 2. If you are paying on the in-house monthly installment plan:

Tuition	\$9,150.00	
Books/Materials	\$600.00	
<b>Total Financed:</b>	<b>\$9,750.00</b>	
Number of Months:	_____	First payment due one week prior to the first day of class.
Monthly Payment:	_____	Final payment due one month prior to graduation.

#### 3. If you are paying on the extended monthly installment plan with TFC:

Call 978-388-8800 to schedule your loan processing meeting.

# Regulations and Licensing of Massage in Northern New England

## Massachusetts and Vermont

In Massachusetts and Vermont, individual cities or towns license massage therapists. This means that each may have different educational requirements for massage therapy. We have designed our curriculum to meet the current requirements of many cities and towns, the national certification board, and various professional bodywork organizations.

## New Hampshire

New Hampshire requires a state license. To obtain a New Hampshire license, students must complete a minimum program of 750 hours. Therefore, our students will need to complete an additional 75 hours of training in electives in order to apply. New Hampshire requires license candidates to:

Obtain National Certification. Pass CPR & First Aid. Complete and submit the New Hampshire application form, documentation, and fees. Pass New Hampshire Practical Exam.

## Maine

In Maine, you must have graduated from an approved massage program with at least 500 hours of training or have passed the National Certification Examination. Solidago graduates applying without the National Certification Examination will need to complete additional clinic hours in order to meet the practicum requirement.

## Book & Materials List

\*Please note that all books and materials are **included in the calculated tuition** and will be distributed to you as needed throughout the program. This list is for reference only and is subject to change.

The Book of Massage, Lidell, Lucinda. Fireside, New York, 1985.

Do What You Love and the Money will Follow, Sinetar, Marsha. Dell, New York.

Maniken™ Skeleton Kit, Zoologik Systems, Colorado.

Somatics: The Reawakening of the Mind's Control of Movement, Flexibility, and Health, Hanna, Thomas. Addison-Wesley Publishing Company, Reading, Massachusetts, 1988.

The Human Body in Health and Disease 3<sup>rd</sup> Edition, Thibodeau & Patton. Mosby, St. Louis, 2002.

Study Guide to Accompany The Human Body in Health and Disease 3<sup>rd</sup> Edition, Prepared by Swisher, Linda. Mosby, St. Louis, 2002.

Massage Therapy: Principles and Practice, 2<sup>nd</sup> Edition, Salvo, Susan. Saunders, St. Louis, 2003.

The 9 Steps to Financial Freedom, Orman, Suze. Three Rivers Press, New York, 2000.

Mosby's Pathology for Massage Therapists, Salvo, Susan and Anderson, Sandra. Elsevier Mosby, St. Louis, 2004.

The Ethics of Touch, Benjamin, Ben and Sohnen-Moe, Cherie. SMA Inc, Tucson, AZ, 2003.

The Educated Heart, McIntosh, Nina. Lippincott Williams and Wilkins, Philadelphia, 1999.

Trail Guide to the Body, 2<sup>nd</sup> Edition and Student Handbook. Biel, Andrew. Books of Discovery, Boulder, CO, 2005.

Listen to Your Pain, Benjamin, Ben. Penguin USA, NY, NY, 1984.

## Directions to the Solidago School of Massage and Holistic Health



### From Route 95 North:

Take Exit 58, "Route 110- Amesbury." Merge into traffic, but stay to the right as you come off the ramp. Just before the first light (Friendly's, Burger King, Mobil) you will take a right onto the Elm Street exit. Follow Elm Street into Downtown Amesbury bearing left through the small rotary. Traffic will be directed up Friend Street. Toward the top of Friend Street you will see public parking on your right.

### From Route 95 South & 495 South:

Exit at Route 495 South. Take Exit 54 "Route 150/Amesbury." Take a right at the end of the ramp. Follow directions below:

### From 495 North:

Take Exit 54, "Route 150/Amesbury." Go right at the end of the ramp. Go straight through first light (Route 110). Go through yellow blinking light. Go through second set of lights by church and now you will be on Main Street. As you come into Downtown Amesbury, take a left up Friend Street. Toward the top of Friend Street you will see public parking on your right.

### Directions from Parking Lot

Walk down the stairs or foot path to cross the lowest bridge and across courtyard to the Hamilton Gateway Building Entrance. Proceed up stairs and turn left. We are the last door on the right.

