

Therapeutic Massage Program Advisory Board

December 11, 2008, 12:00 in Learning Center 108

In attendance: James Feller, Heide Zurlinden, Carol Golby-Saunders, Michael Doyle, Cheryl Hunt, Linda West, Melissa Graves, Shari Lee, Kiran Hanson

Absent: Maureen Rosenau, Odette Fuller

- I. ABMP Webinar, Critical Thinking: Fostering Good Judgment in the Massage Classroom/Luncheon
  - a. Critical thinking methods and rationale were presented. A comparison between didactic and critical thinking instructional approaches were presented for specific examples within massage and body work modalities.
- II. Welcome and Introductions
  - a. Debra welcomed everyone, explaining the purpose of the critical thinking focus on student instruction and assessment at the college.
  - b. Introductions: Each member present introduced themselves and explained a bit about themselves and role on the board.
- III. Purpose of the Advisory Board
  - a. Debra explained the purpose of the board was to advise the program and college about the needs of the community. The board could define its own purpose and become as involved as the members desired in the development of curriculum, the planning of events and future growth of the department. James Feller asked about the time commitment, if more time might be required. Debra answered that depended on the board and the topics and projects that were being addressed.
  - b. Heide thought the Advisory Board could serve to build community for massage therapists on the mountain and serve as strong base of support for professionals.
- IV. Discussion of current NPC Program: Heide Zurlinden, Carol Golby-Saunders
  - a. Evening and daytime cohorts
  - b. Student Success Workshop
  - c. CEU Courses
- V. Suggestion of addition of Developing Therapeutic Presence Courses as a requirement for graduation, Discussion. **(Action Item)**
  - a. Heide presented the importance of adding the course, "Developing Therapeutic Presence" to the curriculum. Students would learn to identify blockages and methods to look within to gain confidence. She felt the course grounded the students, taught self-care, and how to avoid enmeshment. Linda West felt the course would help to move the ego out of the way and reduce negativity, helping students understand they are worthy and capable of engaging in therapeutic massage.
  - b. Pragmatically, the 36 hours course would allow adequate hours for students to begin the semester on the college schedule.

VI. Student Survey Results: Kiran Hanson presented the results of the student survey. Results were very positive with students enjoying the hands-on demonstrations and return demonstrations.

VII. Advisory Board Suggestions, Discussion

- a. Linda West recommended opening a CEU for Intuitive Spirituality class to develop psychic ability. She is interested in teaching this class in the summer. **(Action Item)**
- b. James Feller recommended class sizes be kept smaller as more individual attention to technique development and assurance of student understanding is assured. He recommended we look closely at class size and space. **(Action Item)**
- c. Cheryl Hunt observed attrition within the classes as students understood the rigor, workload, and requirements of the program. The necessity of the Student Success Workshop was evident by staff and the student representative.

VIII. Other Discussions

- a. Heide explained the highlights of the TMP program. Upledger has approved lymphatic drainage and Kathy Burns' class to be offered by NPC.
- b. Heide explained Carol Golby-Saunders had developed modules for common problems encountered in therapy with specific treatment options.
- c. Cheryl recommended that each muscle be presented in detail on a model describing its function, purpose, physiology, and then be presented on a client to describe how a therapist works with it. The group discussed the purchase of models and application for Carl Perkins funds. Deb asked for the faculty to prepare a list of necessary equipment to improve instruction. **(Action item)**
- d. James Feller initiated a discussion concerning the origins of osteopathy and cranial-sacral therapies from Sutherland were created against a backdrop of Breath of Life within the system. He was concerned about how to present that concept to students. Following a lengthy discussion, the group agreed it was important for students to understand the underlying foundations of alternative medical modalities and determine how those belief systems relate to their individual religious belief and philosophy.
- e. Shari recommended faculty place particular emphasis and importance on teaching students to maintain and practice good form throughout their training. The faculty assured her students are taught to take care of themselves, learning stretches and progressions and proper body mechanics.
- f. Carol Golby-Saunders was interested in exploring new directions for continuing education offerings within the program. Melissa recommended offering advance techniques for experienced therapists as well as self-care techniques and strategies. Shari observed that learning something new and different is a method of self-care. James indicated that attending NPC as a student should offer students an opportunity to find what they love by broadening their knowledge and understanding of various modalities. The recommendation was made to include one elective per semester in a modality of interest to the student. **(Action Item)**
- g. Melissa recommended that National Exam questions be worked into classes so students are familiar with the level of analysis and kinds of questions they could be expected to encounter. **(Action Item)**

IX. Conclusion: Debra thanked everyone for attending. She will send copies of the minutes to everyone.

X. Next meeting date: End of Year Program Assessment Spring 2009 – Date to be arranged in April.