

Continuing Education in Massage Therapy

UNM-Taos offers regular continuing education courses in massage therapy for licensed massage therapists who wish to maintain licensure in the State of New Mexico. Courses are approved by the New Mexico Massage Therapy Board for continuing education.

To register for courses you must enroll as a non-degree seeking student through student services at (575) 737-6200 or on-line at taos.unm.edu. You will need the permission by the Director of Medical Massage. To have the holds lifted and permission email Kirstie Segarra at ksegarra@unm.edu with your name, student ID and the CRN course number and course name. She will forward permission to student services to lift the hold and you will be able to register on-line.

Cost in 2019 is \$78 per credit hour, \$15 one time enrollment fee, and \$25 lab fee per course. A one credit course is 16 contact hours.

Course Descriptions & Schedule

(Additionally any course offered in the massage program can be taken as CEUs, current schedule is at taos.unm.edu)

Classes rotate every year. Join our mailing list for CEs at <http://taos.unm.edu/home/integrative-health-and-medical-massage/medical-massage/> under button on left side that says “Sign Up for Updates”

Every Fall Professional Ethics and CPR Renewal (Third week of October every Fall), Segarra, 1 credit. Every two years LMTs in New Mexico need to take 4 contact hours of ethics. This course will look at new issues in massage therapy, regulations, and the continuing changing state of massage. An optional 4 hour CPR renewal is offered to students. This course meets on Saturday only from 9 am to 1 pm for Ethics and 1 pm to 5 pm for CPR renewal.

Cranial Sacral I, Veal, 1 credit Cranial Sacral I will introduce students to the bio-mechanical, somatio-emotional, an energetic aspects of Cranial-Sacral Therapy. Ganesh Veal, DC has over 25 years of experience in Cranial Sacral Therapy (CST). Emphasis on anatomical understanding, practitioner neutrality and deep listening to the wisdom body.

Advanced Myofascial Release, Rotating Subject Segarra, 1 credit (Offered every Fall) This course focuses on advanced myofascial release techniques and rotates through different parts of the body and themes. Subjects are Pelvis, Thorax & Rib Cage, Walking & Gait Patterning.

Introduction to Neural Therapy, Segarra, 1 credit This course is for students enrolled who have a background in bodywork with anatomy and physiology who would like to learn how to treat nerves. A *myoneurofascial* approach as well as *Deuro Neuro Modulating* approaches will be introduced in this weekend continuing education course.

Myofascial Yoga and Anatomy Trains, Segarra, 3 credits Offered every Spring), Myofascial Yoga is a blending of different disciplines in yoga slowed down to facilitate the opening of connective tissue in the body to assist the muscles and fascial body in stretching safely. This course will emphasize the blending of breath with movement in a conscious way of using the mind-body connection. Students will learn postures

that include stretching, breathing, body mechanics alignment and form along with inner attention to ones' self. The application of Thom Myers work in Anatomy Trains will be taught explicitly throughout the course to deepen ones understanding of how our bodies compensate for injury patterns, traumas and other issues in the connective tissue. This course is a core track in the Yoga Teacher Training Program.

Cranial Sacral II, Veal, 1 credit (Offered every Spring), Cranial Sacral II will continue in the education of Cranial I and offer a more in-depth experience of bio-mechanical, somatio-emotional, an energetic aspects of Cranial-Sacral Therapy. Ganesh Veal, DC has over 25 years of experience in Cranial Sacral Therapy (CST). Emphasis on anatomical understanding, practitioner neutrality and deep listening to the wisdom body.

Advanced Hands-On Techniques in Oriental Medicine, Segarra, 3 credits (Offered every Spring), This course is designed to replace Introduction to Oriental Medicine for students enrolled in the Massage Program. It will introduce and advance the understanding of yin/yang theory, five element theory and how it is directly applicable to massage sequencing. Student must have massage training to enroll this course.

Advanced Techniques in the Shoulder Girdle, Quintana, 1 credit (Offered biannually in Spring), This course will take a complete look anatomically at the shoulder girdle joint, capsule, ligaments, tendons as well as the kinesiology of the shoulder. Advanced techniques and understanding from structural integration will be taught.

Advanced Techniques in the Knee, Quintana, 1 credit (Offered biannual next course) This course will take a complete look anatomically at the knee joint, capsule, ligaments, tendons as well as the kinesiology of the knee. Advanced techniques and understanding from structural integration will be taught.

Balancing the Cervical Spine, Quintana, 1 credit (Offered biannually in Spring), This course will take a in depth look at the anatomy of the cervical spine and how to balance the cervical spine in relation to the whole body.

Myofascial and Myoskeletal Techniques, Quintana, 3 credits (Offered every Spring) This course will provide the opportunity for students to learn Myofascial and Myoskeletal Techniques in Massage as well as an opportunity to practice. Students will further their understanding of Myofascial Anatomy Trains and learn incorporation of Myoskeletal techniques. Other massage modalities may be explored at the discretion of the instructor. Students will work on each other in a safe, supportive, and professional environment.