



UNM TAOS

*Integrative Health
& Medical Massage*



***Supplement Catalog for Integrative
Massage Therapy Program
2019-2020***

Two Pathways to Obtain Your Certificate in Massage Therapy

UNM-Taos Integrative Massage Therapy Program designed for students seeking an opportunity to become a licensed massage therapist in the State of New Mexico. The program's mission is to offer an integrative health and holistic approach to massage therapy while gaining a strong basic knowledge and experience so that upon graduation and successful completion of the program you can obtain your license to practice massage therapy in the State of New Mexico. This program emphasizes Medical Massage and graduating high caliber entry level therapist to work in the medical field of massage therapy. We are offering a basic program of 650 hours and an advance certificate of 1000 hours (IMT and HHHA Certificate combined). UNM-Taos is dedicated to guiding you through process so you will be prepared to successfully take the National Exam for Massage Therapy (MBLEX) and aid in obtaining employment as a massage therapist.



UNM-TAOS

1157 County Road 110
Ranchos de Taos NM 87557
(575) 737-6200

ADMISSION REQUIREMENTS

Prospective candidates for the Massage Therapy Program must be 18 years of age and have a High School Diploma or the equivalent. Candidates should submit completed applications one month prior to the start of Fall Semester. Candidates' applications will be reviewed by the Director who will schedule interviews with the candidates.

Candidates will be informed in person or by phone of their acceptance to the program. A letter of acceptance or denial will be electronically mailed within two weeks of the interview.

To apply go to
<http://taos.unm.edu/home/integrative-health-and-medical-massage/medical-massage/>

PROGRAMS

650 Contact Hours

The 650 Certificate will allow the graduate to meet the basic requirements necessary to obtain State of New Mexico Massage License.

1000 Contact Hours

This certificate is designed for the candidate who would like to obtain more skills as a massage therapist in the healing arts. Candidate must complete 650 hour program and an additional 350 hours to complete Holistic Health & Healing Arts Certificate.

PROGRAM DIRECTOR

Kirstie Segarra, PhD, LMT 4888, RMTI I-0382 E-RYT C-IAYT

Title: Chair of Integrative Health and Medical Massage

Phone: (575) 737-3741

E-mail: ksegarra@unm.edu



FACULTY DIRECTRY

Core Required Curriculum Faculty

Kirstie Segarra, PhD, LMT, RMTI #I-0382

Tony Quintana, LMT, RMTI # S-0395

Daniel Pretends Eagle, LMT, RMTI# S-0591

Teachers Assistants

- Susan Myers, LMT
- Jane Glenn, LMT
- Kristin Brudevold, LMT

Elective Course Faculty (In addition to Core)

Patrick Shaw, LMT, RMTI #I-0326

Lilly Marie Blecher, DOM (Oriental Medicine)

Madrona Bourdeau CST (Cranial Sacral Therapy)

Faculty from Holistic Health and Healing Arts teach varied electives approved through the University of New Mexico-Taos.

LOCATION

Rio Grande Hall
121 Civic Plaza Drive Room 118, Taos, New Mexico 87571

Mailing Address
UNM-Taos
1157 County Road 110
Ranchos de Taos NM 87557

TUITION

A one time Program Fee of \$1000 applies to cover the cost of massage tables and materials for the program. It may be paid in monthly installments. Additionally student pay \$78 per credit hour and a \$25 lab fee per class. The 650 Contact Hour program cost \$3,432 for tuition for 44 credit hours, lab fees varies depending on how the student selects electives and the Program Fee of \$1,000. The 1000 Contact Hour program requires an additional 18 credit hours of tuition totaling \$1,404. Books and supplies are kept at a minimal investment of not more than \$500. Fees are subject to change due to change in tuition rates by UNM-Taos. Fees are based on In-State Tuition only.

FINANCIAL AID GRANTS

Grants are awarded based on need as determined by your FAFSA and do not have to be paid back. These include the Federal Pell Grant, Federal Supplemental Educational Opportunity Grant (SEOG) and the State Student Incentive Grant (SSIG). In order to be eligible for SEOG and SSIG, students must have their FAFSA in by January 6.

SCHOLARSHIPS

Scholarships are awarded on a variety of criteria. Some are need based, but nearly all have certain academic requirements, such as GPA, course of study, and course load. [Please see our scholarships page for more information.](#)

STUDENT EMPLOYMENT/ WORK STUDY

[Work Study](#) positions are available at UNM-Taos. Students need to complete a FAFSA and check off the option that they are interested in work study. If you have questions, please make an appointment with the Financial Aid Office.



LOANS

Loans are available for students or parents to borrow to help pay educational expenses. Students must have a FAFSA submitted in

Once your FAFSA has been received by UNM, you will need to submit any missing requirements. These are listed on your Financial Aid tab in LoboWeb.

TUITION RATES

(Fees are subject to change)

Tuition Rates	Per Credit Hour	Support Service Fee	Half-Time	3/4 Time	Full-Time
Resident	\$78.00	\$15.00	\$483.00	\$717.00	\$951.00
Non-Resident	\$198.00	\$15.00	\$1,203.00	\$1,797.00	\$2,391.00
Senior Rate	\$5.00	\$15.00	\$45.00		

- Must be age 65 or older as of the 21st day from the start of the semester
- Must be a New Mexico Resident as defined by the Residency Classification Office
- Must register on or after the first day of classes only (August 22, 2011)

order to be considered for these federal loans. The amount of eligibility is determined by grade level and cost of attendance.

Q1

Payment can be made online via LoboWeb: <https://my.unm.edu>

Cash, Check or money order payments may be made in person or

Repayment usually begins 6 months after graduation, if you stop attending, or drop under half-time enrollment. There are 3 types of loans:

- Subsidized– No interest accrues while in school
- Unsubsidized– interest accrues immediately
- Parent Loan– PLUS– up to COA, credit based, parents only apply.

UNM-Taos students must submit a Federal Direct Loan request in order to receive loans. Please make an appointment with the financial aid advisor to learn more. After your loan request is approved, you will need to go to <http://studentloans.gov> and complete your:

- Pre-loan counseling
- Master Promissory Note.

Your loan WILL NOT be disbursed until these are completed.

To apply for a student loan, please click this link: [Direct Loans](#). You can submit this request electronically or find paper copies outside the financial aid office.

Our FAFSA School Code is 002663 – This is for ALL UNM campuses.



COURSES OFFERED TO COMPLETE CERTIFICATION

Required:

Choose one track of A&P

- Massage Anatomy & Physiology (3 credits) and Myofascial Myoskeletal (3 credits) **or**
- Exercise Physiology 3 credits
- Introduction to Massage 3 credits
- Massage Therapy I 3 credits
- Massage Therapy II 3 credits
- Massage Therapy III 3 credits
- Cultural Diversity Competency & Cross Cultural Ethical Issues 3 credits
- Deep Tissue Techniques in Massage Therapy I 3 credits
- Clinical Practicum in Massage Therapy 6 credits
- Oriental Medicine: An Introduction 3 credits **or** Advanced Hands-On Techniques in Oriental Medicine 3

Electives (8 credits for 650 program and 24 credits for 1000 program):

- Myofascial and Myoskeletal Techniques in Massage Therapy 3 credits
- Balinese Traditional Massage 1-3 credits
- Thai Massage 1-3 credits
- Herbology 3 credits
- Hatha, Kundalini, Yoga Therapy or Myofascial Yoga 3 credits
- Introduction to Healing Arts 3 credits
- Ayurveda 1-3 credits
- Meditation, Consciousness and Self-Healing 3 credits
- Tai Ji and Qi Gong 3 credits
- Nutrition 3 credits
- Cranial Sacral I and II 1-3 credits
- Myofascial Yoga 1-3 credits
- Any topics course offered under HHHA293 or MAS293 (these vary)

GRADING PROCEDURES

Students will be subject to a grade point system and must successfully complete the required course work as outlined in the course syllabus for each course.

DRAPING PROCEDURES

All students will be trained in professional draping techniques to protect the modesty of the client. Clients will have a choice to undress to their comfort level. Only part of the body being massaged will be undraped during a massage therapy session. Otherwise the client is fully draped. Failure to follow draping procedures may be cause for dismissal from program.

UNIVERSAL PRECAUTIONS POLICY/SANITATION HYGIENE POLICY

All students and instructors will be required to follow Universal Precautions with use to massage tables, lotion and oil bottles, linens, bolsters and general hand washing techniques. Failure to follow universal precaution may be cause for dismissal from the program. Basic hand washing technique and hygiene of students must be followed.

ATTENDANCE POLICY

Students will be subject to UNM-Taos attendance policies. A student with more than 3 contact hours as absences in a course may be dropped from the course by the instructor. Make up is allowed and students have to enrolled in a 1 credit hour make up course.

LEAVE OF ABSCENCE

Students will be allowed to take a leave of absence from the program for life emergencies. They will be subject to UNM-Taos policies.

LENGTH OF COMPLETION

From time of acceptance to completion of the program students will be allowed up to four years to complete necessary course work. If more time is required—student must submit a letter of request with the Program Coordinator for approval and a guidance meeting.

DRESS CODE

Students will be expected to come to class clean and presentable for professional massage.

STUDENT COMPLAINT POLICY

Students will be subject to UNM-Taos policies. Please initially contact Instructor. If the issue is not resolved contact the Program Coordinator, to resolve issues. Every attempt will be made to resolve student issues.

TRANSFER CREDIT POLICY

Students may apply to transfer credits from other Massage Therapy programs. Students will be required to provide a transcript and submit a formal application to transfer credit. Program Coordinator will review the transcript provided and determine if courses successfully completed meet UNM-Taos guidelines.

PARTIAL TRAINING POLICY

Students will be allowed to complete partial training with our program. To receive a certificate of completion for the 650 or 1000 hour program the student must submit a transfer of credit application and provide necessary documentation.

READMISSION POLICY

If a student withdraws from the program, an exit interview will be conducted. Student may reapply to the program by interviewing with the Program Coordinator.

CLINIC PRACTICUM POLICY

“**Clinical practicum**” means that a student is providing hands-on massage therapy to members of the public under the supervision of a registered massage therapy instructor. That instructor must be physically present on the premises for advice and assistance. The student must be enrolled at a registered massage therapy school or being trained by a registered massage therapy instructor. Clinical practicum does not include classroom practice.

“**Student**” means an individual currently enrolled in and/or attending class(es) at a Massage Therapy Program under the jurisdiction of the New Mexico State Board of Massage Therapy.

NEW MEXICO STATE MASSAGE THERAPY BOARD

Massage Therapy Board
Toney Anaya Building
2550 Cerrillos Road
Santa Fe, NM 87505
(505) 476-4870
(505) 476-4645 Fax

WHAT ARE THE MINIMUM EDUCATIONAL REQUIREMENTS FOR LICENSURE?

The minimum educational requirements are as follows:

- 165 hours of Anatomy and Physiology (to include Kinesiology and Pathology)
- 150 hours of Massage Therapy instruction (to include Contraindications)
- 75 hours of General Instruction (to include: Hydrotherapy, Business, Professional Ethics (30 hours), First Aid (min. 4 hours), and current CPR (min. 4 hours); and
- 260 hours of Electives (limited to a maximum of 150 hours Clinical Practicum)

16.7.4.9 LICENSURE EXEMPTIONS:

The following are exempted from licensure by the board pursuant to Section 61-12C-5.1 of the Massage Therapy Practice Act.

- A.** Other professionals licensed in or regulated by another New Mexico licensing board or agency rendering services within the scope of their authorizing law or regulation, provided they do not represent themselves as massage therapists.
- B.** Massage therapy students who are rendering massage therapy services within the course of study of a registered massage therapy school or under the supervision of a registered massage therapy instructor.
- C.** Massage therapy instructors visiting New Mexico who have met the requirements set forth in 16.7.6.11 NMAC.
- D.** Sobadores; Hispanic traditional healers; Native American healers; reflexologists whose practices are limited to hands, feet and ears; practitioners of polarity, Trager approach, Feldenkrais method, craniosacral therapy, Roling structural integration, reiki, orthobionomy or ch'i gung; or practitioners of healing modalities not listed in this subsection who do not manipulate the soft tissues for therapeutic purposes from practicing those skills. However, if any of these persons applies for and is granted a license pursuant to the Massage

Therapy Practice Act, that person shall comply with all licensure requirements and be subject to the provisions of the boards' statute and regulations.

GENERAL PROVISIONS:

A. Students not yet licensed may not charge for massage therapy services.

(1) Students may accept voluntary unsolicited tips, gratuities and donations.

(2) Students may not suggest either verbally or in writing, amounts of tips, gratuities or donations.

B. Students may distribute identification cards which must include the school's name, address, and phone number; the student's name, and the word "student".

C. Student Complaints:

(1) Complaints concerning the Registered Massage Therapy School, instructor(s), and/or other student(s) should first be addressed through the registered massage therapy school's complaint policy.

(2) If the school does not resolve the complaint adequately, or in extreme circumstances, a complaint may be brought before the Board in accordance with 16.7.14.8 NMAC.

D. Students will comply with 16.7.2 NMAC, Professional Conduct.

CODE OF PROFESSIONAL CONDUCT:

A. Competence:

A. Competence: Each licensee and applicant shall:

- (1) limit practice and instruction to the areas of competence in which proficiency has been gained through education, training, and experience and refer clients to other health professionals when appropriate;
- (2) acknowledge the limitations of and contraindications to massage therapy and will not encourage unnecessary or unjustified treatment; and
- (3) not delegate professional responsibilities to a person who is not qualified or licensed to perform them;

B. Dual relationship: It is presumed that a power imbalance exists in professional relationships between licensees and clients. Therefore each licensee, in interacting with a

client or former client to whom the licensee has at anytime within the previous three (3) months rendered massage therapy or instruction, shall not engage in romantic or sexual conduct.

C. Client welfare: Each licensee and applicant shall:

- (1) conduct their business and professional activities with honesty and integrity;
- (2) obtain prior informed consent of the client regarding draping and treatment to ensure the safety, comfort and privacy of the client;
- (3) provide privacy for the client while the client is dressing or undressing;
- (4) modify or terminate treatment at the client's request, regardless of prior consent;
- (5) refuse to treat any person or part of the body for just and reasonable cause;
- (6) not undertake or continue treatment with a client when the licensee is impaired due to mental, emotional or physiologic conditions including substance or alcohol abuse;
- (7) maintain clean equipment, linens, clothing and work areas;
- (8) not engage in any verbally or physically abusive behavior; or
- (9) take unfair advantage of the client for financial gain.

D. Confidentiality of Clients: Each licensee shall safeguard confidential information of the client, unless disclosure is required by law, court order, authorized by the client or absolutely necessary for the protection of the public.

E. Representation of Services:

(1) Each licensee shall disclose to the client the schedule of fees for services prior to treatment.

(2) Each licensee shall not misrepresent directly or by implication his/her professional qualifications such as type of licensure, education, experience, or areas of competence.

(3) Each licensee shall not falsify professional records.

(4) Each licensee will include in any advertisement for massage:

(a) his/her full name as licensed with the Board and license number; and

(b) the designation or abbreviation as a "licensed massage therapist" or "LMT"; "registered massage therapy instructor" or "RMTI"; and "registered massage therapy school" or "RMTS".

(5) When offering gratuitous services or discounts in connection with professional services, each licensee must clearly and conspicuously state whether or not additional charges may be incurred by related services and the possible range of such additional charges.

(6) Each licensee will not advertise massage therapy services or instruction, which contains:

(a) a false, fraudulent, misleading, deceptive statement; or

(b) suggestion of sexual stimulation.

F. Violation of the Law:

(1) Each licensee shall not violate any applicable statute or administrative regulation governing the practice of massage therapy.

(2) Each licensee shall not use fraud, misrepresentation, or deception in obtaining a massage therapy license or renewal, in passing a massage therapy licensing examination, in assisting another to obtain a massage therapy license or to pass a massage therapy licensing examination, in providing massage therapy services, or in conducting any other activity related to the practice of massage therapy.

G. Resolving Professional Conduct Issues:

(1) Each licensee has an obligation to be familiar with this Part. Lack of knowledge of Professional Conduct standard is not itself a defense to a charge of unethical conduct.

(2) Each licensee will cooperate with investigations, proceedings, and resulting requirements of this Part. Failure to cooperate is itself an ethics violation.

ADVERTISING AS MASSAGE THERAPIST

Advertising as a Massage Therapist is prohibited even with successful completion of a certificate in massage therapy one can not advertise or practice for monies in the State of New Mexico without successfully obtaining a license to practice and passing the NCETM National Exam. Once you are license you must included your LMT number on all advertising.



UNM POLICIES

POLICY ONN ILLEGAL DRUGS ANDN ALCOHOL

This Policy on Illegal Drugs and Alcohol is adopted pursuant to federal laws and because of the commitment of The University of New Mexico to an environment for the pursuit of its educational mission free of illegal drugs and the illegal use of alcohol. Drug and alcohol abuse on campus poses a serious threat to the health and welfare of faculty, staff, and students; impairs work and academic performance; jeopardizes the safety and well-being of other employees, student and members of the general public; and conflicts with the responsibility of The University of New Mexico to foster a healthy atmosphere for the pursuit of education, research, and service. This policy covers all property owned, used, leased or controlled by The University of New Mexico, or any other site where official University business is being conducted. "Controlled substances: means those substances in 812, and implementing regulations, 21 CFR 1308.11-1301.15." Controlled substances include, but not limited to, marijuana, cocaine (including "crack"), amphetamines, heroin, PCP, hallucinogens, and certain prescription drugs. Illegal uses of alcohol include, but are not limited to, serving, buying or drinking alcohol by a minor; assisting a minor or an intoxicated person to get alcohol; selling alcohol without a license and driving while under the influence. The policy is not intended to supersede or negate any existing policies on substance abuse, student or employee discipline, or any additional requirements imposed on The University

of New Mexico or its students, faculty, or staff by federal or state law.

STUDENT ATTENDANCE POLICY

Students must attend class regularly and punctually. Students should be in class and prepared to start at the start of class.

Tardiness beyond 15 minutes will be considered an absence.

If you arrive late to class you should enter quietly and not engage in conversation. You are expected to talk to another student to find out what you missed outside of class time not the instructor. It is very disruptive to other students to arrive late and distract from class time.

Excessive absences may result in a student being dropped from the class. It is UNM-Taos policy that a student MAY be dropped by their instructor after one absence (three clock hours).

Due to the fact that this program is regulated by the New Mexico Massage Therapy Board and massage is taught as **contact hours** with a Licensed Instructor teaching no make-up is allowed unless you enroll in a make-up course. You must clock hours in with a Licensed Instructor in order for the course to count toward licensure. You may enroll in an independent study make up course to make up hours missed, which will require attending contact hours to be announced by the faculty. Students will be required to fill out make-up forms, which will be kept in their files.

GRADUATION

In order to graduate from the massage program students will need to formally apply for graduation with their faculty advisor. It takes 4 to 6 weeks for official transcripts to declare the graduation status. Students will need to receive a letter grade of "C" or higher to be successful in the program. Official

transcripts may be order through the main campus website registrar office at unm.edu for a small fee.

DRESS CODE

Students are required to wear bicycle, work out, shorts to receive bodywork in the classroom and women, should wear sports bras. Students should follow draping procedures taught in the classroom. Students are required to be prepared to give and

receive touch therapy in the classroom. This means touching skin. If a student has a condition that prevents them from giving or receiving touch therapy they will be required to obtain a medical note with a clear diagnosis for exemption and request accommodations.

Please cut and turn in to Director

I ACKNOWLEDGE THAT I HAVE READ THE CATALOG FOR THE MASSAGE THERAPY PROGRAM AND UNDERSTAND THE GUIDELINES AND REQUIREMENTS AS A STUDENT MASSAGE THERAPIST. THAT ANY CONCERNS OUR QUESTIONS SHOULD BE DIRECTED TO THE DIRECTOR, KIRSTIE SEGARRA AT ksegarra@unm.edu. SITUATIONS THAT CAUSE DISRUPTION, IMPED YOUR ABILITY TO LEARN SHOULD BE DISCLOSED IN A TIMELY MANNER. IF YOU ARE NOT COMFORTABLE REACHING OUT TO THE DIRECTOR YOU MAY CONTACT THE HEAD OF HEALTH SCIENCES, MELISSA OFFENHARTZ AT moffenha@unm.edu.

NAME OF STUDENT (PLEASE PRINT)	
SIGNATURE	
DATE	

