



cortiva institute® - chicago

School of Massage Therapy

MARCH 2009 | VOLUME 3 | ISSUE 1

National Certification Exam Preparation | \$275.00

LOOP LOCATION

9:30am - 4:30pm the following dates:

- Sundays, March 15 & 22
- Sundays, June 7 & 14
- Sundays, August 23 & 30
- Sundays, December 6 & 13

CRYSTAL LAKE LOCATION

9:30am - 4:30pm the following dates:

- Fridays, March 13 & 20
- Fridays, June 12 & 19
- Fridays, September 11 & 18
- Fridays, December 11 & 18

REGISTER FOR THESE CLASSES ONLINE AT:

WWW.CORTIVA.COM/CSMT/CE

SUSAN BERCH | ASSISTANT DIRECTOR OF ADMISSIONS



Greetings!

I am Susan Berch, Assistant Director of Admissions, here at Cortiva Institute - Chicago. I work with Shaun McFarland, Director of Admissions, and our amazing Admissions Representatives to qualify and welcome new students to the massage therapy program. I wanted to thank you for all that you do. Some of our best students are referred by graduates like you! I have the privilege of learning about some of you through them and hearing about all the amazing work that you do on a regular basis.

I am also excited to launch my own Massage Therapy career, as a student in Class 167.

With a BFA in Theater, training for my fourth marathon, and hobbies (including singing, learning languages and playing piano), I've always been interested in using the body creatively. I started the program this January, and I already have found that

I WANTED TO THANK YOU FOR ALL YOU DO. SOME OF OUR BEST STUDENTS ARE REFERRED BY GRADUATES LIKE YOU!

I have more to learn about the body! It is invigorating, inspiring work and I look forward to being your future colleague.

Thanks for who you are and what you do on a daily basis! You are living, breathing examples of what we want our students to become.

You may contact me directly at: sberch@cortiva.com.

Schedulicity.com | You can schedule with all kinds of business on Schedulicity

- Massage Therapists
- Golf Pros
- Acupuncturists
- Nail Salons
- Personal Trainers
- Salons and Spas
- Business Coaches
- Private Yoga
- Photographers
- Stylists
- Health Clubs
- Music Lessons
- Tax Service
- Medical Spas

For more information visit

www.schedulicity.com

CONTINUING EDUCATION COURSES

Loop Location

- **Basics of Pregnancy Massage**
Sunday, April 19 / 9pm - 5pm / 7 hours / \$150.00
Sunday, November 8 / 9pm - 5pm / 7 hours / \$150.00
- **Massage and Cancer**
Sunday, April 26 / 9pm - 5pm / 7 hours / \$150.00
Sunday, October 18 / 9pm - 5pm / 7 hours / \$150.00
- **Reflexology for Stress**
Sunday, May 3 / 9am - 5pm / 7 hours / \$150.00
- **Aromatherapy in the Bodywork Setting**
Sunday, May 17 / 9am - 5pm / 7 hours / \$150.00 plus \$20 materials fee
- **Navigating Emotional Release**
Sunday, June 14 / 7 hours / \$150
- **Lomi Lomi**
Sunday - Monday, June 28 - 29 / 9pm - 6pm / 16 hours / \$370.00
- **Reiki I**
Sunday, July 19 / 9pm - 5pm / 7 hours / \$150
- **Clinical Sports Massage: Rotator Cuff & Shoulder Dysfunction**
Sunday, July 26 / 9pm - 5pm / 7 hours / \$150.00
Sunday, November 15 / 9pm - 5pm / 7 hours / \$150.00
- **Professional Ethics for Bodyworkers**
Sunday, August 16 / 9:30pm - 4:30pm / 6 hours / \$130.00
- **Hand-Saving Techniques for Chair Massage**
Sunday, August 23 / 9am - 5pm / 7 hours / \$150
- **Lomi Loku**
Sunday, August 30 & Monday, August 31 / 9am - 5pm / 16 hours / \$370.00
- **Reiki II**
Sunday, September 13 / 9am - 5pm / 7 hours / \$150
- **Introduction to Spa Basics**
Sunday, September 20 / 9am - 5pm / 7 hours / \$150.00

Crystal Lake Location

- **Advanced Anatomy Techniques: Pelvic Girdle**
Friday, March 6 / 9pm - 5pm / 7 hours / \$150.00
- **Advanced Anatomy Techniques: Shoulder Girdle**
Friday, June 5 / 9pm - 5pm / 7 hours / \$150.00
- **Professional Ethics for Bodyworkers**
Thursday, September 10 / 9:30pm - 4:30pm / 6 hours / \$130.00

MARCH JOB FAIRS



Join us in March for on-campus Job Fairs exclusive to Cortiva graduates. NO RSVP required. Bring several copies of your updated resume and meet with employer representatives!

Loop Campus

17 N. State St., 5th Fl • Chicago, IL 60602
Wednesday, March 18 | 12 – 3pm

Crystal Lake Campus

100 S. Main St. • Crystal Lake, IL 60014
Thursday, March 19 | 6pm – 8pm

GRADUATE ADVISORY COMMITTEE

Graduate Advisory Committee (GAC) is a group of Cortiva Institute - Chicago graduates which meets twice a year to discuss the field of massage therapy and how their experience at Cortiva Institute - Chicago has affected their careers as massage therapists. GAC is a great way to stay connected and network with other Cortiva Institute - Chicago alumni. The next meeting is scheduled for Wednesday, April 15 from noon – 2 pm at the Chicago Loop campus and will focus on practice-building and marketing ideas. All grads are welcome! If you are interested in participating in this meeting, please contact Susan Barney, Career Services and Alumni Relations Director, at sbarney@cortiva.com.

NESTOR BATTUNG | CLASS 48 GRADUATE

NESTOR HAS ALWAYS HAD A PASSION FOR SPORTS MASSAGE AND IN 2008 HE WAS THE MASSAGE THERAPIST FOR THE US SOCCER FEDERATION U20 WOMEN'S NATIONAL TEAM AND THE OLYMPIC WOMEN'S SOCCER TEAM.

The U20 WNT is a group of 18-20 year old female athletes from various universities across the United States. All of them are unique but share the same love of the game. As Nestor says, "these young athletes bring their hearts and passion to the field and they believe in each other. They won the Gold Medal and are the best in the world in their age group."



As a massage therapist for the team, Nestor's primary role was to apply soft tissue injury and recovery massage

with deep myofascial release, facilitated stretching, and sports massage techniques. He worked in a massage room, on the soccer field and in designated areas of the locker room and in a special training room that the hotel arranged specifically for the athletes. **Some common conditions Nestor worked with included plantar facitis, quad contusions, ITB tension, chronic hip and low back pain and neck whiplash.** Massage techniques he utilized were effluerage, petrassage, deep cross fiber friction, deep myofascial stretch, and facilitated stretching.



In addition to working directly with the athletes, he joined forces with athletic trainers, coaches, team orthopedic physicians, the team administrator and equipment guy. "You learn to multitask and assist everyone as your time permits," said Nestor.

His advice for any therapist interested in working with a sports team are know your origin/insertions/muscle actions, understanding the sport and how it effects the athletes you are working with. Know your own personal limits and what you can handle. Be patient, flexible, considerate, and understanding when working with the athletes, medical and coaching staff. Always remember that it is not about "you" it is about representing your career as a LMT to the best of your abilities, and doing what you can within your scope to keep the athlete healthy and at optimal performance on the field.

For 5 years, Nestor has been a massage therapist at AthletiCo in Oak Brook. He also has a private house call practice. You can contact Nestor at nvbrelax1@yahoo.com.



REFER A FRIEND

SHARE THE GIFT OF MASSAGE EDUCATION!

Many of our current students chose to attend Cortiva because a student, a graduate, a faculty or staff member shared their passion for massage therapy or their experience of the Cortiva educational philosophy with them. Referrals from all of you play an immense role in our success and we want to thank you! That's why we have created a "Thank You" program with a great selection of gorgeous gifts we believe you will enjoy!

GET YOUR GIFT IN THREE SIMPLE STEPS:

1. Select your gift.
2. Tell us who you are.
3. Tell us about your friend or relative.

Shortly after your friend or family member starts class, we'll contact you to make the arrangements to send your gift.

Go to www.cortiva.com/friend for more information.



PROFESSIONAL AND STUDENT MASSAGE CLINIC



BOOK A MASSAGE TODAY! CALL 312-753-7990

HOURS OF OPERATION: MONDAY - SUNDAY: 9:00AM TO 7:00PM

CLINIC ADDRESS: 18 N. WABASH AVENUE • CHICAGO, ILLINOIS 60602

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SUSAN BERCH

Assistant Director of
Admissions

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NESTOR BATTUNG

Class 48 graduate who was
the massage therapist for the
US Soccer Federation U20
Women's National Team and the
Olympic Women's Soccer Team
in 2008.

REFER A FRIEND

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School of Massage Therapy

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JOB BOARD TIPS

REGISTER ON CORTIVA'S JOB BOARD

- Go to www.cortiva.com/csmt
- Click on MY ACCOUNT
- Click on REGISTER!
- Check STUDENT or ALUMNI
- Follow the prompts
- CLICK SUBMIT – you'll receive an email notice with access approval

ACCESS JOB BOARD TO:

- VIEW STATE LICENSING REQUIREMENTS
- FIND JOBS
- CREATE YOUR OWN WEB PAGE
- POST YOUR RESUME

For further assistance, contact
Susan Barney, Career Services
Director at sbarney@cortiva.com or
312-753-7913.