



Greetings Cortiva Students

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Greetings from Cortiva Institute!

As Director of the Career Services department and a Cortiva Institute - Somerset School of Massage Therapy graduate myself, I appreciate the need for focused guidance and support. I also understand the importance of employing highly trained and well-educated massage therapy professionals.

At Cortiva, we are committed to producing competent, compassionate and professional therapists who will significantly contribute to the field of massage therapy and it is my goal to supply exceptional career services that fulfills the needs of all of our students, graduates and employers.

From Career Fairs and onsite recruiting, to networking opportunities and our online job portal, you can consider Cortiva Institute your one stop professional resource for all of your massage therapy goals. To schedule your appointment, please contact me at the Wall campus at **(732) 282-0100**, at the Piscataway campus at **(732) 885-3400** or via email **kbelford@cortiva.com**

I look forward to the opportunity to work with you on your path to success.

Warmest regards,

Kelly Karol
Director of Career Services

Our Career Services Department Offers:

- Career Advisement and Placement Assistance to help you find the right setting to use your skills
- Resume Writing Help and Interview Preparation
- Online Job Portal, Resume Posting and Find-a-Therapist Web Pages
- Employer Presentations
- Biannual Career Fairs Exclusive to Cortiva Students and Graduates
- Information on Insurance and Professional Organizations
- Alumni Professional Association
- State Certification/Licensing and National Certification Information
- Transcript Request Processing

Student Clinic

In today's economy, there's never been a better time to take advantage of the affordable rates at the Cortiva Institute student clinic. Appointments are available at both of our Wall and Piscataway locations and on various days and times. Call the clinic of your choice to schedule your appointment today.

Piscataway Campus: 732-980-0010
180 Centennial Avenue • Piscataway • NJ 08854

Wall Township Campus: 732-282-1220
1985 Highway 34 • Wall Township • NJ 07719

13th Annual NJ Marathon

Cortiva Institute - Somerset School of Massage Therapy is the official massage school for the NJ Marathon weekend. Sunday May 3, 2009 will mark the race's 13th anniversary and for the third year in a row our Cortiva students, staff and graduates will perform over 400 pre- and post- event massages. The race directors were impressed with Cortiva's work the past two years and are looking forward to another great event!

If you are interested in being a part of this great event and working with all levels of runners from elite to amateur, please contact Adrienne Asta at **aasta@cortiva.com**.





Cortiva Institute Continuing Education

With Cortiva Institute's Continuing Education courses, you can expand your knowledge to new horizons. You can learn new techniques and refresh your skills, while learning from the leaders in this industry. We have some exciting continuing education on the horizon. Below please find our scheduled 2009 CE classes. Some classes are offered at the Wall campus and others are offered at the Piscataway campus; registration is just a click away at <http://www.cortiva.com/locations/ssmt/continuing-education/>. If you have a suggestion for future CE classes, please let me know.

Please contact me directly if you have any questions or need help registering.

Wishing you all the very best.

Denise Lombardi

Director of Continuing Education

Neuromuscular Therapy Certification Program \$1700

April 4 - July 19, 2009 / Piscataway / 100 hours / NCBTMB approved
Instructor: Brian Smith

Neuromuscular Therapy is an advanced system of soft tissue manipulation, which specializes in working to alleviate Myofascial pain and pain syndromes. During the 100 hour Neuromuscular Therapy program, origins, insertions and actions of muscles to be treated will be revisited. Stressors, perpetuating factors and trigger point pain referral patterns will be emphasized. Demonstrations will be shown and application of NMT techniques will be performed. Sign up for individual weekends or take the whole course!

- Prerequisite Theory Class- Before April 4, 2009 \$80
Home Study / Piscataway / 4 hours NCBTMB
- **Module 1:** Anterior and Posterior Cervicals – April 4 & 5, 2009 \$320
8:45am - 5:45pm / Piscataway / 16 hours NCBTMB
- **Module 2:** Back – April 25 & 26, 2009 \$320
8:45am - 5:45pm / Piscataway / 16 hours NCBTMB
- **Module 3:** Anterior and Lateral Thorax – May 16 & 17, 2009 \$320
8:45am - 5:45pm / Piscataway / 16 hours NCBTMB
- **Module 4:** Shoulder, Upper Extremity – June 6 & 7, 2009 \$320
8:45am - 5:45pm / Piscataway / 16 hours NCBTMB
- **Module 5:** Hip, Thigh – June 27 & 28, 2009 \$320
8:45am - 5:45pm / Piscataway / 16 hours NCBTMB
- **Module 6:** Hands, Feet – July 18 & 19, 2009 \$320
8:45am - 5:45pm / Piscataway / 16 hours NCBTMB

Professional Ethics for Bodyworkers \$120

March 8, 2009 / 9:00am - 4:00pm / Wall Campus / 6 hours

In this six hour lecture/discussion/experiential class, we will explore Carl Jung's concept of the "shadow" and how it relates to our personal values as professional bodyworkers. We will examine boundary conscious behavior in relation to the shadowy elements within the therapeutic relationship with our clients. Participants will receive 6 hours of NCBTMB approved continuing education in ethics.

Introduction to Thai Massage \$275

March 28th and 29th, 2009 / 8:30am - 5:30pm
Wall / 17 hours / NCTMB approved

This two day class, taught by Rose Griscom, will cover basic techniques, philosophy, benefits and applications of Thai Massage with the client lying prone, side-lying, and/or supine, working on the feet, legs, abdomen, back, shoulders.

Reiki I \$220

March 28 - March 29, 2009 / 9:00am - 5:00pm / Piscataway
14 hours / NCTMB approved

Reiki is an ancient, gentle hands-on art that realigns energy and activates the body's healing powers. It is based upon the same traditional energy theory followed by Shiatsu, Acupressure and Acupuncture that incorporate the meridian system of energy pathways running throughout the body. This course, taught by Allison Hecht, will include the history of Reiki, a guided meditation and information on when and how Reiki can be used.

Reflexology for Stress \$140

April 4, 2009 / 9:00am - 5:00pm / Wall
7 hours / NCTMB approved

Recent studies have found that 75% to 85% of all illnesses or conditions are caused by stress. This one day introductory class in reflexology is designed to help you combat stress for yourself, friends and family. We will cover the history, definition, benefits of reflexology as well as perform hands on solutions to help alleviate two common conditions.

Qi Healer Intensive \$1000, \$850 before 3/30/09

April 17 - 19, 2009 & April 24 - 29, 2009
Fri 5:30pm - 9:30pm and Sat & Sun 9:00am - 5:00pm
Piscataway / 30 hours / NCBTMB approved

This is a very special class! Instructors Fran & Brian Coffey will teach students to assess and balance another's Qi. Students will also learn and practice special Qi Gong meditations and movements. Master Shih developed this course and is sharing ancient, effective Qi Gong techniques to produce results in just 6 short days of class!

Reiki II \$375

May 2 - 3, 2009 / 9:00am - 5:00pm / Piscataway
14 hours / NCTMB approved

In Reiki II, Allison Hecht will teach you three powerful symbols and how to use these symbols to offer distant healing. You also receive two powerful attunements and two guided meditations.

Thai Massage, Level 1 \$550, \$500 before 4/1/09

May 2 - 3, 2009 & May 16 - 17, 2009 / 9:00am - 6:00pm
Wall / 35 hours / NCTMB approved

The traditional Front Position is the foundational first step of Thai massage. In this class, instructor Rose Griscom will teach a 90-minute session done on a floor mat with the client supine. Over 50 movements are taught in a progressive rhythmic sequence addressing most major muscle groups and joints. This class can be taken alone to offer Thai sessions immediately, or can be followed by Level II for the complete routine.

Working with Matured Scar Tissue \$280

June 19 - 20, 2009 / Fri 6:00pm - 10:00pm & Sat 9:00am - 5:00pm
Wall / 12 hours / NCTMB approved

This course includes a thorough look at research benefits of massage on scar tissue. Instructor Nancy Keeney Smith will spend time on interviewing techniques and clinical decision-making for working with burn survivors and others with traumatic scarring. Participants will gain knowledge of scar formation and techniques best suited for long term care. The course will include a hands-on clinic with people who have sustained such scarring.



Career Services Corner

By Kelly Karol / Director of Career Services

Cortiva Institute - Somerset School of Massage Therapy

State Licensing on the Horizon for NJ Massage Therapists

On January 13, 2008, the NJ Massage and Bodywork Therapist Licensing Act was signed into law. This law calls for licensing of all NJ massage therapists, the creation of the NJ Board of Massage and Bodywork Therapy and registration of massage and bodywork therapist employers in NJ. However, before the licensing law is implemented, a few steps have to happen first, including the appointment of the NJ Board of Massage and Bodywork Therapy, who will be responsible for creating the rules that will regulate the practice of massage and bodywork here in NJ and then will implement the application process.

Until all this happens, massage therapists in NJ CANNOT apply for licensure. However, currently, the voluntary NJ State Certification is still available to those therapists who choose to apply for it. And, if you are currently State Certified once the law is enacted, you will automatically be considered licensed. So you should continue to renew your certification so you won't have to reapply when licensing goes into effect. Keep in mind that some additional paperwork may need to be filed.

When the time comes, to be eligible for licensure, a NJ massage therapist must have a current CPR certification and meet one of the following criteria:

- Successful completion of a 500 hour or more in class massage and bodywork therapies program approved by the board OR
- Successful completion of a written examination approved by the board OR
- Hold a licensure or certification from another state, which has equivalent education and experience requirements to NJ's

Congratulations to Cortiva's 2008 Valedictorians

Cortiva Institute – Somerset School of Massage Therapy would like to congratulate the following 2008 graduates for receiving the distinguished honor of Valedictorian for outstanding academic achievement in the Professional Massage Therapy diploma program:

Wall Campus

- Kristen Bell – October 15 Month Class 2007
- Nicole Carlucci – January 12 Month Class 2008
- Coreen Garrity – April 6 Month Class 2008

If a therapist does not meet any of the eligibility requirements above, there is a Grandfather Provision through which the therapist can apply. This provision will be valid for 360 days after this law is enacted and will allow practitioners who do not meet the 500 hrs of education, or who have not taken an exam, to apply for licensure. However, the following criteria apply to applicants in this category:

- The therapist must have been working in the field full time for at least two years or part time for at least five years
- They must have a minimum of 200 hours of formal massage and bodywork education, as well as a current CPR certification

No matter which of the options above you choose, there will be an application process (including submission of documentation) and a fee associated with licensure. And all licensed massage therapists will be required to take up to 24 hours of continuing education for each biennial renewal period.

Whether you want to apply for your State Certification right now or wait until licensing is required, Career Services is here to assist you every step of the way. Please don't hesitate to contact me if you'd like help completing your application or have any further questions about state certification or the pending licensure at the Wall campus (732-282-0100), the Piscataway campus (732-885-3400) or via email at kbelford@cortiva.com.

- To learn more about NJ licensing, please visit: http://www.njleg.state.nj.us/2006/Bills/PL07/337_.PDF
- To download the NJ State Certification application, please visit: <http://www.nj.gov/oag/ca/massage/massappl.pdf>
- To learn more about the NJ State Certification, you can visit the NJ Board of Nursing at <http://www.nj.gov/oag/ca/medical/nursing.htm#massage>

- Jill Karatz – July 9 Month Class 2007
- Salvatore Marino – July 6 Month Class 2008
- Joan Swingle – October 9 Month Class 2007
- Althea Williams – April 12 Month Class 2007

Piscataway Campus

- Julie Cotton – July 15 Month Class 2007
- Diane Etling – January 15 Month Class 2007
- Sharon Fantozzi – October 15 Month Class 2007
- Shannon Ludlum – April 6 Month Class 2008
- Tanya McFarland – April 15 Month Class 2007
- Tabitha Sands – July 6 Month Class 2008
- Kate Weist – October 9 Month Class 2007

Congratulations to all!

Cortiva Institute Announces October 2008 Scholarship Winners

Cortiva Institute – Somerset School of Massage Therapy has partnered with Massage Magazine to offer scholarships to help eligible students invest in their education and train to become massage therapists. To be eligible for a scholarship, a student must be accepted and enrolled in our program and they must maintain satisfactory academic progress. Aside from submitting an application and a 500 word essay outlining their educational goals and career objectives, applicants are required to complete an interview with the Admissions Department at the school. And students can only apply for this scholarship at the time of initial enrollment.

Scholarships are granted up to four times per year, and in October of 2008, four students were awarded with a \$500 towards their education here at Cortiva Institute - Somerset School of Massage Therapy:

Piscataway Campus:

- Victoria Minacapelli, October 2008 6-month Class
- Tanya Broughton, October 2008 12-month Class

Wall Campus:

- Lauren Chadwick, October 2008 6-month class
- Maggie Matika, October 2008 1 2-month Class

Congratulations to all four winners!

To learn more about our scholarship programs, please call the Wall campus at 732-282-0100, the Piscataway campus at 732-885-3400 or visit www.cortiva.com/scholarship.



Online Job Portal: Connecting Employers and Therapists

All Cortiva students, graduates and employers have access to our job portal and if you have not done so already, now is a good time to register. Our job portal lists local and national employment and volunteer opportunities, spaces for rent and contact information for almost 6,500 registered employers nationwide. If you're looking for a job, work space, networking opportunity or you are seeking volunteer opportunities, you can easily search our extensive listings directly online. To register, follow these easy steps:

- Go to **www.cortiva.com**
- Click on 'My Account' in the upper right hand corner
- Click on 'Register'
- Select your status and click 'next' to complete the registration process

Typically, a new account will be approved within 24 hours and once your account is approved, you can log in to your account and start using this great resource.

If you have any questions about our job portal, or if you need assistance, please contact Kelly Karol at **kbelford@cortiva.com**.

Upcoming Cortiva Events

EMPLOYER ADVISORY BOARD:

Employers of our graduates are invited to join our Employer Advisory Board. This group of respected employers will help shape our programs by providing input into the training of our massage therapists. Please join us for this roundtable discussion, lunch and a tour of our facilities.

- Piscataway Campus Employer Advisory Board Meeting – March 16 / 12-2pm
- Wall Campus Employer Advisory Board Meeting – September 14 / 12-2pm

UPCOMING CAREER FAIRS:

Our Career Fairs provide great networking opportunities for our students, graduates and employers. Whether you're a student interested in learning about employment options, a graduate looking for a new job or an employer in search of a massage therapist, our Career Fairs will meet your needs.

Wall Campus 2009 Career Fairs

- Spring Job Fair – April 6 / 12-2pm & 5-7pm
- Fall Job Fair – September 29 / 12-2pm & 5-7pm

Piscataway Campus 2009 Career Fairs

- Spring Job Fair – April 7 / 12-2pm & 5-7pm
- Fall Job Fair – September 30 / 12-2pm & 5-7pm

ALUMNI PROFESSIONAL ASSOCIATION:

Cortiva Institute – Somerset School of Massage Therapy invites all of its graduates to join our Alumni Professional Association (APA). The APA is a great way to stay connected to the school and to network with fellow massage therapists. Each campus will have its own association and will meet twice a year to discuss the field of massage therapy and related topics. All grads are welcome!

Piscataway Alumni Professional Association Meetings

- May 11 / 6-8pm
- November 17 / 6-8pm

Wall Alumni Professional Association Meetings

- May 18 / 6-8pm
- November 10 / 6pm-8pm

To register for any of our upcoming events, or for more information, please contact Kelly Karol, Career Services Director at **(732) 282-0100** or via email at **kbelford@cortiva.com**.



cortiva institute®

Schools of Massage Therapy

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