



cortiva institute® - seattle  
School of Massage Therapy

## Letter from Dina Boon, President



Dear Graduate Community,

Happy New Year!

The staff and faculty of Cortiva Institute – Seattle have just wrapped up a very busy year. The list of achievements by and changes to our community in 2007 is impressive:

- In early 2007, the education leaders from all Cortiva schools met to craft the outlines and learning objectives of what would become the Cortiva standard curriculum. Several faculty members from Seattle played a crucial role in this.
- In May of 2007, I accepted the role of President, Cortiva Institute – Brenneke School of Massage after having served as President of Cortiva Institute – Brian Utting School of Massage.
- In July of 2007, we officially changed the school name to Cortiva Institute - Seattle.
- In October of 2007, we launched a full Fall class of over 125 students studying under the new standard curriculum.
- As part of our October 2007 class start, we integrated staff and faculty from Cortiva Institute – Brian Utting School of Massage into the programs and curriculum of Cortiva Institute – Seattle.
- Concurrently with the changes outlined above, we were continuing to teach out the more than 95 students enrolled in the Brian Utting and Brenneke curriculums.

This is a lot of change for any organization, and I can report to you with equal measure of gratitude and esteem for the amazing staff and faculty here at our school that these transitions are unfolding very well. It is an honor to have instructors from these two rich histories working side by side to help a new generation of students successfully receive a massage therapy education. We are making a new chapter of history as we live into our new identity as Cortiva Institute – Seattle, School of Massage Therapy.

Many people ask me what has changed in the curriculum now that we're teaching the Cortiva education program. The foremost change that comes to mind is the structure and ordering of the information. The hallmark characteristics of the two Seattle schools are still alive and well in the new curriculum and include a depth of information, quality of touch, and ethics and professionalism. While the structure and order of what is studied has been influenced by a consolidation of expertise originating from all of the founders, this only means there is a piece of Heidi Brenneke, Brian Utting, Ben Benjamin, and Bob King present in our classrooms. It makes for some pretty powerful mojo.

And please don't just take my word for it. We would love for you to see for yourself! Now that we are Cortiva Institute – Seattle, our resources and opportunities are still your resources and opportunities. Stop by and see us (ask for me!); send an email to Dawn Schmidt or Matthew Sorlie, Directors of Education at [dschmidt@cortiva.com](mailto:dschmidt@cortiva.com) or [msorlie@cortiva.com](mailto:msorlie@cortiva.com) to inquire about volunteer or employment opportunities; attend the Career Expo on February 25th; and plan to attend one of our free Alumni Events. They happen four times a year, and they are fabulous and informative. They are fabulous! (Please see the Graduate Services and Upcoming Events section for details). We always welcome your thoughts and suggestions. Please feel free to send me an email or give me a call at 206.282.1233, x107.

Sincerely,

*Dina Boon*



## In this issue:

Letter from the President

Continuing Education Information

Legislative Update

Upcoming Events & Opportunities

Need a massage? Come to our student clinic!

Graduate Services Update

Who's New/Who Flew?

Graduate News/Spotlight

Faculty/Staff Spotlight

Massage Guru

Crossword Puzzle

Alumni Rewards

Contact Us

# Continuing Education Information

## License Maintenance Requirements:

### Washington State Licensing/Certification Info:

- Washington State Department of Health  
[www.doh.wa.gov/massage](http://www.doh.wa.gov/massage)
- WA State LMPs are required to complete 16 hours of continuing education (CE) every two (2) years. WAC 246-830-475 outlines the qualifications a course must meet in order to be accepted.
- Please check out our website for a list of qualifying continuing education courses:  
<http://www.cortiva.com/locations/seattle/conted/>

### National Certification Info:

- National Certification Board for Therapeutic Massage and Bodywork - [www.ncbtmb.com](http://www.ncbtmb.com)
- WA State LMPs who are nationally certified are required to complete a total of forty-eight (48) continuing education hours during the four year recertification period. Six (6) of these continuing education hours must be in ethics.

## Other Helpful Websites:

### Professional Organizations

- AMTA - American Massage Therapy Association  
[www.amtamassage.org](http://www.amtamassage.org)
- AMTA Foundation - American Massage Therapy Association Foundation - [www.amtafoundation.org](http://www.amtafoundation.org)
- ABMP - Association of Bodywork & Massage Professionals  
[www.abmp.com](http://www.abmp.com)
- National Certification Board for Therapeutic Massage and Bodywork - [www.ncbtmb.com](http://www.ncbtmb.com)

### Accreditation

Commission on Massage Therapy Accreditation - [www.comta.org](http://www.comta.org)

### Scholarships

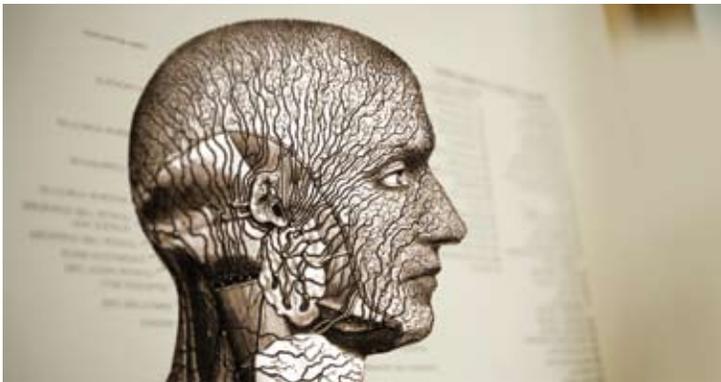
FastWeb - [www.fastweb.com](http://www.fastweb.com)

### Continuing Education Classes (CE):

Go to [www.cortiva.com/seattle/ce](http://www.cortiva.com/seattle/ce) for a complete listing of CE classes and to register online!

# Current Certification Courses

## Certified Craniosacral Therapy with Matthew Sorlie & Pat O'Rourke



Craniosacral work connects with human beings on a level deeper than many of us are used to connecting. Learn to detect the subtle internal movements of the cranial bones, cerebrospinal fluid and the entire connective tissue matrix. Our focus includes the Biodynamic model as well as the more traditional focus on bony structure. The physical body reflects the emotional and energetic patterns and both aspects need to be treated. We aim to provide a deeper understanding of this and facilitate your confidence using cranial sacral work to treat or facilitate healing in your clients.

- **Intro to Craniosacral Therapy**  
Feb 8-10 / 9 am – 6 pm / 23 CEs / \$399  
(Please note: this class is recommended, but not required.)
- **Module 1: Introduction to Biodynamic Model**  
April 10-13 / 9 am – 6 pm / 32 CEs

- **Module 2: Specific Work with Larger Cranial Bones & Nervous System** / May 16-18 / 9 am – 6 pm / 23 CEs
- **Module 3: Work with the Smaller Bones of the Face**  
June 20-22 / 9 am – 6 pm / 23 CEs
- **Module 4: Fascial Work in Cranial Rhythm, Whole Body Structural Work** / July 17-20 / 9 am – 6 pm\* / 31 CEs
- **Module 5: Trauma Work Including Birth and Embryological Patterns** / September 11-14 / 9 am – 6 pm / 31 CEs
- **Module 6: Visceral Work including Facilitated Segments**  
October 10-12, 2008 / 9:00 am – 6:00 pm / 23 CEs
- **Module 7: Tx of Specifics/How to Integrate Techniques**  
November 13-16, 2008 / 9:00 am – 6:00 pm / 31 CEs
- **Module 8: Work with Fluid Body and Review Concepts**  
January 8-11, 2009 / 9:00 am – 6:00 pm / 31 CEs

29 days / 225 class hours + documented practice sessions, homework, written & practical exam = 260 hour certification program.

Tuition & Fees: \$3937.50

## Lymphatic Facilitation for Traumatic Edema

These two CE classes offer therapists training in one of the most valuable tools in therapeutic massage. Lymphatic Facilitation is specifically designed to reduce the type of edema a massage therapist is most likely to see, traumatic edema associated with sprain, strains, hematomas, and “-itis” syndromes. Each course begins with the relevant anatomy and physiology of the cardiovascular and lymphatic systems, and a detailed review of the healing cycle. The different

# Current Certification Courses

types of edema, as well as the indications and contraindications for lymphatic facilitation are discussed prior to the development of specific LF techniques and treatment protocols for traumatic edema.

## Students will learn:

- The three different types of edema and the indications/contraindications for the use of LF in each.
- The physiologic mechanisms that create edema uptake and influence lymph flow.
- Three stages of all lymphatic facilitation sequences.
- Appropriate and effective use of the two basic strokes in lymphatic facilitation.
- How to integrate Lymphatic Facilitation with other standard treatment practices.

## Lymphatic Facilitation for Traumatic Edema with Pat Archer, MS, ATC, LMP

These two CE classes offer therapists training in one of the most valuable tools in therapeutic massage. Take one or both!

- The three different types of edema and the indications/contraindications for the use of LF in each.
- The physiologic mechanisms that create edema uptake and influence lymph flow.
- Three stages of all lymphatic facilitation sequences.
- Appropriate and effective use of the two basic strokes in lymphatic facilitation.
- How to integrate Lymphatic Facilitation with other standard treatment practices.

## Lymphatic Facilitation for Upper Extremity Conditions

April 26 & 27, 2008 / 9:00am - 5:00pm / 14 CEs / \$280

Address conditions like: Whiplash, shoulder pointer, rotator cuff strain, bursitis, tendonitis, epicondylitis, post-surgical conditions, general muscle strain and joint sprain.

## Lymphatic Facilitation for Lower Extremity Conditions

May 19 & 20, 2008 / 9:00am - 5:00pm / 14 CEs / \$280

Address conditions like: Hip pointer, tendonitis, cuff strain, bursitis, post-surgical conditions, general muscle strain and joint.

## Injury Assessment and Treatment Guidelines for Massage Therapists with Pat Archer, MS, ATC, LMP

These classes explain the principles and guidelines therapists need to assess any injury or complaint. Take one or both!

Students will learn:

- The key steps and the proper sequence to a thorough injury/complaint assessment.
- Distinguishing signs and symptoms for similar injuries/conditions
- A variety of acceptable SOAP charting methods
- The parts of functional assessment and the appropriate use of "special tests"
- Guidelines for developing appropriate treatment protocols for each injury/condition.

## Assessment and Management: Common Upper Body Injuries

June 14 & 15, 2008 / 9:00am - 5:00pm / 14 CEs / \$280

Demonstrate the ability to carry out a general assessment to determine the likelihood of a variety of specific injuries and complaints such as: shoulder separation, rotator cuff strains, tendonitis / tendinosis, epicondylitis, bursitis: olecranon, subacromial/subdeltoid, strains and sprains, thoracic outlet & carpal tunnel syndrome, whiplash / cervical strain, true neurologic vs. peripheral neurologic.

## Assessment and Management: Common Lower Body Injuries

July 12 & 13, 2008 / 9:00am - 5:00pm / 14 CEs / \$280

Demonstrate the ability to carry out a general assessment to determine the likelihood of a variety of specific injuries and complaints such as: true vs. peripheral neurologic, Morton's neuroma, plantar fasciitis, tarsal tunnel syndrome, compartment syndrome, sciatica & chronic low back issues, tibial stress syndrome, stress fractures, tendonitis: achilles, peroneal, patellar, hamstring, bursitis: calcaneal, patellar, pes anserine, ischial, trochanteric, pectineal, Baker's cyst, Iliotibial Band Syndrome (ITBS), Chondromalacia, Osgoode-Schlatter.

To register or to learn more about upcoming Continuing Education classes, visit us at [www.cortiva.com/csmt/ce](http://www.cortiva.com/csmt/ce)

# Legislative Update

In August of 2007, the Department of Health (DOH) held a Sunrise Review to determine whether or not colon hydrotherapy should be regulated in Washington State. Specifically, the DOH is assessing whether the practice of colon hydrotherapy should be restricted to physicians only. Please note that the DOH is accepting comments and arguments to its response until January 21, 2008. To view all information related to this review, please go directly to the DOH website: <http://www.doh.wa.gov/hsqa/sunrise/default.htm>



# Upcoming Events and Opportunities

## Career Expo

**what:** The Cortiva Career Expo  
**where:** Cortiva Institute - Brian Utting School of Massage  
900 Thomas Sreet  
Seattle, WA 98109  
**when:** Monday, February 25th, 2008  
6:00pm – 9:00pm (please note this is a weekday evening!!)  
**rsvp:** Please rsvp to Siouxi Jeter-Koch,  
Director of Career Services  
206-282-1233, x.122  
[sjeterkoch@cortiva.com](mailto:sjeterkoch@cortiva.com)

There is no RSVP for Attendance Deadline - however, it sure helps me to know how many people to plan for! So if you think you are coming, please email me - Thank you!!!

Come meet the 20+ employers who want to hire you! Employers ranging from spas, chiropractors, physical therapy clinics, massage clinics, wellness centers, sublet possibilities, and more!!!

There will also be organizations present more focused to be of benefit to



the self employed LMP. AMTA, ABMP, One Health Port, Massage Supply businesses, CPA's, Medical Billing services, Massage Therapy Foundation, and the list keeps growing!

Stop by and enjoy some food and beverages, network with graduates from other classes, maybe win a raffle prize - you never know what you might learn, who you might run into, or what connections you could make! We'll see you there!

## Get a Massage in our Student Clinic



In need of a therapeutic massage to ease your aches and pains or to simply relax? Want to participate in the learning process of current students by providing professional feedback? We'd like to take this opportunity to remind you about our fabulous massage deal in our student clinic. **Receive a one hour massage for only \$30!** Take a few minutes to treat yourself to a massage after the holiday rush. (You deserve it!) Or give someone you love a gift certificate. It's always appreciated and our gift certificates never expire!

Our student clinic will be open through January 26th, with the exception of holidays. Please check our calendar for appointment days and times: [www.cortiva.com/locations/seattle/clinic/Schedule](http://www.cortiva.com/locations/seattle/clinic/Schedule)

To make an appointment, please call us at: **206-282-1233, x100.**

## Graduate Volunteer and Teaching Assistant Opportunities

**Did you love school? Do you have a desire to have a positive influence on the experience of students? Want to remain in touch with the school community?**

**Then we may have a job for you!**

Cortiva Institute - Seattle is accepting applicants for the positions of Graduate Volunteer Assistant and Teaching Assistant. Graduate Volunteer Assistants (GVAs) and Teaching Assistants (TAs) support students and instructors in hands on massage training classes. Duties include table side demonstration and teaching as well as

administrative support. This is an excellent opportunity to review and hone your skills, explore whether a teaching position is right for you and to help develop your future LMP peers. GVAs and TAs are a well loved, indispensable part of our programs.

To qualify, you must be a currently licensed, practicing and insured LMP. Previous teaching experience is preferred but not required. Compensation (applicable for TAs only) depends on experience and ranges from continuing education credits to an hourly wage.

To apply, please send a resume and cover letter to Dawn Schmidt or Matthew Sorlie, Directors of Education at [dschmidt@cortiva.com](mailto:dschmidt@cortiva.com) or [msorlie@cortiva.com](mailto:msorlie@cortiva.com).

# Graduate Services

## Career and Graduate Services – How can we help you?

Happy New Year, recent graduates and Alumni!!

As I look ahead for 2008, I am pondering ways that I can help you feel more supported by the Career and Graduate Services department. What would help you in your practice? What do you come up against that you might need support with? I welcome the opportunity to help meet the needs of our graduates and their massage community, but to do that I need to hear from you!

A few reminders of what is available to you all right now – whether you graduated last year or 20 years ago!! We have designed our website to assist you in many ways, including:

You can let people know about your practice on your very own 'Find a Therapist' page (you must be registered at [www.cortiva.com](http://www.cortiva.com) and you create the page yourself to reflect the type of practice you have). As Cortiva Institute - Seattle continues to grow, this is the tool we here at the school are turning to more and more as a referral directory. We get so many calls from people wanting massage specifically from our graduates! Once you have a 'Find a Therapist' page, we can begin referring clients to you – don't miss out – build your page today!

If you are looking for employment, you can post your resume on the 'Resume' page at [www.cortiva.com](http://www.cortiva.com) and employers can contact you directly! Many employers have completed searches of the resumes posted on line and have contacted graduates directly! This is becoming an increasingly more valuable tool for employers. If you are a grad looking for work, don't miss this great opportunity – post your resume today!

If you haven't been to our website lately, take a look! It's easier to register and create these pages than you might think.

### Here's how:

To Begin:

1. go to [www.cortiva.com](http://www.cortiva.com)
2. In the upper right corner of the home page, click on 'my account'
3. Select 'register now'
4. Register as an alumni or current student – depending on your status.
5. Create your 'Find a Therapist Page', or your 'Resume' page, or just search through the listings! You can browse for jobs, space rentals, volunteer opportunities, temporary positions, etc...

There is also a quarterly Alumni event currently called the Town Meeting. This event is always free of charge to graduates and occasionally offers free continuing education credit. The last event was presented by Marty Ryan, Massage Director at the Tummy Temple on Monday, December 10th. The topic was "Palpating the Belly from Skin to Spine" and all participants received 2 CE hours toward their WA state license renewal. The topics always change so if you have particular interest in a specific topic, or a specific presenter please let me know!! These events are a great way to build community with your fellow practitioners and alumni while staying on top of current information about our growing profession. All presenters have graciously donated their time for these events and we look forward to having many more in 2008! I look forward to seeing you at the next one scheduled for Monday, March 17th from 4 - 6pm at the Cortiva Institute - Brian Utting School of Massage. The topic will be about financial goals for your business and for yourself. Please RSVP to Siouxe Jeter-Koch at [sjeterkoch@cortiva.com](mailto:sjeterkoch@cortiva.com) or call 206-282-1233.

As we build our Continuing Education calendar for 2008, we'd like your input as to any classes you are interested in taking or presenters that you would like to see in the Seattle area.

If you have questions or ideas about how I can support you in your business endeavors, I'd love to hear from you!! Please feel free to contact me at [sjeterkoch@cortiva.com](mailto:sjeterkoch@cortiva.com), or just call me at the school.

## Who's New – Who Flew?

### Faculty—Who's New?

Well the faces may not be new, but these amazingly dedicated TAs have graduated to full faculty members! Congratulations to **Sara Gomes, Leslie Jensen, Dylan Jones, and Megan Tucker!**

We also have some very dedicated GVAs being promoted to TAs this quarter. We are happy to welcome **Jennifer Stephenson, Scott Hutsenpiller, Tovah Shotland, Megan Guppy, and Melissa Perez** as our newest TA staff.

Many of you will be happy to learn that **Greg Yasuda** has decided to return to our teaching staff. He has resumed teaching A&P for the 2nd quarter.

### Faculty—Who Flew?

**Cindy Bond** – Cindy recently left to move to California and work for her fire-walking teacher. She gets to live in a yurt and do massage as well as working for the organization. What a great way to start the New Year!

**Laurie Levy** – Resigned as full-time instructor to pursue 500 other things, but is still with us teaching cadaver and pregnancy massage.

### Other Faculty News

We are proud to announce that **Pete Connolly** and **Pamela Smith** were married on September 15th and welcomed a beautiful, healthy baby girl into this world on November 27th. Her name is **Freya Rose Connolly**.

### Staff—Who's New?

**Jennifer Greenlees** has joined us as Financial Aid Administrator. Jennifer has a background in non-profit work. **Jennifer Panara** has taken over as Student Clinic Manager, **Kelly Hollowood** now coordinates our Continuing Education calendar, and **Cat Weigel** has taken on the responsibilities of Marketing and Event coordinator. Our newest addition, **Tovah Shotland**, is our Administrative Assistant and back-up at the front desk. **Terri Slyne** signed on as Director of Admissions in June of 2007 and the admissions team welcomed **Lara Sopchak** from the admissions team of CI-BUSM. **Carolyn Strand**, who was part of the CI-BUSM admissions team for 3 years, transitioned into the position of Registrar in July of 2007. **Dylan Jones** has joined the administrative staff as Student Services Coordinator.

# Graduate News/ Spotlight

## Madison Valley Massage Clinic



636 Lake Washington Blvd E - Seattle WA 98112  
Phone: 206-726-9750 | Fax: 206-838-4963  
[www.madisonmassageseattle.com](http://www.madisonmassageseattle.com)

In November of 2006, Chrisann Rauschenbach (class of 2005) and Abby Norton (class of 2005) purchased and began managing Madison Valley Massage Clinic (MVMC), an established practice in Seattle for the past ten years.

They offer massage for treatment from injury or if will pamper you if you simply want to relax.

In addition to massage therapy, MVMC offers acupuncture, naturopathy and spa treatments. They do outcalls (for corporate and personal events only) and accept insurance claims as well.

Chrisann and Abby took some time out of their busy schedules to

Speak with us about the trials and tribulations of opening a business. Please see below for their nuggets of advice.

### What has been your biggest challenge so far?

Just about every aspect of running a successful business is challenging. A mixture of planning, staying organized, and keeping a positive attitude have been what has kept us steaming ahead. It's so important to keep your chin up and believe that you can accomplish your goals, even when times are tough.

### If you could start again from scratch, what would you do differently?

Honestly, I would never want to do this all over again! This first year has been a difficult one. The mistakes we've made along the way have taught us important lessons, and we're now starting to reap the big rewards of our hard work.

### What were the key elements of your success?

Before building a successful practice, it's important to lay a strong foundation. Taking time to brainstorm ideas and anticipate potential problems has really saved us a lot of trouble. We keep our original business plan in mind with everything we do, and allow it to evolve as our practice continues to grow.

### Do you have any advice for future business owners?

Try not to get too carried away with complex marketing plans. Invest your efforts in doing your best to provide exceptional customer service, and the word will spread. The majority of people anywhere just want to be happy and cared for. As massage practitioners, we are in the perfect position to help meet those needs.

# Faculty/Staff Spotlight

## Seattle Somatics

2366 Eastlake Ave E Suite 439 - Seattle, WA 98102  
[info@seattlesomatics.com](mailto:info@seattlesomatics.com)



Michael Jacobus,  
CTP, LMP



Pat Archer, MS,  
ATC, LMP



John Stickel, LMP,  
CSMS, NSCA-CPT

Three seasoned Cortiva Institute-Seattle instructors have teamed up to start a new business called Seattle Somatics in the Eastlake neighborhood of Seattle. In addition to practicing massage and somatic therapies in their new office, they'll be offering a space/rental/mentorship program to newly licensed massage practitioners.

"We'll be offering flexible space rentals in our nicely furnished office,"

reports Michael. The space has three treatment rooms, a waiting room and a separate office. Monthly rent will cover the basics, i.e. use of space and equipment (including hydraulic tables, body cushions, hydrotherapy and sound system) as well as a high-speed internet connection, access to a credit card machine, online scheduling software and a presence on their website: [www.seattlesomatics.com](http://www.seattlesomatics.com). Practitioners rent space as independent contractors and supply their own linens. Those wishing to deepen their skills can join the mentorship program. "We've heard from many graduates that they've wanted something in between being a student and being out on their own without needing to be an employee elsewhere," says Michael. "If you have a client coming in next week with carpal tunnel syndrome and you're rusty on techniques or special tests, you can sit down with Pat or John or I and review. We're hoping to attract a diverse range of practitioners and modalities, making it a multidisciplinary clinic." Pat, John and Michael are excited about sharing their collective forty-plus years' worth of bodywork experience and looking forward to sharing their beautiful office space.

To find out more about the space, rental and/or mentorship program, please contact John at Seattle Somatics at **206-226-8291** or send an email to [info@seattlesomatics.com](mailto:info@seattlesomatics.com).

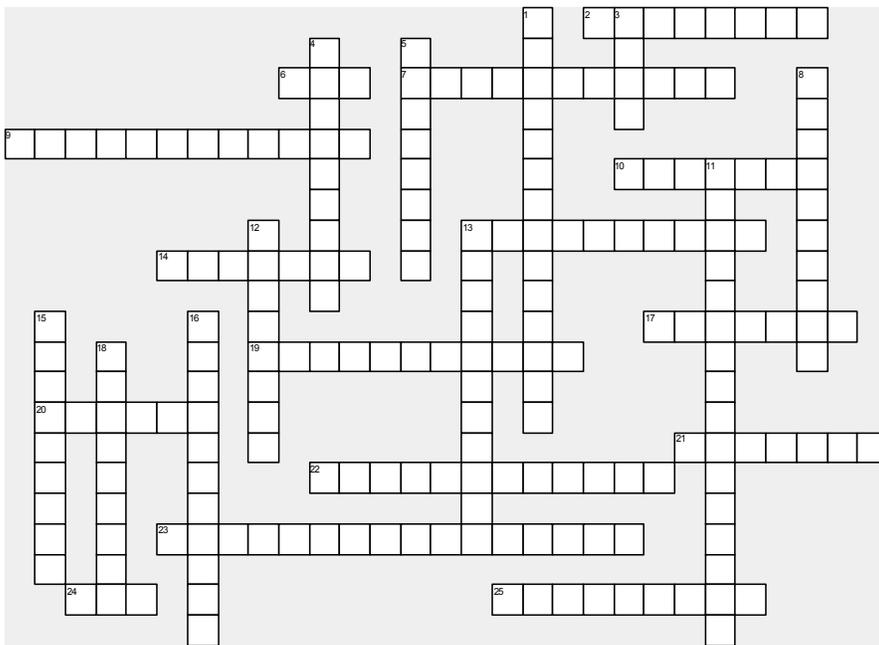
## Question: How do you successfully establish and maintain professional boundaries with family and friends?

Answer provided by Sarah Ruth Gomes, LMP, Instructor, Cortiva Institute – Seattle. Sarah has been in practice for 6 1/2 years and is a graduate of Brenneke School of Massage.

I think having clear and open communication to articulate each person's expectations is the key. This topic relates to time, money and maintaining the integrity and value of providing the best therapy to those with whom I have a dual relationship, all the while not letting our relationship get in the way. I'd suggest anticipating and planning when possible. You could go as far as having a contract with your friends or family members outlining what is acceptable and what is

not. I personally have a couple of people to whom, at the beginning of every year, I give a packet of massage passes they can use for themselves throughout the year. I have a clear conversation when giving out these packages; if they don't finish the passes, I ask that they give them out as gift certificates so I can market myself. Try to be creative with solutions and keep it really clear about what you're gifting. Regarding discounts, if I offer a promotional price for a holiday, for example, I also make my friends and family aware of it. But I do not provide a friends and family discount. I have a couple of available slots for those in need of a sliding scale, but other than that it's full price for everyone. Another suggestion might be for friends and family members to abstain from making appointments during social events, but rather to call and or email at another time, like any other client. Even if this hasn't been the path you've taken in the past, you can always make a fresh start with a new policy change.

## Crossword Puzzle



www.CrosswordWeaver.com

### ACROSS

- 2 Diminished or lack of oxygen in an area
- 6 Acronym for the part of the nervous system comprising the brain and spinal cord
- 7 Cells that create bone in the periosteum
- 9 The body's protection response to trauma or infection
- 10 The "T" in TMJ
- 13 The joint located between the sacrum and the ilium
- 14 Scientific name for the throat
- 17 Most common type of cartilage that covers the ends of bones
- 19 Equilibrium
- 20 Reference to the lower part of the back
- 21 Method of fluid transportation from lower concentration to higher concentration
- 22 The use of water in any form used internally or externally for the treatment of disease or injury
- 23 A factor that renders a particular procedure or treatment inadvisable
- 24 Acronym for the muscle originates on the sternum and medial 1/3 of the clavicle, inserts at the mastoid process and helps to laterally flex the neck
- 25 An excess of blood in an area

### DOWN

- 1 This sense helps us determine our orientation in space with our eyes closed
- 3 Acronym for a universally accepted method of patient charting in the health care field
- 4 Name of system of glands and hormones in the human body
- 5 This condition is also known as "swayback"
- 8 A massage stroke involving rhythmic striking of the hands
- 11 Inflammation of the plantar aspect of the foot
- 12 Plexus of nerves involved in Thoracic Outlet Syndrome
- 13 The fight or flight response stimulates this part of the autonomic nervous system
- 15 The area found on the posterior side of the knee
- 16 Another name for a synovial joint
- 18 Massage technique appropriate to use for acute injuries

**Press Replay, Vol 1 Solutions:**

**ACROSS:** 2 ischemia, 6 CNS, 7 osteoblasts, 9 inflammation, 10 tempo, 13 sacroiliac, 14 pharynx, 17 hyaline, 19 homeostasis, 20 lumbar, 21 osmosis, 22 hydrotherapy, 23 contraindication, 24 scm, 25 hyperemia; **DOWN:** 1 proprioception, 3 soap, 4 endocrine, 5 lordosis, 8 tapotement, 11 plantar fasciitis, 12 brachial, 13 sympathetic, 15 popliteal, 16 diarthrotic, 18 lymphatic

# Alumni Rewards

## As an Alumni you now get even more rewards!

1. Refer a friend, family member or someone you think will be interested in Cortiva. All you have to do is fill out the online form at [www.cortiva.com/friend](http://www.cortiva.com/friend) or have him/her visit or call the school.
2. Once he/she starts class at Cortiva you will be notified within 2 weeks by a school representative.
3. You will then be able to select one of the rewards! It's that simple to get rewarded!

## Unsubscribe

Want to unsubscribe from our mailing list? Please submit your request to: [unsubscribe@cortiva.com](mailto:unsubscribe@cortiva.com).

## Contact Us

Cortiva Institute - Seattle  
425 Pontius Ave N, Suite #100  
Seattle, WA 98109  
(206) 282-1233  
[www.cortiva.com/seattle](http://www.cortiva.com/seattle)  
Formerly Cortiva Institute - Brenneke School of Massage



Book a Massage Today!

**206-282-1233, x100**

The clinic is open 7 days a week!



cortiva institute® - seattle

School of Massage Therapy

425 PONTIUS AVENUE N • SUITE #100 • SEATTLE, WA 98109

## "JOB BOARD TIPS"

### REGISTER ON CORTIVA'S "JOB BOARD"

1. Go to [www.cortiva.com/seattle](http://www.cortiva.com/seattle)
2. Click on MY ACCOUNT
3. Click on REGISTER NOW!
4. Check STUDENT or ALUMNI
5. Follow the prompts
6. 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  
Siouxie Jeter-Koch, Career Services  
Director at [sjeterkoch@cortiva.com](mailto:sjeterkoch@cortiva.com) or  
206-282-1233.