



cortiva institute® - seattle
School of Massage Therapy

October 2008 | Volume 1 | Issue 2

Letter from the President



Dear Graduate Community,

As the autumn ensues, the days are getting shorter, the leaves are starting to change color, and the staff and faculty of Cortiva Institute – Seattle prepare to celebrate fall graduations and new classes beginning. We will have hosted 6 graduations between now and the end of the year – it's an unusual frequency due to overlapping term breaks in the different programs. Naturally, what

follows are several new classes beginning both in the July and October. Some great news for incoming students – recently we announced three new scholarship programs, the Cortiva Founders' Scholarship awarded annually, Massage Magazine Scholarships and Massage Envy Scholarships which are each awarded 4 times a year.

- Cortiva Founders' Scholarship – A \$2,000 annual award offered at each Cortiva campus. The scholarship is funded by Cortiva and was created in honor of the work and dedication of our remarkable founders.
- Cortiva & Massage Magazine Scholarship – A \$500 quarterly award each term at each Cortiva campus. The scholarship is funded in partnership with Massage Magazine to help eligible students invest in their education and become skilled massage therapists.
- Massage Envy Scholarship – A \$4,000 annual award to be given to eight students in increments of \$500 each in their third term. The scholarship is funded by Massage Envy to recognize academic excellence and perfect attendance.

To qualify for these awards, applicants to the massage therapy program are asked to complete a scholarship application and write a 500-word essay stating their educational goals, career objectives, and a description of why they are choosing an education in massage therapy. The Massage Envy scholarship has an additional requirement of a minimum GPA of 3.5 and perfect attendance. We're thrilled to have these opportunities available to support our students and help with the significant investment of time and money each individual makes when they come to school.

And speaking of an investment in self, how long has it been since you've been to the student clinic? If it's been more than a month or two, I urge you to make an appointment and experience the changes in our facility and experience the work of our students. We've expanded both the number of massages given per shift, as well as the number of shifts required for students per term. We've spruced up the reception area, and we're scheduling significantly more shifts per week.

I hold myself to a commitment of receiving a massage in student clinic at least 2 times a month, and there are 3 significant reasons I do so. #1) Self care. We all know the importance of this – we say it to our clients every

day in our work with them. Yet too often we slip into periods of not doing enough for ourselves. Massages in the student clinic are \$30 for 1 hour – the price cannot be beat! #2) Involvement in the education program. When I experience the work of our students, I gain perspective on the education program. What trends do I observe and experience? What is working well? Where can we boost our efforts in the classroom? #3) Interaction with students. It is a valuable opportunity for students to work on LMPs. Our feedback tends to be richer, we can offer the voice of experience as practicing professionals, and our evaluations can provide both support for the strengths in a student's work and constructive feedback on areas for improvement. Booking an appointment, therefore, is a win-win scenario because it gives you an opportunity to care for yourself in receiving bodywork, and it presents an opportunity to give your feedback and perspective to burgeoning professionals!

Call us today to make an appointment, 206-282-1233.

Yours in Health,

Dina Boon

Dina Boon

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Continuing Education Information

License Maintenance Requirements:

Washington State Licensing/Certification Info:

- Washington State Department of Health:
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: www.cortiva.com/seattle/ce

National Certification Info:

- National Certification Board for Therapeutic Massage and Bodywork: 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
- AMTA Foundation - American Massage Therapy Association Foundation: www.amtafoundation.org
- ABMP - Association of Bodywork & Massage Professionals:
www.abmp.com
- National Certification Board for Therapeutic Massage and Bodywork: www.ncbtmb.com

Accreditation

- Commission on Massage Therapy Accreditation:
www.comta.org

Scholarships

- FastWeb: www.fastweb.com

CE Class Offerings

Go to www.cortiva.com/seattle/ce for a complete listing of CE classes and to register online!



Here are some of our exciting, upcoming CE courses:

Orthopedic Massage and Pain Management - Five Day Intensive
October 1 – 5 / Wed 1 pm – 10 pm, Thurs – Sun 9 am – 6 pm
40 Hrs NCBTMB / \$699

Maternity and Infant Massage: Module 5: Teaching Infant Massage

October 16 – 19 / Thurs - Sun 9 am – 6 pm
32 Hrs NCBTMB / \$640

Bindegewebs Massage

October 18 – 19 / 9 am – 6 pm
16 Hrs NCBTMB / \$320

Anatomy Trains: Myofascial Meridians

October 31 – November 2 / Fri, Sat and Sun 9 am – 5 pm
21 Hrs NCBTMB / \$420; \$475 after 10/1/08

Master Class: Pelvic Integration

November 3 / Monday 9 am – 5 pm
7 CE Hrs NCBTMB / \$140; \$160 after 10/1/08



Upcoming Events & Opportunities

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 for the Fall term. 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 Mathew Sorlie, Director of Student Services at msorlie@cortiva.com. He will review resumes and will contact candidates in late September or early October to schedule interviews.

Legislative Update

WA State Licensing Application and Renewal Fees Increase

The Washington State Dept. of Health has increased the application and renewal fees for health Care Professionals! Massage license renewal has increased, as of August 1, 2008, from \$25 to \$90. Initial license applications are now \$115. Visit the DOH website for more information at:

www.doh.wa.gov/hsqa/FeeInformation/FeeInfoDefault.htm

Mandatory Reporting Rules Update

In 2006, the Washington State Legislature directed the Department of Health to adopt rules regarding mandatory reporting of health care practitioners who either commit unprofessional conduct or are unable to practice safely. In March of 2008, the Washington State Department of Health (DOH) adopted new mandatory reporting rules to comply with this directive.

These new mandatory reporting rules apply to all practitioners regulated by the department secretary, a board or a commission. You can find these rules here: 246-16 WAC.

In 2008, the Washington State Legislature made another amendment to the law which adds more reporting requirements.

The DOH must update the rules again in chapter 246-16 WAC to comply with the new law.

Intraoral Massage Guidelines Update

WA State has introduced new guidelines for intraoral massage training. Licensed massage practitioners may now perform intraoral massage after completing specific intraoral massage training and after receiving an intraoral massage endorsement to their massage practitioner license. For more information, please check out RCW 18.108.250 at www.leg.wa.gov/Legislature



Get a Massage in our Student Clinic



Did you hear the news? We have expanded our schedule to accommodate the growing number of clients that visit the student clinic. And a one-hour student massage STILL only costs \$30! Make an impact on your field by helping your future colleagues become the best massage therapists ever through specific written feedback! On that note, how long has it been since you've received a massage? Listen to your body. Here's your self-care reminder! Or, give a gift certificate to someone you love. It's always the perfect gift!

Please check our calendar for appointment days and times:
www.cortiva.com/locations/seattle/clinic/Schedule.html

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

Career and Graduate Services

Summer always makes me feel like celebrating!! There has been so much to celebrate these days; we graduated approximately 115 students this summer, another July class has started, our staff and faculty continue to grow, new students are getting more federal financial aid, the student clinic has expanded it's hours of operation, current students have put together fund raisers for some very worthy non-profit organizations, and we have been re-organizing and prettying up the place!



Career and graduate services has been busy as well, attending the King 5 Healthy Living Expo in April, the AMTA-WA state convention in May, we had an Alumni Enrichment Series (formerly Town Meeting) event in June on insurance billing processes and electronic management of client files with One Health Port and Ask Us! Medical Billing Specialists presenting.

In August we hosted our 5th successful Cortiva Career Expo that took place at the Thomas campus.

As always, I am looking for ways to better support our alumni by providing interesting and innovative information in the Alumni Enrichment Series, through the career expos and employer relations. I also want to remind all you grads from 2005 and before

who are not used to the idea of having graduate support, that I am always available to you as a resource whether it's information about licensing and renewal, getting licensed in a different state, job searches, getting in touch with old classmates, referrals... just about anything! I invite you to call or email, or just stop by and say hello and I'd be happy to show you around and find out how I might be of service to you.



On the subject of referrals, I will be doing a mailing soon to update all your contact information and get updated information about your practices – location, specialties, who among you are insurance providers, etc... I would love to be able to refer exclusively to our graduates, but I can't do that if I don't have your current information. I would also love it if you sent in, or brought by, a couple of your current business cards to have as a reference as well!

I want to let you know about the next upcoming Alumni Enrichment Series event!



Career and Graduate Services

Banya Hydrotherapy Night!!

January 09' (date TBD) Come soak, steam, and cold plunge! Do you remember what it's like to get the blood moving like that? A great way to keep warm on a cold winter evening!

There are some great deals that are available to you from Oak Works through Cortiva that you may not know about.

If you are in need of a massage chair, rolling stool, table fleece accessories, or cushion/bolster/curve packages, there are some

great discounted deals available to you! Just give me a call or send me an email and I can get you the information!

I am always open to hearing suggestions for alumni events, topics for Alumni Enrichment series, CE ideas, or to answer any questions that might come up for you.

I look forward to hearing from you soon,

Siouxie Jeter-Koch, Director of Career Services

A New Licensing Record has been set!

Gergely Hollodi was extremely motivated to get his license in hand in a hurry! He took his test and submitted his application to WA state prior to graduating on July 1st and was officially licensed

to practice massage therapy on July 11th. In addition, he also had a job lined up ahead of time. That's less than ten business days in turnaround time! Congratulations, Gergely!

Who's New, Who Flew?

Administrative Staff

Who's new: We're excited to announce that **Brook Sorgen** has recently joined our Admissions team! Brook has a background in volunteer coordination in the nonprofit sector and is also a graduate of the 1000 licensing program. **David Cannady**, our new Director of Finance, has a background in the military, is a CFA candidate and has a passion for scuba diving. **Leslie Jensen** over from the faculty side to become our new admissions representative! **Mathew Sorlie** has accepted the position of Director of Student Services.

Who Flew: **Robbin Blake** has left us to become a certified Aston Patterning Practitioner. **Ursula Frank** has left to take care of her two beautiful children on a full-time basis, but is looking forward to coming back to teach in the near future. **Tovah Shotland** left Cortiva to manage an on-site spa service company. **Terri Slyne** decided to leave education and pursue other interests, while **Lara Sopchak** left our Admissions team to join the ranks of TA's in the classroom! And last, but far from least, **Michelle Palmer** welcomed a new baby boy, **Caiden!**



Faculty

Graduated from TA to instructor are **Megan Vogel** and **Brian Ernst!** We are pleased to announce that **CJ Sealy** has returned to our teaching staff, and we have a few new TA's in the classroom, **Crystal Fritz**, **Jenny Pastorie** and **Lara Sopchak!** Welcome (and welcome back) to everyone!

Referring a friend has never sounded so good.

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 with 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!

For more details, please visit our website at www.cortiva.com/friend

Apple iPod Shuffle
1GB, up to 240 songs



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 arrangements to send your gift.



Graduate Spotlight

Hank Queen (class of 2008) Sunburst Retreat



Located on 10 acres of mountain-view property, 7 miles east of Sisters, OR, Sunburst Retreat is in the final stages of construction and will open its doors officially to the public in 2009.

This retreat is unique in its offerings; a high quality 'destination' resort operation for small groups, offering a comfortable B&B environment, combined with specific activities and /or training in sports. It is unique in it's 'live-in' approach to a sports vacation, and also in integrating on-site massage with the activities to improve performance and enjoyment.

Sunburst will be offering retreats for golfing, yoga & meditation, ballroom dancing, quilting and massage continuing education. I am sure there will be many other diverse retreats that will be drawn to the area as well!

Please read Hank's vision to fruition story:

Karen (my wife) and I had planned for a long time to move away from Seattle after I retired. My original plan was to retire this year, but 4 years ago I started having serious health problems related to stress. I took an early retirement 3 years ago, and started feeling better, but was kind of lost, I didn't really know what to do with myself.



I went on vacation and injured my shoulder. My doctor recommended surgery, but I got successful treatment through a chiropractor and an LMP. The LMP was the one who inspired me to pursue a new career in massage. She is so good at what she does, and loves it so much...I realized that it filled my need to learn and to help others...always a core focus in my life.

The retreat was originally just a house in Oregon, but then Karen wanted to be able to have friends come down and stay for quilting sessions. Then after I got into massage school, I realized just how much I loved it, and wanted to be sure to have a place to continue it after we moved. So, we put the clinic into the plan too. The rest of it just grew out of thinking about doing the things we love with our friends. We and hope it can become a way to give back some of the incredible good fortune we've both received in life.



In my former career at Boeing, I had 15 jobs in 30 years...and all of them were either technical or leading large organizations. My last job was leading engineering, manufacturing and quality for the commercial side of the business...with around 43,000 people in my organization. So, massage is quite a change for me...but I love the one-on-one interaction, and knowing that I can help people more directly.

I've always believed in living life in alignment with personal purpose, and massage does that for me. I'm in so much better health because of what I learned in school. In retrospect, it was such a blessing that I was ill, and had to leave Boeing to find another path in life. I really feel like school saved my life, and gave me a second springtime. :-)

To learn more about Sunburst Retreat, or to book you next retreat, visit their website – www.sunburstretreat.com

Faculty/Staff Spotlight

Mike Hamm, LMP, CCST graduated from the Brian Utting School of Massage in 2005. He won the 2005 Massage Therapy Foundation's Student Case Report Contest. He has been a teacher since March of 2007 and maintains a private practice in Wallingford. He currently teaches anatomy, kinesiology, research and clinical reasoning, thoracic outlet syndrome treatment, Craniosacral coursework and other electives at Cortiva Institute-Seattle. He is a committee member and a volunteer for the Massage Therapy Foundation.

Mike Hamm's Insights:

There are two major things that are interesting to me: 1. All my work with research and massage therapy. I work with the Massage Therapy Foundation, write articles on research, and have my own publication. What got me into research was winning the Massage Therapy Foundation Student Case Report Contest in 2005. I started writing case reports because they were offering \$2500 and I wanted an electric guitar; I didn't initially care about research at all. In fact, I had gotten into massage school partially



Faculty/Staff Spotlight

to escape from academia. I was kicked out of college for failing all of my classes. In college, I refused to call myself an artist and as a result I poured my energy into music without making that my academic pursuit. I studied biochemistry and politics and they were both interesting and I was a good student for about three weeks every quarter, then I stopped going to class. I come from this family of healers of different kinds: doctors, nurses, pastors and I knew that I didn't want to fit into the mainstream healthcare system. But after college I found myself increasingly interested in bodywork and worked as a physical therapy aide at Sports Physical Therapy Institute in New Jersey. I found that interesting, but I found the structure of physical therapy to be willfully ignorant of some very important features of peoples' suffering, so I wanted a wider scope of inquiry. The other thing I wanted was a modular career that would support my life as a composer. In the midst of all of that, I got a call from a friend of mine—I had taken time off of college to work on political campaigns—and he offered me a job on Dean for America as a logistics staffer in Des Moines, Iowa. So, I spent three and a half months in the winter of 03-04 helping manage a massive ground operation. And then all of the sudden I was without a job and without an attachment to any specific place and I had this epiphany that I wanted to move to the west coast and study massage and be a musician. That was four years ago. As a massage student I had a lot of academic pride to regain. So this contest was ostensibly about money (getting this nice cash prize) but I found myself working really hard at it

to re-conquer a sense of academic excellence. I found that the process of writing a case report gave me an expertise on Thoracic Outlet Syndrome (TOS) costo-vertebral dysfunction and scoliosis that I would not have gotten through several years of school because the process of critically evaluating a pool of research and looking at the primary writing (as opposed to textbooks) gave me a sense of direct dialogue with the collective knowledge of this condition. All of the sudden I was not a student sitting at the feet of a teacher, but I was a colleague of anyone who had ever examined these conditions. Within that I realized the potential for massage therapists, especially in this area, to not merely be adjunct healthcare practitioners, but to advance the dialogue on some very prevalent conditions. The reason why is because I think this country is in the process of redefining healthcare in a very big way and within that, redefining health. Massage therapists know things that other healthcare practitioners just don't know. Not only can we help our clients with that knowledge, but we have a duty to disseminate that information outside of our own profession. To that end, since then I have been teaching continuing education classes on case report writing, coaching individual practitioners on research submission and working with the Massage Therapy Foundation in advancing the research agenda nationally. What's interesting to me is not the research per se, it's about healthcare culture. It's about developing a language through which we can sit down with other therapists, with other practitioners and advance our collective knowledge.

Massage Guru

Question: How do you maintain physical and mental longevity as an LMP?

Answer provided by Crystal Fritz, LMP, TA, Cortiva Institute – Seattle. Crystal is a graduate of Brian Utting School of Massage and has been in practice for nearly fifteen years. For the first half of her career as an LMP, she focused on treatment work with insurance billing. For the next several years, Crystal focused on spa work at a three-star hotel. Now she spends a great deal of time working as a TA here at CI-Seattle while maintaining a small massage practice at her home in the woods.

On the physical front:

I try to get a lot of massage! I used to have a recurring weekly massage trade appointment with a friend and we took turns. Scheduling is another piece to consider. One thing that works better for me is to avoid working five days straight but to instead work two or three days in a row, take a day off, then work two or three more. The part that's hard to do is to listen to your body and honor what it's trying to tell you. It's very easy for me to just set aside a little pain and keep working through it; you really shouldn't do that, as I learned through experience! For example,

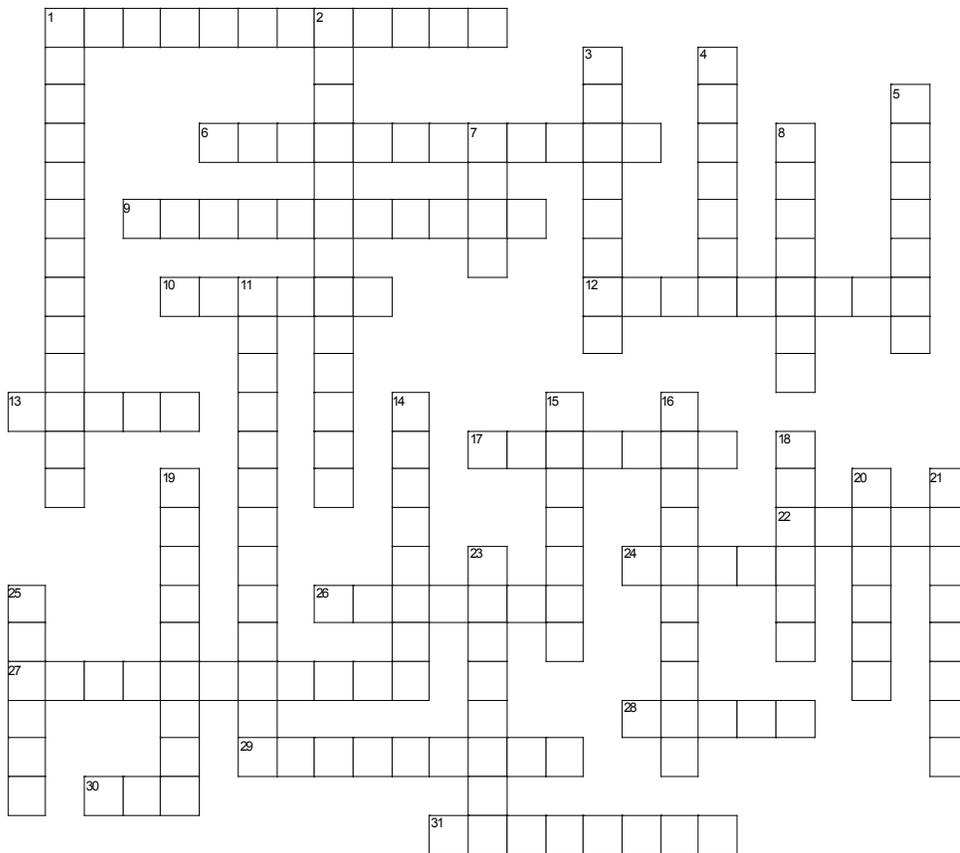
my right SI joint locks up frequently due to incorrect posture. Once, I didn't follow this advice and I got to the point where I literally had to take a month and a half off from giving massage and go through physical therapy! Additionally, I use contrast baths on an ongoing basis whenever my wrists get sore or tired. I also use ice packs or hot packs depending on whatever is going on. I try to take walks on a sporadic basis, but usually for at least two or three miles at a time at a comfortable pace.

On the mental front:

I live in the woods so being at home is a really comfortable, peaceful sanctuary for me. I also love taking continuing education. I get so re-energized with learning new information! I take the new pieces I really love and incorporate them with others I've learned along the way to create my own style. I also love being in the classroom environment, learning new teaching styles I haven't encountered before. Periodically, I've changed it up so that I'm not doing the same thing over and over. Now I'm in my third phase of my career: teaching. I've been practicing for fifteen years, I'm fifty years old and it's time to give my body a break! I absolutely love my job here at Cortiva because it's so energizing and is such a great work environment.



Press Replay, Volume 2



Press Replay Volume 2 Solution:
 ACROSS: 1 Intercostals, 6 fibromyalgia, 9 retrostatiç,
 10 fascia, 12 raynaud's, 13 watsu, 17 frogleg, 22
 prone, 24 reiki, 26 ventral, 27 aponeurosis, 28 wrist,
 29 sarcomere, 30 toc, 31 masseter; DOWN: 1
 Integumentary, 2 supraspinatus, 3 axillary, 4 flexion, 5
 shatsu, 7 axis, 8 scapula, 11 subscapularis, 14 phalens,
 15 condyle, 16 hellerwork, 18 supine, 19 analgesic, 20
 dorsal, 21 meninges, 23 erythema, 25 trager

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 425 Pontius Ave N, Suite #100
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