



AIM ASHLAND
INSTITUTE OF
MASSAGE

awareness, integrity, meaning

Continuing Education

Fall 2015/Winter 2016

Welcome to the Fall 2015/Winter 2016 Continuing Education Offerings at Ashland Institute of Massage!

This season we are continuing our certification series in Ortho-Bionomy® and Advanced Myofascial Techniques as well as offering Fascial Energetics, Sports Massage, Insurance Billing, and Body Armoring. The latter class meets the new OBMT requirement of 4 CE hours in Ethics/Communication for 2016 license renewals. Check aimashland.com/continuing-education for expanded class descriptions, CE class updates for later in 2016, and information about our Free Friday Lecture Series.

Registration

New this year: You may now sign up and pay for Continuing Education workshops through our online registration system at mkt.com/aimashland. If you would prefer to register by mail, please use the registration form at the back of this booklet. You may submit forms by fax if you pay with a credit card: **541.488.2383**. You can also register by telephone: **541.482.5134**.

Early Enrollment Discount

Registrations paid in full by the noted early enrollment date for each course will be eligible for an early enrollment discount (see course descriptions for details).

Cancellations

Cancellations may be made via letter, fax, email, or phone. Cancellations with fewer than three (3) days' notice will be charged half the seminar tuition. Those who make other cancellations will forfeit their deposit.

Ortho-Bionomy® Associate Program

Each of the following three Ortho-Bionomy® classes is part of the seven class requirements for the Ortho-Bionomy® Associate Program, completion of which allows therapists to use the trademarked term Ortho-Bionomy®. The classes may also be taken independently. Please see the following for more information: objimberns.com and youtube.com/watch?v=LV6N0w6imKk.

Free Introductory Public Talk on Ortho-Bionomy® on Friday, September 11, 2015, 6:30–8:00 pm at AIM!

Ortho-Bionomy® Advanced Energy Techniques (Phase Six)

Instructor: Jim Berns, Registered Ortho-Bionomy® Advanced Instructor
September 12 & 13, 2015 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)
\$300 (\$340 after August 28, 2015)

We are more than our muscles and bones. We are our energy, emotions, and all the experiences that have led us to this moment. How would it feel to connect to all of those parts of who we are?

This class focuses on developing the sensitivity to feel the energy all around and through our bones, muscles, and organs. When we make contact with this energy in our clients and ourselves, our clients feel recognized and are able to respond at a deeper level. You will learn specific skills that take any healing modality to a deeper and more profound level. Whether you are an Ortho-Bionomy® student or a practitioner of another modality, this class will significantly increase your sensitivity and ability to connect and work with your clients on an energetic level.

Ortho-Bionomy® Experiential Ethics & Emotional Issues

Instructor: Jim Berns

November 14 & 15 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)

\$300 (\$340 after October 30, 2015)

Come explore how being clear within our body, emotions, and energy allows us to be better practitioners. In this experiential class, we will explore topics such as establishing and maintaining boundaries; grounding; knowing our limitations and blind spots; finding where in our bodies we feel our center; and practicing how to return there no matter what presents. We will also look at power and authority in therapeutic relationships and how to be energetically clear about money issues. The second half of the class is devoted to experiential explorations of how to be aware of, respect, and be present with our clients' emotions. You will walk away from this full weekend in a clear and grounded way of being and with increased self-knowledge and confidence about how to handle the many challenges life and our profession can present to you.

Ortho-Bionomy® Lower Extremities “Structure Governs Function”

Instructor: Jim Berns

February 13 & 14 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)

\$300 (\$340 after January 29, 2016)

The osteopathic principle “Structure Governs Function” integrates the understanding that when the musculoskeletal system is balanced properly, the functioning of the body (blood, nerve, emotions, meridian) flows more efficiently. Ortho-Bionomy® uses osteopathic-based gentle body positions and movements to stimulate the self-correcting reflexes within the muscles and nerves. These responses can move the client out of pain and discomfort within ten to thirty seconds. Highly specific and structure-oriented, Ortho-Bionomy® can be especially effective when working with musculoskeletal structural pain; clients who don't want or can't handle deep work or pain; emotional armor-ing; accidents; trauma; or injuries. The class focuses on fast, fun, easy, and painless lower body release techniques from the head of the femur to the bones of the feet.

Jim Berns is an Ortho-Bionomy®—Registered Advanced Instructor and has taught internationally for over thirty years. He is coauthor of *Ortho-Bionomy: A Practical Manual*. Jim was trained by Dr. Arthur Lincoln Pauls, the founder of Ortho-Bionomy® and British osteopath. He was named **Educator of the Year** by the American Massage Therapy Association (AMTA) in 2013. A certified massage therapist since 1979, he is a registered California instructor in massage therapy. Jim brings to his over three decades of teaching detailed information, a compassionate heart, and a unique sense of humor.

Advanced Myofascial Techniques

The following two classes are offered in partnership with Til Luchau's **Advanced-Trainings.com**. This popular series of seminars presents advanced and little-known myofascial techniques that can be easily incorporated into existing personal styles. Drawing on a wide range of disciplines, the classes inspire creativity and innovation around the goal of creating long-lasting structural change. If you have enjoyed myofascial release training at AIM and are ready to take the next step in your work, this series of classes will be deeply satisfying. An Advanced Myofascial Techniques Certification Program is available. See **Advanced-Trainings.com** for details.

You may take classes individually or enroll in both classes for the discounted price of \$476.50 if you are one of the first ten to register. See their website at Advanced-Trainings.com for more information on early enrollment. Audit the introductory lecture/slideshow for free at Advanced-Trainings.com/intro.html.

Note: Advanced Myofascial Techniques seminars are offered in partnership with **Advanced-Trainings.com**, and their early enrollment and cancellation policies shall apply. For details, please visit **Advanced-Trainings.com**, email info@advanced-trainings.com, or call **877.499.8811**. For online registration and info please go to: <https://www.regonline.com/MW0915AOR> or call AIM for phone registration: **541.482.5134**.

Advanced Myofascial Techniques for Neck & Head Part I

Instructor: George Sullivan

September 18 (Friday), 1–9 pm (8 CEU hours)

\$159 for the first 10 to register; otherwise \$179

Learn advanced myofascial techniques for reducing pain and balancing neck function. Dramatically improve your skills for working with fixations, whiplash, migraines, jaw issues, and more.

Advanced Myofascial Techniques for Whiplash

Instructor: George Sullivan

September 19 (Saturday), 9 am–5:30 pm, September 20 (Sunday), 9 am–4:30 pm (16 CEU hrs)

\$319 for the first 10 to register; otherwise \$339

*Register for one or both days (see **Advanced-Trainings.com** for details on discounts)*

Learn advanced myofascial and neurological techniques that dramatically improve your ability to work safely and effectively with whiplash and related trauma.

George Sullivan, LMP, is a **Certified Advanced Rolfer®** and lead instructor for **Advanced-Trainings.com's** Advanced Myofascial Techniques series. His background as a black-belt Aikido instructor; keen interest in anatomy and proper body mechanics; and skill, specificity, and sensitivity of touch all inform his extremely competent instruction. George brings depth, subtly, clarity, and an easy-going approach to his teaching. He lives and practices in Olympia, Washington.

Insurance Billing: 2015 Updates for LMTs

Instructor: Christa Rodriguez

October 10 (Saturday), 10 am–2 pm (4 CEU hours)

\$75 (\$85 after September 25, 2015)

If you currently bill insurance for your clients or are considering doing so, this short course is for you. Starting October 1, 2015, the entire medical community is moving from ICD-9 to ICD-10 coding. Consequently, diagnosis codes we are given by referring physicians will look very different. What does that mean? How does this affect LMTs? Before you start panicking, take a deep breath and come find out! During this four-hour course, you will review the kinds of insurance that can be billed in Oregon; discuss the Affordable Care Act and how it directly impacts treatment provided by LMTs; and learn how the ICD-10 changes affect SOAP charting and billing. Bring questions and a sense of humor.

Christa M. Rodriguez, BS, LMT, is a 2006 Ashland Institute of Massage alum and our Professional Development instructor. Dubbed the “Laughing Therapist” by her clients, Christa brings levity and thoughtfulness to courses that may otherwise seem nebulous. Her private practice focuses on treating clients who use medical insurance and personal injury protection insurance for accident or injury recovery. When not in the classroom or office, Christa can be found hiking with her heeler, tending to her flock of finches, or riding one of her fire-red horses.

Fascial Energetics

Instructor: Matthew Schulman

October 24 & 25 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)

\$265 (\$300 after October 9, 2015)

This course integrates the idea that the Chinese meridian system of the body is physically found in the body’s connective tissue. In light of this, connective tissue/fascia can be called meridian tissue. This class presents a mode of therapy that bridges Western myofascial techniques with energy theory to demystify and treat the fascia’s dual function as both structural and conductive tissue. It becomes easy to understand our interconnectedness when we realize our body is a biological/energetic conductor. This understanding illuminates the interrelationship between our bodies and emotions as well as the need for therapists to be clear and connected while working. You will learn about proper breathwork and meditation for practitioners, explanations of energetic restriction in tissues, and manual techniques for treating clients’ structure and energy simultaneously.

Matthew Schulman, LMT, has been practicing therapeutic bodywork since graduating from AIM in 2007. He deeply believes massage is one of the most powerful and important healing modalities available to humankind. Matthew loves to share his ideas so people can have as much access to natural healing as possible. He has studied anatomy, meditation, and martial arts extensively. Matthew’s ideas are informed by his personal experience of helping people learn and heal themselves as well as his own changes through time and practice.

Free Introductory Public Talk on Fascial Energetics on Friday, October 23, 2015, 6:30–8 pm at AIM!

Sports Massage: Assessment & Treatment of Upper Body Athletic Injuries

Instructor: Jon “Shaggy” McLaughlin

November 7 & 8 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)

\$265 (\$300 after October 23, 2015)

In this hands-on class, you'll explore the world of the athlete and what we can do as therapists to properly support them. Starting with a review of relevant anatomy and kinesiology, this class focuses on the upper body. We will discuss concepts and techniques of sports massage; learn invaluable fifteen-minute pre- and post-competition routines; and practice hands-on assessment and treatment of common athletic injuries such as tennis elbow, golfer's elbow, cervical stinger, rotator cuff injuries, and low-back strain. You will gain a stronger understanding of athletic injury treatment and learn how to help your clients achieve their goals and excel in performance. If you are interested in working with athletes, you won't want to miss this class.

Jon McLaughlin, LMT, is an AIM alum who has been practicing massage in Ashland since 2001. He provides sports massage and myofascial therapies to athletes in his office and at athletic events. Jon uses a blend of sports massage, myofascial, neuromuscular, and trigger point therapies to address his patients' needs. He holds a BS in outdoor education. USA Pro National Road Champion Jade Wilcoxon, DPT, says of Jon: “Jon’s skills are top-notch. His clinic is one of my first stops when I get home from a difficult stage race, and he always manages to get my body working properly.”

Free Introductory Public Talk on Sports Massage on Friday, November 6, 2015, 6:30–8 pm at AIM!

Body Armoring: What Does the Body Reveal?

Instructors: Bryn McCamley & Kelly Vittoria

December 7 (Monday), 1:30–5:30 pm (4 Ethics/Communication CE hrs.)

\$60 (\$75 after November 23, 2015)

The body tells its own story. In this four-hour class, we will explore the language of the body and what it might be revealing to us through posturing and movement. How are our bodies shaped by our emotions, beliefs, and life experiences? Using body-centered movement exercises, guided visualizations, and large and small group discussions, we will start to uncover nonverbal communications expressed by the body. You will earn four Ethics and Communication continuing education hours, which are required by the OBMT for 2016 license renewals.

Kelly Vittoria, LMT, and Bryn McCamley, LMT, have been teaching the Ethics curriculum at AIM for the past three years. Together they bring an insightful, lighthearted presence, allowing for meaningful and enriching discussions related to the heart of this practice. They bring fifteen years of combined teaching and twenty-four years of massage practice experience.



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