



**AIM** ASHLAND  
INSTITUTE OF  
MASSAGE

*awareness, integrity, meaning*

# ***Continuing Education***

**Winter/Spring 2017**



## ***Welcome to the Winter/Spring 2017 Continuing Education Offerings at AIM!***

We are proud to announce that, in honor of the trees, the **AIM Continuing Education Brochure** has graduated to an online format! Please help us further reduce our paper use by sharing your email address for future mailings at **admissions@aimashland.com** or **541.482.5134**. We are excited about the diversity of classes we are able to offer this season in response to your requests. Hope to see you in the classroom!

### ***Registration***

You may sign up and pay for Continuing Education workshops through our online registration system at **mkt.com/aimashland**. You may also register via email or by telephone at **541.482.5134**.

### ***Cancellations***

Cancellations may be made via 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.

### ***Kinesiology Taping: Level I & Level II***

*Instructor: Jon "Shaggy" McLaughlin*

*January 14 & 15, 2017 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)*

*\$400 (\$435 after December 30, 2016) (Level I only: \$200; \$220 after December 30, 2016)*

*Note: Course fee includes taping supplies for class and to take home*

The colorful tape you saw at the Olympics is not just for elite athletes! Kinesiology taping is now playing important roles in clinical, rehabilitative, and manual therapy settings. Come learn current taping methods as well as the theoretical basis for this powerful technique. Level I explores anatomy of the skin, theories, and history of taping; contraindications; and how to tape for pain and various injuries. Level II continues with taping for edema, bruising, nerve entrapment, and scar tissue release. We also cover taping for posture as well as assessing and taping the fascial chains for movement.

***Jon McLaughlin, LMT***, has been practicing massage in Ashland since 2010. An AIM alumnus, 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.

## **Ortho-Bionomy® Spine & Pelvis “Structure Governs Function”**

*Instructor: Jim Berns*

*January 21 & 22, 2017 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)*

*\$310 (\$350 after January 6, 2017)*

The releases demonstrated in this class use osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. This highly specific and structurally oriented method can move the client out of pain and discomfort within ten to thirty seconds. This class focuses on releases for the neck; thoracic and lumbar spine; sacrum; ilia; and psoas muscles.

**Jim Berns, Ortho-Bionomy®–registered Advanced Instructor**, 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®. A certified massage therapist since 1979, he was named **2013 Educator of the Year** by the American Massage Therapy Association (AMTA). Jim brings to his over three decades of teaching detailed information, a compassionate heart, and a unique sense of humor.

## **Introduction to Active Cupping Techniques**

*Instructor: Jessica Masters*

*February 10, 2017 (Friday), 1 pm–6 pm (5 CEU hours)*

*\$100 (\$115 after January 27, 2017)*

A new twist on an ancient modality, cupping is no longer only for Chinese medical practitioners. In the hands of a massage therapist, cupping can melt away superficial fascial tension, release trigger points without stress on practitioner thumbs and joints, and move lymph effortlessly. This class offers an introduction to active cupping techniques that will allow you to achieve great results with minimal time and effort. Cups will be provided and available for purchase in class. If you have a set already, please bring them.

**Jessica Masters, LMT**, has been licensed for six years in the state of Oregon and practices out of Siskiyou Massage Clinic in Ashland. A 2010 AIM graduate, Jessica also holds a certification in medical massage. She is currently pursuing an education in the field of physical therapy.

## **Pregnancy Massage**

*Instructor: Sheryl Grunde*

*February 11 & 12, 2017 (Saturday & Sunday), 11 am–4:30 pm (10 CEU hours)*

*\$205 (\$230 after January 27, 2017)*

Pregnant women and their bodies require special attention during the formative months of a pregnancy. How to approach a pregnant body—and what to avoid—are taught in this hands-on class instructed by a pregnancy massage expert. Students will get to practice techniques first with each other and then with some fortunate pregnant women!

**Sheryl Grunde, LMT**, has an Ashland-based private massage practice specializing in pregnancy and Thai massage. She is also a doula and yoga instructor. She loves to help women experience the growth and changes that pregnancy, childbirth, and motherhood bring. Her popular class is a regular part of the AIM curriculum.

## Table Thai

*Instructor: D'vorah Swarzman*

*March 4 & 5, 2017 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)*

*\$275 (\$310 after February 17, 2017)*

Learn how to integrate Thai massage stretches, compression, traction, joint mobilization, and acupressure into your table/oil massage. We will emphasize body mechanics and honoring the spiritual roots of this ancient healing art. This form does not replace traditional Thai floor massage but is intended to enhance the work you do at the table.

*D'vorah Swarzman, LMT, has been studying the art and science of traditional Thai massage since 1993, regularly returning to Thailand for further study. A graduate of Heartwood Institute's 750-hour Advanced Massage Therapist Program, she maintains a private practice in Ashland. D'vorah is a popular instructor and founding member of the Thai Healing Alliance International. She integrates rhythm, improvisation, and mindfulness into her practice.*

## Advanced Myofascial Techniques

Offered in partnership with Til Luchau's [Advanced-Trainings.com](http://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 MFR training at AIM or are ready to expand the therapeutic value of your work, this series of classes will be deeply satisfying. This season, we are fortunate to welcome Til Luchau himself to our school (enrollment permitting). *Don't miss this amazing opportunity to learn from a true master!*

**Note: Registration for Advanced Myofascial Techniques seminars must be done through their website at [Advanced-Trainings.com](http://Advanced-Trainings.com), and their early enrollment and cancellation policies shall apply. For details, visit [Advanced-Trainings.com](http://Advanced-Trainings.com), email [info@advanced-trainings.com](mailto:info@advanced-trainings.com), or call 877.499.8811. For online registration and additional information, see their website at <https://www.regonline.com/MP0317AOR> or call AIM for phone registration: 541.482.5134.**





## Sciatica & Disc Issues

*Instructor: Til Luchau (enrollment permitting) or George Sullivan*

*March 17, 2017 (Friday), 1–9 pm (8 CEU hours)*

*\$179 (\$199 after February 23, 2017)*

Learn advanced myofascial techniques that dramatically improve your ability to work with sciatica, pseudo-sciatica, and sciatic pain; hamstring syndrome; piriformis syndrome; related lumbar disc issues; and more.



## Pelvis, Hip, & Sacrum

*Instructor: Til Luchau (enrollment permitting) or George Sullivan*

*March 18, 2017 (Saturday), 9 am–5:30 pm &*

*March 19, 2017 (Sunday), 9 am–4:30 pm (16 CEU hours)*

*\$359 (\$379 after February 23, 2017)*

Learn advanced myofascial techniques that dramatically improve your ability to work with hip, pelvic, and thigh pain; gait and sacroiliac issues; sciatica; and more.

**Til Luchau, Certified Advanced Rolfer®**, is a lead instructor and director of **Advanced-Trainings.com**. Til's background includes faculty member of the Rolf Institute, resident practitioner at the Esalen Institute, and adjunct faculty member of Naropa University's Somatic Psychology Department. He has trained thousands of practitioners in his popular courses at schools and centers in more than a dozen countries across six continents. Til is the author of an *Advanced Myofascial Techniques* textbook series, and his regular column has appeared in *Massage & Bodywork* magazine since 2009. Til's ability to connect interdisciplinary, big-picture ideas with practical, real-world applications has made his trainings and events popular worldwide.

## Nonviolent Communication Skills: Listening Deeply/Expressing Clearly

*Instructor: Joanne Lescher*

*April 14, 2017, 1–5 pm (4 Ethics/Communication CEU hours)*

*\$75 (\$85 after March 31, 2017)*

We all want to be heard and understood! Our clients certainly do, and keeping communication clear and effective can be a challenge of its own. Join Joanne to learn some simple techniques that will help you discover the healing power of empathic listening—for both your professional and personal lives. We will also address your real-life experiences, and you'll take home fresh ideas and techniques for expressing yourself cleanly and clearly. This course meets the 4 hour Ethics/Communication requirement for Oregon LMT license renewal.

**Joanne Lescher, CT**, is a certified trainer in nonviolent communication. As an experienced mediator and group facilitator, she equips people to dialogue with each other more effectively. Renowned for her warmth, empathy, and humor, Joanne teaches practical skills that clients can immediately exercise in their practices and lives. Her reputation has been affectionately summarized as an "ability to tame lions."

## **Dynamic Buoyancy of Gait**

*Instructor: Judith Sanford*

*April 21, 2017 (Friday), 6–8:30 pm; April 22, 2017 (Saturday), 9 am–5 pm;*

*April 23, 2017 (Sunday), 9 am–4:30 pm (16 CEU hours)*

*\$310 (\$350 after April 7, 2017)*

The fluids are the context within which our physical life happens. This class will help you make a paradigm shift in your work from tissue-based biomechanics to the fluid-focused dynamics of self-correction inherent in all of us. We focus on the gait pattern—from which all movement originates—and the ability of our joints and tissues to alternate between weight-bearing and non-weight-bearing states. Refining your palpation and assessment skills, you will learn to work with the dynamic buoyancy within the fluid wholeness of your clients. Work with the pelvis, spine, and extremities facilitates the free expression of gait as well as assisting with pain, joint dysfunction, postural dysfunction, and fascial tensions. Knowledge of the musculoskeletal system and kinesiology is an excellent foundation for this course.

*Judith Sanford, LMT, CST, has been an LMT for forty years. Since 1991, she has been focusing increasingly on subtle fluid-focused modalities. Judith loves sharing about this profound, effective, gentle approach and the mysterious Fluid World within.*

## **American Heart Association (AHA) Heartsaver CPR & AED**

*Instructor: Lisa Mendenhall*

*April 28, 2017 (Friday), 12:30–2:30 pm or 4–6 pm (2 CEU hours)*

*\$45*

Gain proficiency in CPR and the use of an automated external defibrillator (AED) as well as the obstructed airway technique for adults and children. This American Heart Association–approved course meets the CPR requirements for OR LMT licensure and renewal.

*Lisa Mendenhall, AEMT, is an Advanced EMT (AEMT) firefighter with Jackson County Fire District #4 and owner of First Response First Aid & CPR, LLC. She facilitates classes in a relaxed yet professional manner, bringing her experience in real-life emergency situations as she trains ordinary people for extraordinary circumstances.*

## **Ortho-Bionomy® Exploration of Movement**

*Instructor: Jim Berns*

*May 6 & 7, 2017 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)*

*\$310 (\$350 after April 21, 2017)*

In this hands-on class, we add movement as an additional tool to help our clients be more open, pain-free, and flexible. You will develop techniques and sensitivity to evaluate where deeper blockages exist, use hands-on movements to release the blockages, integrate at a deep level in the body, and so much more. See Jim's bio above for instructor details.

## **Practical Pathology for Bodyworkers: Musculoskeletal & Neuromuscular Disorders**

*Instructor: Dr. Michael Neely*

*June 17 & 18, 2017 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)*

*\$299 (\$339 after June 2, 2017)*

Feeling like your knowledge base is a bit rusty? Presented from a bodyworker's perspective, this fun, interactive, and educational class covers assessment and management of more than fifty of the most common, need-to-know pathologies you may encounter in your daily practice. Intervertebral disc injuries, peripheral nerve compression, autoimmune disorders, and arthritis are just a few examples. Emphasis is on the practical application of knowledge; knowing what you are working with; contraindications; red and yellow flags for pathologies; and understanding when to treat versus when to refer. Not only is the study of pathology critically important, interesting, and practical for bodyworkers, it can potentially have life-changing impacts for your clients.

**Dr. Michael Neely, DC**, brings a wealth of experience to his passionate teaching. He has been a bodyworker for twenty-three years and a chiropractic physician for sixteen. Michael is an adjunct professor of anatomy and physiology at St. Martin's University. He continues to refine the art of his own bodywork through his clinical practice, South Sound Pain Relief Clinic in Olympia, Washington.



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