



AIM ASHLAND
INSTITUTE OF
MASSAGE

awareness, integrity, mastery

Continuing Education

Summer/Fall 2013

Welcome to the Summer/Fall 2013 Continuing Education Offerings at Ashland Institute of Massage!

As this catalog goes to press, we are about to proudly graduate and bid goodbye to our AIM Class of 2013. It has been a hardworking group, and we all—instructors and students alike—emerge with deeper knowledge and stronger skills to carry forward into the world. One of the joys of this field is there is always so much more to know! Join us at AIM for a rich variety of classes that will pique your curiosity and enliven your practice in the spirit of perpetual learning.

Registration

Please use the registration form at the back of this booklet to register by mail. 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 less than three (3) days' notice will be charged half the seminar tuition. Those who make other cancellations will forfeit their deposit.

Note: Advanced Myofascial Techniques seminars are offered in partnership with **Advanced-Trainings.com**, and their early enrollment and cancellation policies shall apply. Please visit their website at <https://www.regonline.com/MN0913AOR>, email Info@Advanced-Trainings.com, or call **877.499.8811** to register. You may also register for these two courses by calling AIM: **541.482.5134**.



Advanced Abdominal Massage

Instructor: Marybetts Sinclair, LMT

July 13 (Saturday), 9 am–6 pm (8 CEU hours)

\$140

Chronic tension in the abdominal muscles is common and can stem from emotional stress, abdominal injuries, poor posture, pain from internal organ problems, or the aftermath of abdominal surgery. Tightness in the abdomen is not only restricting, but it can also contribute to abdominal woes such as chronic constipation, irritable bowel syndrome, and esophageal reflux. This class will teach therapists how to incorporate abdominal massage into their practices, including dialoging with clients about abdominal issues, using specific massage techniques and hydrotherapy treatments for this area during sessions, and teaching clients how to use massage and hydrotherapy treatments at home.

Marybetts Sinclair, LMT (Oregon License #000644, NCBTMB Provider #450519-07) has been a massage therapist and teacher for thirty-eight years, eight of which she also served as an emergency medical technician. She has practiced massage in many different environments in the US and abroad, including health spas, counseling offices, home offices, clinics for chiropractic and physical therapy, nursing homes, and orphanages. Marybetts is trained in a wide variety of bodywork modalities. Although she is the author of two widely used and translated textbooks, she considers herself first and foremost a working massage therapist. In 2015, Marybetts will be inducted into the Massage Therapy Hall of Fame.

Manual Ligament Therapy & Active Isolated Stretching

The following two classes are companion courses that treat the same area of the body with complementary techniques. **Take individually or sign up for both and receive a \$75 discount off the total tuition (not combinable with early enrollment discount)**. Manuals for each course will be sent electronically or may be purchased at the seminar for \$25.

Manual Ligament Therapy for the Lumbar Spine, Hips, & Knees

Instructor: Joshua Morton, LMP

July 26 (Friday), 10 am–6 pm (7 CEU hours)

\$125 (\$115 if paid in full by July 12)

Manual Ligament Therapy (MLT) uses the sensory qualities of ligaments to correct muscular and fascial imbalance/dysfunction by gently eliminating hypertonicity—often within seconds. Clients feel immediate relief with little effort on the part of the practitioner. You will learn the physiology behind this technique and a series of specific releases for the lumbar spine, hips, and knees. For details, see mltsite.com.

Active Isolated Stretching for the Lumbar Spine, Hips, & Knees

Instructor: Joshua Morton, LMP

July 27 & 28 (Saturday & Sunday), 10 am–6 pm (14 CEU hours)

\$250 (\$225 if paid in full by July 12)

Learn a whole-body dynamic technique for stretching muscles and fascia along fascial lines specific to joint movement. Based on the principles developed by Aaron Mattes, this stretching system increases joint mobility, reduces muscular and fascial tension, corrects aberrant neurological firing, and dramatically increases blood and lymph circulation for faster healing. This class covers every stretch you need to treat a range of disorders in the lumbar spine, hips, and knees, including disc conditions, nerve impingement, sciatica, groin impingement, S/I dysfunction, and ITB syndrome.

Joshua Morton, LMP, MAISS, MMLT (Washington License #MA00008567, NCBTMB Provider #451194-0) graduated from Seattle Massage School in 1994 and immediately entered the rehabilitation field. An international educator of professionals for the past decade, Joshua has accumulated over 2,400 hours of training with AIS developer Aaron Mattes since 2003. His teaching experience, combined with his devotion to and expertise in AIS, makes him one of Aaron's top teacher-practitioners in the US. Joshua recently expanded his repertoire to include the Manual Ligament Therapy techniques developed by Arik Gohl. For more information, see ainorthwest.com.

Neuromuscular Therapy for the Temporomandibular Joint

Instructor: Joseph Micketti, LMT

August 24 (Saturday), 9 am–5 pm (7 CEU hours)

\$125 (\$115 if paid in full by August 9)

Join Joseph Micketti in exploring the temporomandibular joint (TMJ): its anatomy, function, and dysfunction. We will discover trigger points and their referral zones while learning techniques for treating TMJ syndrome. Includes work inside of the mouth. Don't miss this powerful class and the opportunity to become trained in intra-oral work.

Joseph Micketti, LMT, CNMT (Oregon License #4348, NCBTMB Provider #451788-11) graduated from the Boulder School of Massage Therapy in 1986. He has been a popular instructor at Ashland Institute of Massage since 1994. Joseph co-owns Advanced Myotherapy with his wife, Janie Chandler. Dedicated to continuing education, he maintains his studies in neuromuscular therapy, the St. John method, muscle energy technique, strain-counterstrain, quantum touch, and energy medicine with Donna Eden.

Advanced Myofascial Techniques

The following two classes are offered in partnership with Til Luchau's **Advanced-Trainings.com**. This popular series of seminars presents practicing somatic therapists and qualified students with advanced and little-known myofascial techniques

that can be easily incorporated into existing personal styles. Drawing on a wide range of disciplines, these courses focus on inspiring creativity and innovation. **You may take classes individually or enroll in all three days for the discounted price of \$446.50 (if paid in full by August 15).**

Advanced Myofascial Techniques for the Neck, Jaw, & Head

Instructor: George Sullivan

September 13 (1 pm–9 pm) and September 14, 9 am–5:30 pm (16 CEU hours)

\$339 (\$299 if paid in full by August 15)

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 Headaches

Instructor: George Sullivan

September 15, 9 am–4:30 pm (8 CEU hours)

\$179 (\$159 if paid in full by August 15)

Learn advanced myofascial techniques that dramatically improve your ability to work with common types of head, sinus, and eye pain, including common headaches, migraines, and cluster headaches.

George Sullivan is a **Certified Advanced Rolfer®** and lead instructor for **Advanced-Trainings.com's** Advanced Myofascial Techniques series, created by Til Luchau. 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's teaching is noteworthy for its depth, subtly, clarity, and easygoing approach. He lives and practices in Olympia, Washington.

Note: The above two classes are offered in partnership with **Advanced-Trainings.com**. Please visit their website at <https://www.regonline.com/MN0913AOR>, email Info@Advanced-Trainings.com, or call **877.499.8811** to register. You may also register for these two courses by calling AIM at **541.482.5134**.

Manual Lymphatic Drainage

Instructor: Jane Barton, LMT

October 26 & 27 (Saturday & Sunday), 9 am–4 pm (12 CEU hours)

\$220 (\$200 if paid in full by October 11)

Manual Lymphatic Drainage (MLD) is a specialized technique best known as a treatment for lymphedema resulting from lymph node removal. Further uses range from detoxing to assisting with swelling due to various traumas. This course includes both lecture and hands-on work. We will look at the anatomy and physiol-



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