



AIM ASHLAND
INSTITUTE OF
MASSAGE
awareness, integrity, mastery

Continuing Education

Winter/Spring 2015

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

This season we are offering the beginning of several certification series in Advanced Bodywork Techniques: Ortho-Bionomy®, Biodynamic Craniosacral Therapy, and Advanced Myofascial Techniques. Check aimashland.com for CE class updates and information about our upcoming Free Friday Lecture Series.

New OBMT Requirements

Starting in January 2016, the Oregon Board of Massage Therapy (OBMT) will be requiring all license renewals to include 4 hours of Ethics/Communication continuing education credits. To meet these upcoming requirements, AIM will be offering affordably priced 4-hour classes every six months.

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.

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**.

Ortho-Bionomy® Associate Program

This seven-class series will be offered during 2015. The following three classes start the series off, while the remainder are scheduled from July to November 2015. Completing seven Ortho-Bionomy® classes meets the class requirements for the Ortho-Bionomy® Associate Program, allowing therapists to use the trademarked word "Ortho-Bionomy®" on their cards as one of many modalities they are using.

"Structure Governs Function" is an osteopathic principle that integrates the understanding that when the musculoskeletal system is balanced properly, the functioning of the body (blood, nerve, emotions, meridian) will flow 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 10 to 30 seconds. This method is 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 armoring, accidents, trauma, or injuries. For details, see objimberns.com and youtube.com/watch?v=LV6N0w6imKk.

Ortho-Bionomy® Lower Extremities "Structure Governs Function"

Instructor: Jim Berns, Registered Ortho-Bionomy® Advanced Instructor

January 31 & February 1 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)

\$340 (\$300 if paid in full by January 15, 2015)

You will learn incredibly effective, fast, fun, easy, and painless lower body release techniques from the head of the femur to the bones of the feet.

Note: Free introductory public talk on Ortho-Bionomy® on March 6, 2015, 1:30–4:30 pm at AIM.

Ortho-Bionomy® Upper Extremities "Structure Governs Function"

Instructor: Jim Berns, Registered Ortho-Bionomy® Advanced Instructor

March 7 & 8 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)

\$340 (\$300 if paid in full by February 19, 2015)

You will learn incredibly effective, fast, fun, easy, and painless upper body release techniques from the shoulder joint to the bones of the hand.

Ortho-Bionomy® Phase Five "Subtle Physical and Energetic Releases"

Instructor: Jim Berns, Registered Ortho-Bionomy® Advanced Instructor

May 16 & 17 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)

\$340 (\$300 if paid in full by April 30, 2015)

Are you drawn toward more subtle body work? Does your body and energy like quiet as well as more physical work? You can learn to:

- Feel and follow the client's inner movements to help them unwind their deeper patterns.
- Use specific techniques to bring balance to your client's body: physically and energetically.
- Develop more sensitivity in your hands and your whole body to be able to feel more ways to release your client's holding patterns.
- Work distally from a point to release the body more fully.
- Barely move their body, yet release contractions deeply, easily, and with little effort.

This class will bring many of you to the next level of work you have been studying. For others, it will be the beginning of a whole new world of subtle work. Prerequisite: Two "Structure Governs Function" Ortho-Bionomy® classes.

*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 three+ decades of teaching detailed information, a compassionate heart, and a unique sense of humor.*

Sports Massage: Assessment & Treatment of Lower Body Athletic Injuries

Instructor: Jon “Shaggy” McLaughlin, LMT

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

\$300 (\$265 if paid in full by January 22, 2015)

In this hands-on class, delve into 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 lower body. Discuss concepts and techniques of sports massage, learn an invaluable 30-Minute Leg Flush routine, and practice hands-on assessment and treatment of common athletic injuries such as plantar fasciitis, iliotibial band syndrome, muscle cramps, shin splints, and hamstring injuries. You will gain a stronger understanding of athletic injury treatment and how to help your clients achieve their goals and excel in performance.

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 Wilcoxson, 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.”

Intrinsic Touch: Biodynamic Fascial Release for the Viscera

Instructor: Robyn-Michele Jones

February 13 (Friday), 6 pm–9 pm; February 14 & 15, 9 am–5:30 pm (17 CEU hours)

\$355 (\$315 if paid in full by January 29, 2015)

Intrinsic: *intra* = within, *secus* = close, following; 1. belonging to the real nature of a thing: not dependent on external circumstances; essential; inherent.

Intrinsic Touch is a biodynamic approach to **fascial release** that combines the listening skills of Biodynamic Craniosacral Therapy and indirect engagement with connective tissue. Practice dropping into a more fluid and holistic awareness to connect with and support the body’s inherent healing processes (biodynamics). Access the deeper layers of fascia that surround, support, and form the viscera as you learn techniques for working with the pelvic, abdominal, thoracic, and cranial areas.

Note: Free Public Talk on Biodynamic Craniosacral Therapy on February 13, 2015, 1:30 pm at AIM.

Presence & Pacing: Introduction to Biodynamic Craniosacral Therapy

Instructor: Robyn-Michele Jones

March 26, 27, 28, & 29 (Thursday through Sunday), 9 am–5:30 pm (28 CEU hours)

\$550 (\$500 if paid in full by March 12, 2015)

This four-day course is an opportunity to develop and deepen your receptive practitioner skills. Emphasis is on developing the skills to settle yourself so you can better rest in presence with your clients. Using experiences with fluid motion and dynamic stillness, exercises about centering and contact, introduction to basic trauma resolution skills, discussion,

and session exchange, we work with the basic BCST skills of Being and Relationship, useful in any modality. The conscious intention and natural pacing we bring to a session shifts the potential for healing. Immersion in the fluid and energetic fields is deeply nourishing for the practitioner and client alike. See craniosacraltherapy.org for details.

Presence and Pacing is the first of thirteen modules for a two-year BCST Foundation Training that begins in Ashland. It may also be taken as a standalone class. Students completing this course are eligible to apply for the full training, which will lead to a BCST designation upon completion of all requirements. For more information, contact Robyn at robynmichele@sbcglobal.net.

Robyn-Michele Jones, MA, MT, RCST received her original certification in Swedish massage and polarity in 1984. She has continued to study many modalities, both Eastern and Western. Drawn to the fluid interface between the energetic and the physical, Robyn-Michele has been focusing on John Barnes–style myofascial release and craniosacral therapy since 1998. With her profound interest in our healing as a whole, she studied Core Process Psychotherapy, an embodied mindfulness-based practice. Robyn-Michele designed and has been teaching Intrinsic Touch since 2002. She received her master’s in embodied mindfulness-based psychotherapy in 2009 and was certified as a teacher of Biodynamic Craniosacral Therapy in 2011. Passionate about working with the body as a web of wholeness, Robyn-Michele brings a practical approach to the effective and gentle release of fascial restrictions, chronic issues, stress, and trauma.

Manual Lymphatic Drainage

Instructor: Jane Barton, LMT

February 28 & March 1 (Saturday & Sunday), 9 am–3 pm (10 CEU hours)

\$220 (\$195 if paid in full by February 13, 2015)

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 trauma. Course includes both lecture and hands-on work. Examine the anatomy and physiology of the lymphatic system and explore applications of these techniques for your own use and in your practice. You will be able to add MLD to your repertoire upon completion of this course.

Jane Barton BS, CLT, LMT (Oregon License #9447) has been a Rogue Valley resident for almost thirty years. She began her massage practice eleven years ago and has included Manual Lymphatic Drainage as a primary part of her work since learning the techniques. “I really enjoy the work, and I find it very rewarding to see the results,” says Jane.

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.

You may take classes individually or enroll in both classes for the discounted price of \$476.50 (early enrollment; see Advanced-Trainings.com for more information).

Advanced Myofascial Techniques for Advanced Ankle Issues

Instructor: George Sullivan

March 13 (Friday), 1 pm–9 pm (8 CEU hours)

\$179 (\$159 if paid in full by February 5, 2015)

In the newest addition to Til Luchau's popular Advanced Myofascial Techniques series, you'll learn hands-on techniques that will significantly improve your ability to work with ankle injuries, strains, and sprains; pronation and supination patterns; movement restrictions; foot and lower leg pain; and more.

Advanced Myofascial Techniques for Arm, Wrist, & Shoulder

Instructor: George Sullivan

March 14 (Sat.), 9 am–5:30 pm; September 15 (Sun.), 9 am–4:30 pm (16 CEU hours)

\$339 (\$319 if paid in full by February 5, 2015)

Learn advanced myofascial techniques that dramatically improve your ability to work with wrist, rotator cuff, and shoulder issues, including carpal tunnel, repetitive stress injuries, and thoracic outlet syndrome.

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.

Note: The above two classes are offered in partnership with **Advanced-Trainings.com**. For online registration and more info, please visit their website at <https://www.regonline.com/MA0315AOR> or call Ashland Institute of Massage at **541.482.5134** to register by phone.

Ethical Boundaries in the Field of Massage: Beyond Basics

Instructors: Bryn McCamley, LMT & Kelly Vittoria, LMT

April 8 (Wednesday), 5 pm–9 pm (4 Ethics/Communication CE hours)

\$75 (\$60 if paid in full by March 24, 2015)

Take a deeper look at the realities of this intimate profession as we explore common boundary issues that arise in and out of the treatment room. Draw from real-life experiences, including your own. This interactive class offers the opportunity for small and large group discussions and role-playing. You will earn 4 Ethics/Communication CE hours, 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.

Registration Form

Please check your requested workshop(s) below.

Classes	DATES	FEE	EARLY*	DEPOSIT	CEUS
<input type="checkbox"/> Ortho-Bionomy® Lower Extremities	Jan. 31–Feb. 1	\$340	\$300	\$50	16
<input type="checkbox"/> Ortho-Bionomy® Upper Extremities	Mar. 7–8	\$340	\$300	\$50	16
<input type="checkbox"/> Ortho-Bionomy® Phase Five	May 16–17	\$340	\$300	\$50	16
<input type="checkbox"/> Sports Massage	Feb. 7–8	\$300	\$265	\$50	14
<input type="checkbox"/> Intrinsic Touch: Viscera	Feb. 13–15	\$355	\$315	\$50	17
<input type="checkbox"/> Presence & Pacing: BCST	Mar. 26–29	\$550	\$500	\$100	28
<input type="checkbox"/> Manual Lymphatic Drainage	Feb. 28–Mar. 1	\$220	\$195	\$50	10
<input type="checkbox"/> Ethical Boundaries: Beyond Basics	April 8	\$75	\$60	N/A	4

Advanced Myofascial Techniques Classes	DATES	FEE	EARLY*	CEUS
<input type="checkbox"/> Adv. Myofascial Tech: Adv Ankle Issues	Mar. 12	\$179	\$159	8
<input type="checkbox"/> Adv. Myofascial Tech: Arm, Wrist, Shoulder	Mar. 14–15	\$339	\$319	16

Register for Advanced Myofascial Techniques classes at <https://www.regonline.com/MA0315AOR> or call Ashland Institute of Massage at **541.482.5134**.

*See course descriptions for details on applicable discounts.

NAME _____

HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE (DAY) _____ (EVENING) _____

EMAIL _____ FAX _____

Course Fee(s) or Nonrefundable Deposit(s) \$ _____

Early Enrollment Discount (if paid in full 15 days before the course begins) \$ _____

Total Enclosed \$ _____

Check (Make payable to **Ashland Institute of Massage**. Returned check fee is \$25.)

    _____

EXP. DATE _____ SIGNATURE OF CARDHOLDER _____

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