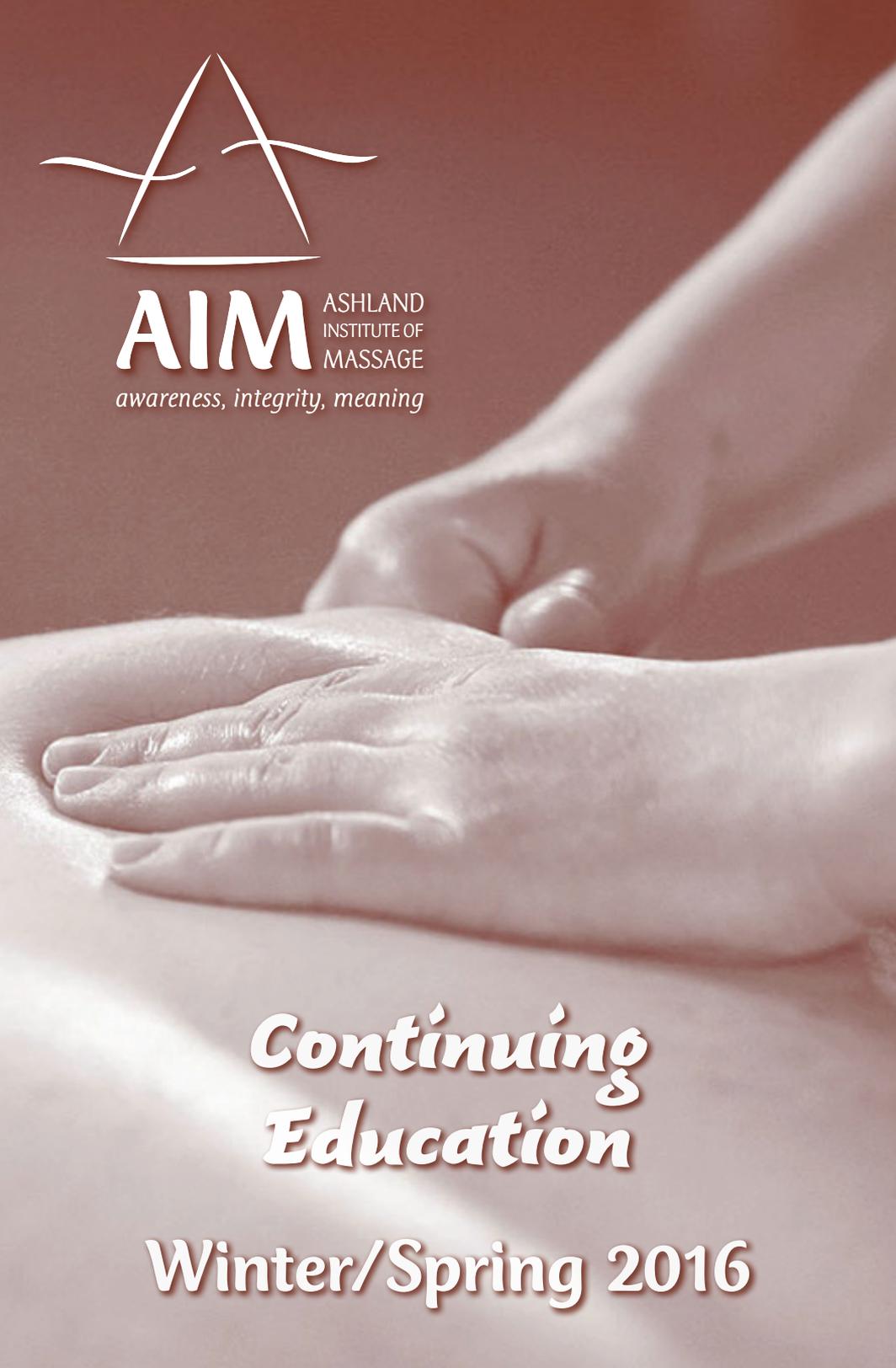


**AIM** ASHLAND  
INSTITUTE OF  
MASSAGE

*awareness, integrity, meaning*



***Continuing  
Education***

**Winter/Spring 2016**

## **Welcome to the Winter/Spring 2016 Continuing Education Offerings at AIM!**

### **Registration**

Online registration is available at the Ashland Institute of Massage (AIM) website at [aimashland.com/massage-therapy-continuing-education](http://aimashland.com/massage-therapy-continuing-education). If registering by mail, please use the form on page 7. For phone registration, call **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, email, or phone. Cancellations with fewer than three (3) days' notice will be charged half the seminar tuition. Those who make other cancellations forfeit their deposit.

### **Energetic Development for LMTs & Hands-on Healers**

*Instructor: Matthew Schulman*

*February 27 & 28 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)*

*\$275 (\$310 after February 12, 2016)*

Working as a hands-on healer requires deep understanding of anatomy/physiology as well as the body/mind/spirit energy systems. While the first is learnable through books, true knowledge of the energy systems is only attainable through the awakening, clearing, and organizing of one's own energy and awareness. The clearer and more open we are, the greater and lighter the energy that comes through us. We'll spend the weekend gaining an intrinsic knowledge of the highly organized energy systems while developing our own individual energetic sensitivities through meditation and specific exercises. Highly practice-oriented, this workshop bridges energetic skill-building with personal spiritual awakening (which are the same thing!).

*Matthew Schulman, LMT, has been practicing therapeutic bodywork and hands-on healing since graduating from AIM in 2007. He believes massage is one of the most powerful and important healing modalities available to humankind. Matthew's extensive studies of anatomy, energy systems, meditation, and martial arts give him a deep and personal understanding of the physical and energetic systems of the body. He loves to share his experience and ideas to help people learn and heal themselves.*

### **Intrinsic Touch for Limbs & Trunk**

*Instructor: Robyn-Michele Jones*

*March 4 (Friday), 6–9 pm; March 5 & 6 (Saturday & Sunday), 9:30 am–6 pm (17 CEU hours)*

*\$325 (\$365 after February 19, 2016)*

Intrinsic Touch is a biodynamic approach to fascial release, combining the listening skills of Biodynamic Craniosacral Therapy and indirect engagement with connective tissue. Practice dropping into a more fluid, holistic awareness to connect with and support the body's inherent healing processes (biodynamics). Access the web of fascia that shapes the trunk and limbs, learning techniques for working with the shoulders, rib cage, back, arms, wrists, hands, hips, legs, ankles, and feet.

**Robyn-Michele Jones, MA, MT, RCST**, has studied many Eastern and Western modalities since her certification in 1984. Drawn to the fluid interface between the energetic and physical, Robyn-Michele has been focusing on John Barnes–style myofascial release and craniosacral therapy since 1998. Passionate about working with connective tissue, she is always learning more about the healing benefits of tissue hydration and the gentle, natural release of stress and trauma. Robyn-Michele designed and has been teaching *Intrinsic Touch* since 2002 in addition to teaching *Biodynamic Craniosacral Therapy*.

## **Advanced Myofascial Techniques**

Ashland Institute of Massage offers the following two classes 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 their website at **Advanced-Trainings.com** for details.

**You may take classes individually or enroll in both classes for the discounted price of \$476.50 if you enroll before February 18, 2016. See [Advanced-Trainings.com](http://Advanced-Trainings.com) for more information on early enrollment. Audit the introductory lecture/slideshow for free at [Advanced-Trainings.com/intro.html](http://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](mailto:info@advanced-trainings.com), or call **877.499.8811**. For online registration and details, see their website at <https://www.regonline.com/MC0316AOR> or call AIM for phone registration: **541.482.5134**.

## **Advanced Myofascial Techniques for Rib Issues**

*Instructor: George Sullivan*

*March 11 (Friday), 1–9 pm (8 CEU hours)*

*\$159 (\$179 after February 18, 2016)*

Learn hands-on advanced myofascial techniques that dramatically improve your ability to work with the rib cage and related structures such as the spine, diaphragm, and mediastinum. Increase your effectiveness when working with rib pain and injuries; ligament and joint conditions; respiratory issues; surgery recovery; thoracic stability; postural issues; and movement limitations.

## **Advanced Myofascial Techniques for Scoliosis: Parts 1 & 2**

*Instructor: George Sullivan*

*March 12 (Saturday), 9 am–5:30 pm; March 13 (Sunday), 9 am–4:30 pm (16 CEU hours)*

*\$319 (\$339 after February 18, 2016)*

*Register for one or both days (see [Advanced-Trainings.com](http://Advanced-Trainings.com) for details on discounts)*

Learn advanced myofascial techniques that dramatically improve your ability to work safely and effectively with scoliosis, spinal pain, and spinal rotations. George refers to the Scoliosis course as the “culminating class” of the series, bringing together all the theoretical and practical aspects of the other courses in the Advanced Myofascial Techniques series.

**George Sullivan, LMP**, is a **Certified Advanced Rolfer®** in addition to being 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, subtlety, clarity, and an easygoing approach to his teaching. He lives and practices in Olympia, Washington.

### **Table Thai**

*Instructor: D'vorah Swarzman*

*April 16 & 17 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)*

*\$275 (\$310 after April 1, 2016)*

Learn how to integrate Thai massage stretches, compression, traction, joint mobilization, and acupressure into your table/oil massage. Emphasis is on body mechanics and honoring the spiritual roots of this ancient healing art. This form does not replace traditional Thai massage, which is performed on the floor.

**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. D'vorah is an instructor and founding member of the *Thai Healing Alliance International*. She integrates rhythm, improvisation, and mindfulness into her practice.

### **Body Armoring: What Does the Body Reveal?**

*Instructors: Bryn McCamley & Kelly Vittoria*

*May 9 (Monday), 1–5 pm (4 Ethics/Communication CEU hours)*

*\$65 (\$80 after April 25, 2016)*

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

**Bryn McCamley, LMT**, and **Kelly Vittoria, 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 possess fifteen years of combined teaching and twenty-four years of massage practice experience.

### **Ortho-Bionomy®**

Ortho-Bionomy® is based on the osteopathic principle that a properly balanced musculo-skeletal system leads to more efficient functioning of the entire body (blood, nerves, emotions, meridians). Ortho-Bionomy® techniques use gentle body positions and movements to stimulate rapid self-correcting reflexes within the muscles and nerves. It is highly specific and structure-oriented, yet easy to learn! Please see the Ashland Institute of Massage website at [aimashland.com/massage-therapy-continuing-education](http://aimashland.com/massage-therapy-continuing-education); [objimberns.com](http://objimberns.com); and [youtube.com/watch?v=LV6N0w6imKk](https://www.youtube.com/watch?v=LV6N0w6imKk) for more information about Ortho-Bionomy® certification programs and courses.

## **Ortho-Bionomy® Lower Extremities “Structure Governs Function”**

*Instructor: Jim Berns*

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

*\$310 (\$350 after January 29, 2016)*

Learn highly effective lower body release techniques, from the head of the femur to the bones of the feet.

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

*Instructor: Jim Berns*

*April 30 & May 1 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)*

*\$310 (\$350 after April 15, 2016)*

Use hands-on movement to release blockages and assist with integration at a deep level in the body.

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

*Instructor: Jim Berns*

*July 14 & 15 (Thursday & Friday), 9 am–6 pm (16 CEU hours)*

*\$310 (\$350 after June 30, 2016)*

Discover releases for the entire spine and pelvis that are fast, fun, easy, and painless.

## **Working with Somatic Trauma: An Ortho-Bionomy® Approach**

*Instructor: Jim Berns*

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

*\$310 (\$350 after July 1, 2016)*

Assist the body with unwinding by addressing the original position of somatic trauma in a safe, painless therapeutic environment. Prerequisite: One 16-hour Ortho-Bionomy® class.

## **Ortho-Bionomy® Subtle Energetic & Physical Releases (Phase Five)**

*Instructor: Jim Berns*

*August 18 & 19 (Thursday & Friday), 9 am–6 pm (16 CEU hours)*

*\$310 (\$350 after August 3, 2016)*

Increase energetic sensitivity in your hands and body while learning to feel and follow the client's inner movements to help them unwind their deeper patterns.

## **Ortho-Bionomy® Upper Extremities “Structure Governs Function”**

*Instructor: Jim Berns*

*August 20 & 21 (Saturday & Sunday), 9 am–6 pm (16 CEU hours)*

*\$310 (\$350 after August 5, 2016)*

Explore releases for the upper body, from the shoulder joint to the bones of the hand.

**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.

## **Sports Massage: Assessment & Treatment of Lower Body**

*Instructor: Jon “Shaggy” McLaughlin*

*June 18 & 19 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)*

*\$275 (\$310 after June 3, 2016)*

Delve into the world of the athlete and discover what we can do as therapists to properly support them. We will review relevant anatomy and kinesiology; discuss concepts and techniques of sports massage; learn a 30-minute leg flush routine; and practice hands-on assessment and treatment of common athletic injuries. Gain a stronger understanding of athletic injury treatment and 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**, has been practicing massage in Ashland since 2001. 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.

## **Myofascial Release Fundamentals**

*Instructor: Laureen Sutton*

*July 30 & 31 (Saturday & Sunday), 9 am–5 pm (14 CEU hours)*

*\$275 (\$310 after July 15, 2016)*

The bodywork world is being transformed by myofascial release (MFR). Releasing fascial restrictions allows for greater ease of movement, increased range of motion, and dramatic postural improvements. An ideal precursor to any other bodywork technique, the direct method of MFR uses slow strokes and specific body mechanics to effectively elongate fascia with little effort. Learn to use your own body in a new way while developing a “feel” for the fascia in this hands-on class.

**Laureen Sutton, LMT** is co-director of Ashland Institute of Massage. An alumna (2008), she teaches kinesiology; anatomy and physiology; and myofascial release. Laureen maintains a private practice specializing in therapeutic bodywork for seniors and others undergoing rehabilitation. She shares her passion for fascia in a relaxed, engaging, and clear manner, making learning both accessible and fun.

## **Intro to Insurance Billing for LMTs**

*Instructor: Christa Rodriguez*

*August 15 (Monday), 10 am–2 pm (4 CEU hours)*

*\$80 (\$90 after August 1, 2016)*

Do you receive calls from potential clients asking if you take insurance? Are healthcare providers contacting you with referrals in hand? Don't know where to start? AIM's insurance wiz will help you navigate the basics: types of insurances; HIPAA requirements; medical terminology; billing codes and forms; documenting SOAPs; and checking for coverage. Integrating insurance into your practice takes knowledge and patience, but the rewards are great. Help make massage available for those who otherwise would not be able to receive treatment. Bring a pencil and a sense of humor!

**Christa M. Rodriguez, BS, LMT**, is a 2006 AIM alumna 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.





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