

Some Points to Consider Before

Applying to a Massage School by Damian O. Matthews, LMT

(Adapted from futureLMT.com) (blue italics added)

1. Tuition: *How much will it cost me?*

The national average tuition is about \$15,000 but with individual schools ranging from \$6,000 to \$7,000 on the low end, to more than \$25,000 dollars on the high end, it may prove to be financially prudent to do a little shopping around. There are other costs to consider when thinking about attending massage school. Books, sheets, housing, etc. are in most cases an added expense. Remember, make sure to inquire when speaking to program administrators about any additional expenses required. *At Healing Mountain Massage School the program cost is \$10,600 which includes such things as books, a massage table package, a shiatsu/thai yoga massage mat, 4 sets of sheets, a duffle bag to carry sheets and books to and from school, and 2 clinic uniforms. And, for students who graduate on time, we will pay for your national exam, Utah State licensure fees, and 1 year of professional liability insurance.*

2. Speak to former students:

Did former students enjoy the school and feel prepared to work in the field?

Most schools can provide contact information of former students as references for the program. It's a great idea to get different opinions on each program through the people that actually experienced it firsthand. *At our last accreditation visit in SLC we received 100% student satisfaction with the school as well as it's administrators and faculty.*

3. Duration of the program: *How long will it take me to become a massage therapist?*

As with tuition, the length of each program varies. Some full-time programs are only five months long. Other schools may take up to 18 months, in a part-time setting.

In order to sit for the National Certification Examination, you need a minimum of 500 hours of formal training. However, each state has its own laws and guidelines, so be aware of the region you want to work in and find a massage school that meets that state's licensure requirements. (Visit www.massagemag.com and click on "Laws and Legislation" for your state's current licensing requirements.) *Healing Mountain Massage School offers a full time morning program that is 7 months and part time evening & weekend programs that are 10 months in duration. Our program consists of 750 hours and qualifies you to sit for the national exam and apply for Utah State licensure. It also satisfies other state massage education requirements depending on where you move.*

4. Modalities: *What techniques does the school teach?*

To get the most out of your massage-school experience, you should review the curriculum of each program closely and make sure the techniques being offered are in line with your career goals. Each school sets its own syllabus according to its beliefs and values. So check in to the philosophy of the program. Who are my teachers? What books will I use? Answers to these types of questions will help determine if the school is a good

match for you. *Our school's philosophy is "the Way of the Compassionate Spirit." And as such we treat our students with dignity and respect and value each person's life experiences they bring into the program. Our faculty are seasoned professionals who sometimes use books available in the market, but most have written their own books and manuals specifically for the classes they teach. These instructors are listed in our school catalog as well as our courses of which ½ are unique to our school and highly sought after in the marketplace today.*

5. Licensure exams: *Are the tests hard?*

These exams are designed to evaluate the competency of entry-level massage therapists and many states use them as requirements for licensure. If your school did it right, the test should be passable. Remember, it is the job of the school to prepare you for licensure.

Healing Mountain Massage School teaches students to pass the national exam. During the past year, both SLC & Cedar campus graduates had a 100% pass rate on the NCE.

6. Anatomy and physiology: *Will I be able to learn the anatomy and physiology?*

If the information is presented in a fun and exciting way, anyone can learn anything.

What could be more exciting than learning about this home I call my body! Remember, the anatomy and physiology is the easy part! *We use an anatomy textbook written by a doctor who is also a massage therapist. She conveys a wonderful insight into how issues encountered by LMTs can be answered and addressed with a knowledge of A+P.*

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