

Continuing Education for
Professional Development
Is available at
Health Enrichment Center.

**HEALTH ENRICHMENT CENTER,
SCHOOL OF THERAPEUTIC MASSAGE**

Quality- streamlined Massage Therapy

Education is all we do!

Entry Level Classes Start in April and September

Flexible Financing Options

ADMINISTRATIVE OFFICE

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Lapeer, MI 48446

www.healthenrichment.com

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"Like" us on Facebook

<https://www.facebook.com/HealthEnrichmentCenter>

Health Enrichment Center, Inc.

Publication Date

July 2017

Do you want the best Massage Therapy Education Possible?

- ◆ Do you want exclusive, streamlined, cost and time efficient training?
- ◆ Do you want to learn from one of the international experts in the field with over 30 years experience?

Sandy Fritz, Owner of HEC, Inc. is an internationally respected therapeutic massage educator, practitioner and author of the leading line of massage therapy textbooks. The curriculum content is based on these textbooks, [Fundamentals of Therapeutic Massage 6th ed.](#) and [Essential Sciences for Therapeutic Massage 5th ed.](#), authored by Sandy Fritz published by Mosby's, an affiliate of Elsevier. Sandy is also the Head Instructor at HEC, Inc. and students will have a chance to thoroughly experience her wisdom and techniques throughout the Massage Therapy Program. Sandy was named one of the "Stars of the Century" by Massage Magazine for her contribution to the evolution of therapeutic massage and was inducted in the Massage Hall of Fame in 2008. To learn more about Sandy visit her website

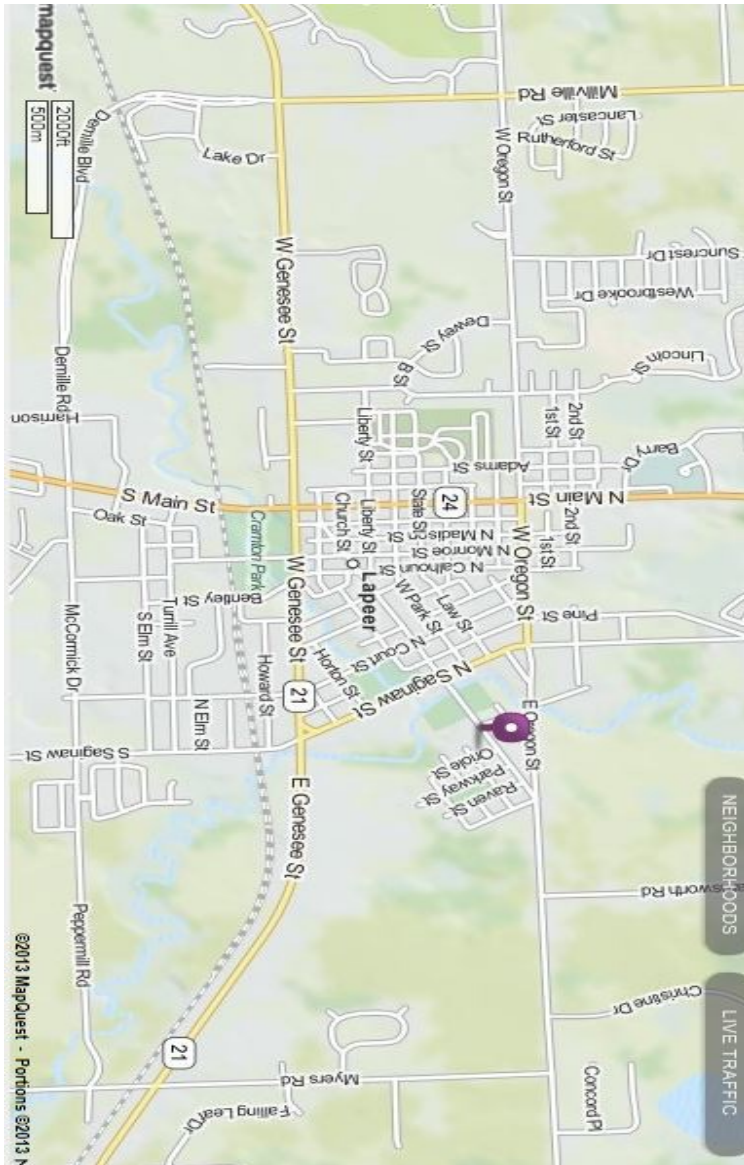
www.sandyfritz.info

HEC, Inc. is an institution dedicated to the concentrated and cost effective instruction of massage therapy. HEC, Inc. offers only 2 class starts per year in Spring and Fall with schedules providing the student with alternatives for fitting the training into their busy lives.



- ⇒ All HEC, Inc. instructors are trained at HEC, Inc., in a rigorous process. Adjunct faculty are degreed and licensed professionals that are supportive and knowledgeable of therapeutic massage. All instructors actively work in their own field.
- ⇒ Sandy Fritz offers CE workshops and is approved by NCBTMB as a Continuing Education Provider. HEC also offers ADVANCED PROFESSIONAL MASSAGE TRAINING. This class will meet NCBTMB's educational criteria for Board Certification. This credential will require passing of the Board Certification exam, 750 hours of education (125 clock hours beyond the 625 clock hours entry level training), 250 hours of hands on work experience and passing of a background check. Additional qualifications for this credential will be determined based on feedback from the profession.
- ⇒ We do our best to accommodate students with special needs. Sandy Fritz is dyslexic and understands the frustration often encountered in the traditional education environment. The student must be able to speak and write English adequately.

MAP TO HEALTH ENRICHMENT CENTER
204 EAST NEPESSING ST.
LAPEER, MI 48446



**ADMINISTRATION OFFICE &
CLASSROOM FACILITIES**

The Administration Office services all students. Office hours are Monday—Thursday from 10:00 am till 2:00 pm. The office is closed Friday - Sunday. We are happy to schedule appointments for those unable to visit during regular business hours.

The Administration Office and Classrooms are located at 204 E. Nepeassing St., Lapeer, Michigan, approximately 20 minutes east of Flint via I-69; or 90 minutes north of Detroit via I-75 and US 24; or 60 minutes west of Port Huron via I-69. The classroom facility is equipped with audio/visual equipment, computers with internet access and projector, massage tables, and ample seating space.



Have questions? Give us a call at
810-667-9453

Or

Email us at healthenrichment@sbcglobal.net

ADMISSION REQUIREMENTS

HEC, Inc. is an equal opportunity school. All applicants will be considered for enrollment regardless of age, gender, race, national origin, handicap, sexual preference or religion.

Each applicant must meet the following requirements for enrollment:

- Be eighteen years of age or older by December 1st of that enrollment year
- Be a high school graduate or equivalent (GED is acceptable)
- Be physically capable of performing massage therapy
- Be conversant in both oral and written English.

SCHOOL PAYMENT PLANS –See Page 9 for more info

Payment plans are available, and are interest free and flexible. Tuition for the Entry Level Therapeutic Massage program is \$7000 and includes textbooks. All payment plans have a \$60.00 handling fee. A \$25.00 application fee must accompany each application form. Once the application form and fee are received, a contract packet will be mailed. This includes current school catalog, enrollment contracts, forms, instructional letters and a textbook list.

Most Schools offering federal financial aid MUST teach many more contact hours than required by the state and their tuition cost is higher as a result. The state of Michigan only requires 625 clock hours. Because Health Enrichment Center does not participate in federal financial aid, we are able to offer a concentrated program that meets and exceeds State of Michigan educational requirements at an affordable tuition.

EDUCATIONAL LOANS

Health Enrichment Center participates with Michigan Works & Michigan Rehab. HEC is approved by MRRC. HEC also participates with a local bank.

- ◆ MRRC- Michigan Rural Rehabilitation Corp.– www.mrrccollege loans.com
- ◆ Michigan Works- www.michiganworks.org
- ◆ Michigan Rehab- see local phone book

HEC, Inc. does not participate in any federal financial aid programs including the Federal Family Education Loan Program (FFELP). Student applicants are responsible for obtaining their own financial funding. It is the function of HEC, Inc. to complete the educational part of financial paperwork and respond to individual financial institutions when applicable. It is the student's responsibility to provide necessary paperwork and to pay any unpaid balance due.

AFFILIATIONS

- Associated Bodywork & Massage Professionals (ABMP) is an international, professional organization established to assist massage/bodywork practitioners in their profession. HEC, Inc. graduates qualify for ABMP membership. Contact ABMP at 303-674-8478 or 800-458-ABMP or write to 1271 Sugarbush Dr. Evergreen Co, 80439-9766. You can visit their website at www.abmp.com
 - The Therapeutic Massage Program has a professional association with the AMTA, 847-864-0123 or www.amtamassage.org
 - National Certification Examination Board of Therapeutic Massage and Bodywork (NCBTMB) 800-296-0664 or www.NCBTMB.com
- ⇒ Michigan Rural Rehabilitation Corp.
www.mrrccollege loans.com

Licensing and Regulating of Massage Therapist

Michigan is now a licensed state. The new law was signed in January 2009 and goes into effect November 29, 2014. To see the law in its entirety go to:

www.michigan.gov/lara

THERAPEUTIC MASSAGE ENTRY LEVEL PROGRAM

The **Therapeutic Massage Entry Level Program** is designed to prepare the graduate for a successful massage therapy career targeting the general population. Job opportunities are found in massage franchise clinics, health spas, athletic clubs, full-service cosmetology businesses, cruise ships, corporate stress reduction programs, private practice for stress reduction massage and general stress reduction massage under close supervision of medical personnel such as physicians, chiropractors, and physical therapists. No transfer hours from other schools are accepted. Completion time is approximately 12 months.

The program is designed to include the entry level core content as determined by the MESSAGE THERAPY BODY OF KNOWLEDGE. (mtbok.org) and the ENTRY LEVEL ANALYSIS PROJECT (elapmassage.org)

The program includes the:

- Knowledge of massage theory and essential sciences to use clinical reasoning in the performance of outcome based massage adapted to the individual client
- Skills to perform massage in a safe, effective and efficient manner insuring client satisfaction and career longevity
- Attitudes to function in a compassionate, ethical and professional manner as a massage professional.

The **Therapeutic Massage Entry Level Program** curriculum is designed for the adult learner in a cohort, integrated, linear style. This means that a group of students begin and finish the program together (cohort/linear), and that each of the courses in the curriculum include elements of ethical and professional behavior, massage theory and application supported by the essential anatomy, physiology, and pathology (integrated). Curriculum design of this type assures that the learning process targets real world COMPETENCIES required of a massage therapist as follow on the next page:

- ◆ Plan and organize an effective outcome based Therapeutic Massage session
- ◆ Perform massage for the therapeutic benefit of the client
- ◆ Develop and implement sound body mechanics during massage application
- ◆ Perform massage in an ergonomically supportive environment
- ◆ Implement self-care strategies to support career longevity
- ◆ Develop successful and ethical therapeutic relationships with clients, peers and others in the health professions
- ◆ Develop strategies for a successful practice in both a self-employed or employee career pathway
- ◆ Identify strategies for lifelong learning and ongoing professional development***

***Modeled after the Commission on Massage Training and Accreditation competency document.

CURRICULUM

The **Therapeutic Massage Entry Level Program** curriculum consists of a combination of courses, including lecture and supervised practice, which prepares an individual for entry into the massage therapy occupation as part of the wider field of the health professions. The **Therapeutic Massage Entry Level Program** curriculum consists of four courses:

PRIMARY COURSE –130 CLOCK HOURS

The primary course sequentially moves through the Fundamentals of Therapeutic Massage textbook and online support content to establish a foundation of wellness based massage skills and ability to perform the general protocol in multiple positions, situations and adapt to individual clients. Massage adaptation for various populations include

- ◆ Size and Mobility limitations
- ◆ Pregnancy
- ◆ Pediatrics
- ◆ Geriatrics
- ◆ Chronic illness/ pain
- ◆ Athletes, first responders, police, fire and military
- ◆ Health care workers

HOW TO CHOOSE A QUALITY MASSAGE EDUCATION

Always go to the school for a visit.

Ask to observe a class.

The owner, program director or head instructor should be available to speak with you in person or on the phone.

Never enroll on the spot - wait at least 24 hours.

Comparison shop - but compare apples with apples. Compare curriculum closely.

Ask to see enrollment numbers, graduation numbers and placement statistics for the three most current years. If the graduation numbers are less than 70% of the enrollment—be careful—why are so many students dropping? This should be a huge red flag .

Placement rates are also a good indication of a quality school but they can be misleading. Some schools have deals for short-term placement after graduation but the graduate only works a few weeks. This still counts as a placement so be careful.

Pass rates for licensing or certification exams should be at 80% or above.

Be an informed consumer about access to financial aid. Often the amount of aid available does not cover the full cost of education and it is possible to owe the school almost as much, or even more than the tuition here at Health Enrichment Center.

See sandyfritz.info and healthenrichment.com for more specific information

IMPORTANT FACTS YOU NEED TO KNOW!

- ✓ HEC, Inc.'s Therapeutic Massage Program meets the criteria for eligibility for Michigan state licensing.
- ✓ HEC, Inc. has been instructing Massage Therapy students since 1985.
- ✓ HEC, Inc. refund policy states that all refunds are prorated following termination or withdrawal based on the last day of attendance and scheduled as follows:

completed up to 25%	75% reimbursed
26-50% completed	50% reimbursed
over 50% completed	0% reimbursed

⇒ Some schools are reporting \$40- \$50 per hour for massage earnings. Those wages are inaccurate. An accurate range is \$9-20 an hour for massage therapy as provided by the Bureau of Labor and Statistics.

Use data from both sites to collect an accurate profile of each school- also search U.S. Dept. of Labor for accurate wages <http://www.bls.gov/oco/ocos295.htm>

Health Enrichment Center strongly suggests that perspective students compare school Completion Rate vs. Enrollment, Tuition Fees and Placement Rates. The State of Michigan now mandates that only actual supervised class hours can appear on the transcript. Homework and other unsupervised out of class assignments may not be included in the program hours. Some schools continue to include homework and unsupervised course work as program hours.

State Of Michigan Websites Licensing and Regulating of Massage Therapists

Michigan is a licensed state:

Helpful links:

State Licensure Information:

http://www.michigan.gov/lara/0,4601,7-154-72600_72603_27529_53660---.html

MBLEx Information:

<https://www.fsmtb.org/mblex/#MEPolicy>

MODULE COURSE—250 CLOCK HOURS

This course consists of (10) 24 clock hour modules that build on each other to develop the competencies necessary for a successful massage practice. Combining content from the two program textbooks; Mosby's Fundamentals of Therapeutic Massage and Mosby's Essential Sciences for Therapeutic Massage; each of the modules targets the following:

- Module 1- Fundamentals
- Module 2- Theory and Science of Massage– Outcome Based Approach
- Module 3- Kinesiology: Bones, Joints and Muscles
- Module 4- Assessment and Treatment Plan Development
- Module 5- Massage by Area and Associated Anatomical Structures
- Module 6- Adjunct Methods
- Module 7- Massage targeting body systems
- Module 8- Ethics, Professionalism, Development of Business Plan and Reviewing Fundamentals
- Module 9 – Career Pathways
- Module 10- Professional Application

INTEGRATION AND APPLICATION COURSE - 170 CLOCK HOURS

During this course the student will learn how to work with the general population and the main outcome goals for massage in a wellness setting.

Student clinics and job shadowing are aspects of this course.

The outcomes include:

- Relaxation/Stress management
- Pain management
- Mood management
- Mobility management

ANATOMY, PHYSIOLOGY AND PATHOLOGY ONLINE COURSE – 75 CLOCK HOURS

This course is presented in a hybrid format with information from the textbook and online course sequentially taught online and information also presented in the Primary course, Module course and the Integration and Application course. The course intent is to prepare the student with the necessary science based content and professional skills to be able to use critical thinking and clinical reasoning skills during the application of massage therapy.

*In addition, orientation and exit classes, combined with unique learning based assessment including written, oral and practical assessments are provided to assure that the student is competent in knowledge, skills and attitudes necessary to become licensed in the State of Michigan as a massage therapist and develop a successful massage therapy career.

SCHOOL PAYMENT PLAN OPTION

THERAPEUTIC MASSAGE PROGRAM

PROGRAM LENGTH: 625 HOURS
COMPLETION AWARD: DIPLOMA

COURSE	CLOCK HOURS
Primary Course	130
Module Course	250
Integration and Application Course	170
Anatomy, Physiology and Pathology Online Course	75

- All courses include practical and written assessment

PROGRAM SCHEDULE/SYLLABUS

Students are provided with a syllabus and calendar on the 1st day of class.

There are two class starts per year, Fall and Spring, Each is a 12 month long program with one 8-Hr. class each week. Additional week-end days will be scheduled toward the end of program for clinics.

*Check the website or contact the administrative offices for specific start dates.

Therapeutic Massage Program – 12 Month

Flexible, Interest Free -Payment Plan Option

Tuition	\$7000 (Includes Books)
Due at Enrollment	\$1000 (minimum)
Balance of Tuition	\$6000 (varies based on deposit)
Twelve (12) Payments of \$500	

*Balance after minimum deposit of \$1000.00 will be divided equally into 12 payments. Deposit is due prior to start of class, first payment begins the first month of class.

Each payment must be in the Administration Office by the first of each month. Based on individual need alternative payment plans may be arranged. Graduates should plan for additional costs to include licensing and exam fees.

THERAPEUTIC MASSAGE PROGRAM BOOK LIST (TEXTBOOK INCLUDED IN TUITION AND PROVIDED AT ORIENTATION)

1. Mosby's Fundamentals of Therapeutic Massage, Sixth Edition
Author - Sandy Fritz
2. Mosby's Essential Sciences for Therapeutic Massage, Fifth Edition
and online course Author - Sandy Fritz
3. Mosby's Massage Therapy Review - Author - Sandy Fritz