

Continuing Education



Continuing Education Course and Class Descriptions

Note: Prerequisites for certain courses may be required. See course descriptions below for details. CEU's as approved by College of Massage Therapists of Ontario

Care Needs of the Aged and the Role of Massage Therapy

40 hours

The unique treatment needs of this client population are addressed through the study of demographic trends and characterizations. Specific strategies for massage therapy assessment, treatment and homecare are addressed.

RMT or other regulated health care profession required as Pre-Requisite
20 Category A CEU's

\$500.00 including Tax

Clinical Decision Making

40 hours

The focus of the course is on the role of critical thinking and inquiry in clinical decision-making. It lays a foundation for research literacy - reading, assessing and applying research findings, and promotes clinicians as life-long learners. Students hone skills in developing and implementing a systemic approach to forming valid clinical impressions based on key parameters and comparing clinical data.

RMT or other regulated health care profession required as Pre-Requisite
20 Category A CEU's

\$500.00 including Tax

Hot & Cold Stone Therapy

20 hours

This course provides a cumulative approach in the use of hot/cold stones within the context of relaxation therapy. Principles used in the application of hot/cold stones are presented, as well as effects, contraindications and specific Stone Therapy techniques to achieve healing aims

No Pre-Requisites Required
10 Category A CEU's

\$300.00 including Tax

Human Relations, Ethics & Jurisprudence

30 hours

This course emphasizes the application of ethics, communication and legislation to the professional practice of massage therapy. Reflective practice is used as a key tool for health care professionals.

RMT or other regulated health care profession required as Pre-Requisite
15 Category A CEU's

\$400.00 including Tax

Introduction to Acupressure

20 hours

This course is an introduction to basic Acupressure as part of the holistic tradition of Chinese medicine. Students learn principle and practice of Acupressure to relieve pain, reduce stress and improve overall health. Students learn acupoints along primary energy channels and their correlation to body organ-systems and apply hand pressure to acupoints of the body.

No Pre-Requisites Required
10 Category A CEU's

\$300.00 including Tax

Introduction to Aromatherapy

20 hours

This course introduces Aromatherapy as the art and science of applying naturally extracted aromatic plant essences for therapeutic and esthetic purposes. It focuses on exploration of the physiological, psychological and spiritual aspects of aromatic essences and the balancing effects they have on the mind-body-spirit from a holistic perspective. Aromatic essences are used to promote innate self-healing, the reduction of negative effects of stress, the promotion of health and unique applications for treatment of specific acute and chronic illnesses.

No Pre-Requisites Required
10 Category B CEU's

\$300.00 including Tax

Introduction to Hydrotherapy

20 hours

The course provides a working knowledge of hydrotherapy modalities used in Spas. Presentation includes descriptions, contraindications and procedures for application of hydrotherapy modalities.

No Pre-Requisites Required
10 Category A CEU's

\$300.00 including Tax

ALSO AVAILABLE AT ICT SCHOOLS

All courses within the Massage Therapy Diploma Program are offered as continuing education courses to anyone interested. For more information about the Massage Therapy Diploma Program or the Continuing Education Courses, please contact the Admissions Office at **416-762-4857 x 235** or **kcadmissions@ictschools.com**

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Introduction to Reflexology

20 hours

This course provides the in-class training required for providing Reflexology treatments and focuses on principles of Reflexology, the map of the body on the foot, and stimulation of various points to achieve treatment aims.

No Pre-Requisites Required
10 Category A CEU's

\$300.00 including Tax

Introduction to Reiki

20 hours

The course provides an historical context and orientation to current Reiki healing practices, and Level I attunement. It teaches principles and practice of Reiki as a spiritual healing energy technique for self-healing and the healing of others.

No Pre-Requisites Required
10 Category B CEU's

\$300.00 including Tax

Thai Massage

20 hours

This course introduces Thai massage as an interactive manipulation of the body using passive stretching and pressure along the energy systems of the body. The effect is relaxing and energizing and promotes overall wellness and balances the body.

No Pre-Requisites Required
10 Category A CEU's

\$300.00 including Tax

Introduction to Yoga

20 hours

This course introduces students to basic Yoga practices and provides tools to develop relaxation routines for clients.

No Pre-Requisites Required
10 Category B CEU's

\$300.00 including Tax

Myofascial Approach to Postural Dysfunction

40 hours

The modality introduces students to myofascial techniques focusing on selective and appropriate use of techniques, and their integration into a massage treatment.

RMT or other regulated health care profession required as Pre-Requisite
20 Category A CEU's

\$500.00 including Tax

Pregnancy Massage

40 hours

The course module introduces students to the intricacies of maternal changes and fetal development, which serve as a context for understanding the necessary modifications to treatment when treating pregnant clients at the different stages of pregnancy.

RMT or other regulated health care profession required as Pre-Requisite
10 Category A CEU's

\$500.00 including Tax

Sports Massage

20 hours

The modality introduces student to various aspects of sports massage including, supportive taping, athletic pre-event and post-event massage, massage in body building and emergency sports injury assessment. The modality focuses on acquiring practical skills, which can be applied in the field.

RMT or other regulated health care profession required as Pre-Requisite
10 Category A CEU's

\$300.00 including Tax

Suikodo[®]

20 hours

The modality introduces students to the fundamentals of Suikodo philosophy, theory, assessment and treatment techniques developed by Shiatsu Master Mitsuki Kikkawa.

No Pre-Requisites Required
10 Category A CEU's

\$300.00 including Tax

Suikodo[®] 300

40 hours

This course builds upon the Introduction to Suikodo and introduces the advanced philosophy, theory, and treatment techniques developed by Shiatsu Master Mitsuki Kikkawa.

First level Suikodo Required Pre-Requisite
10 Category A CEU's

\$850.00 including Tax

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