

consider the compassionate career



cortiva institute

Brenneke School of Massage

SEATTLE

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.

HOWARD THURMAN



aspire

Skilled. Compassionate. Purposeful.

Cortiva graduates belong to a profession that matters. And they know it. As experienced massage therapists, they have seen the positive results of their work firsthand. They know that the vital combination of skilled technique, scientific understanding, intuition, and compassion makes a healing difference. They know that research increasingly documents the significant health benefits of therapeutic massage. And they know that their career options are growing as people discover how much a skilled practitioner can enhance their health and well-being. Our graduates belong to a profession that touches lives.

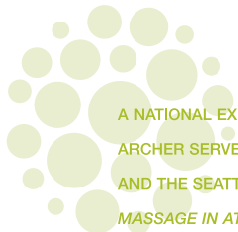
With passion and integrity, Cortiva graduates bring their deepest values into their work every day. *Challenging work?* Absolutely. *Boring work?* Never. Our graduates view working with world-class athletes or preterm infants as anything but tiresome. They don't consider helping an elderly woman improve her range of motion as just one more item on a to-do list. They don't see relieving pain, stress, or headaches as monotonous. And they certainly don't perceive health clubs or cruise ships as cubicles.

Flexibility and creativity go hand in hand for our graduates whether they work full or part time. Whatever target population they choose (busy professionals, pregnant women, elders, athletes), whatever setting they pick (hospitals, private practice, spas, clinics, sports teams), and whatever focus

they develop (relaxation, pain management, athletic performance, rehabilitation, holistic health), our graduates use their unique vision, skills, and heart in their work daily.

Insomnia... low back pain... high blood pressure... computer hunch... there is plenty of work to do. The U.S. Department of Labor 2006 Occupational Outlook predicts that employment for massage therapists will increase 18-26% through 2014.

Therapeutic massage has become a vital part of any comprehensive approach to health and well-being. The American Massage Therapy Association reports, "Between August 2004 and July 2005, approximately 47 million American adults received a massage – 2 million more than the previous year." As highly trained, skilled professionals, Cortiva graduates are in demand.



A NATIONAL EXPERT ON SPORTS MASSAGE, SENIOR FACULTY MEMBER PAT ARCHER SERVED AS THE MASSAGE THERAPIST FOR THE SEATTLE SUPERSONICS AND THE SEATTLE STORM. HER HIGHLY ANTICIPATED BOOK, *THERAPEUTIC MASSAGE IN ATHLETICS*, WILL BE PUBLISHED DURING THE SUMMER 2006.

cortiva

A Powerful Connection.

A Cortiva education connects you to your own potential. With over 200 years of collective experience in successfully educating massage therapists, the Cortiva Institute family of schools knows what it takes to provide you with an education that works. One with uncompromising standards. One that values theoretical understanding, practical application, and effectiveness. One that prepares you to enter the massage therapy profession with confidence. One that honors the healing power of touch.

Created by a group of business leaders committed to making a difference and inspired by the work of gifted massage educators, our nationwide community embodies a rich tradition of innovation, quality, and accomplishment. United by the core values of integrity, quality, holism, and compassion, our schools share ideas, perspectives, and proven strategies to offer you a powerful educational experience.

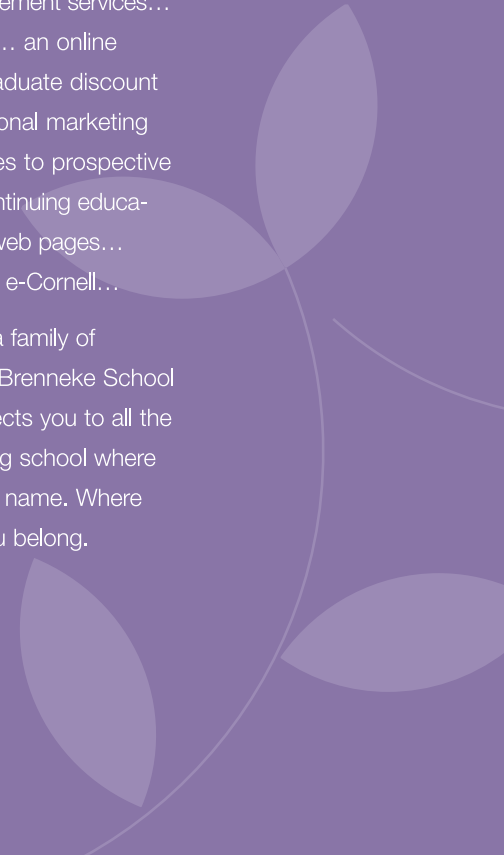
Through a dynamic curriculum – grounded in science and best practices – you'll develop a solid foundation in therapeutic technique skills. Skills that will make a real difference in your clients' health and wellness. Business, communication, and clinical experience will prepare you to succeed in an ever-changing world.

At Cortiva, we build a supportive educational environment through cooperation, not competition. Actively engaged in the field, Cortiva faculty are chosen for their expertise, their passion for teaching, and their dedication to the healing arts. You'll work closely with teachers who will both challenge and encourage you. Learning together in the highly experiential program, your fellow students will become your trusted professional colleagues after graduation. At every step, resources and services designed for adult learners offer personalized support.

And Cortiva's commitment to your success doesn't end at graduation.

Customized career and placement services... a national online job portal... an online professional journal... a graduate discount at ShopCortiva.com... national marketing promoting Cortiva graduates to prospective clients and employers... continuing education resources... individual web pages... an ongoing partnership with e-Cornell...

As a member of the Cortiva family of schools, Cortiva Institute – Brenneke School of Massage Therapy connects you to all the Cortiva resources in a caring school where we know you, not just your name. Where you're welcome. Where you belong.





Becoming a massage therapist requires a deep understanding of what it means to be in touch - with yourself as well as with your clients. Honoring a long tradition of touch as a healing art, effective massage therapists use their compassionate intuition to direct skilled technique. Our graduates are known for working *with* people, not *on* them. With highly skilled hands, they are emotionally present and creative in their approach to each individual. The hallmarks of a Cortiva Institute - Brenneke School of Massage Therapy education are integrity, innovation, and understanding based on experience.





How wonderful it is that nobody need wait a single moment before starting to improve the world. ANNE FRANK

learn

Comprehensive. Experiential. Inspiring.

Cortiva Institute – Brenneke School of Massage Therapy's two programs of study – the *Professional Licensing Program (PLP)* and the *Expanded Professional Licensing Program (EPLP)* – empower you to launch your career with in-depth training and well-developed skills. Inspired by the belief that skilled touch offers a profound healing tool for integrating body, mind, and spirit, each program educates students for success in the field of massage. Our graduates are known as highly skilled, client-centered, nurturing, effective, and creative practitioners. At our school, you too can learn to become a massage therapist who makes a difference in the lives of the people you touch.

Our approach to bodywork is holistic, meaning that we work with the whole person rather than with symptoms. Building on an in-depth knowledge of fundamental massage techniques, both of our programs give you a solid foundation in bodywork. You'll explore how specific techniques influence the body's systems (*Anatomy; Physiology*) and which diseases and injuries best respond to therapeutic massage (*Pathology*). In *Kinesiology*, you'll study how muscles affect movement, health, and well-being. Through our comprehensive curriculum, based on fundamental therapeutic massage principles and scientific understanding, you'll integrate advanced techniques that address a range of client goals and conditions. Hands-on application in the Student Clinic refines all your skills in a supervised, practical setting.

Our programs also cultivate creativity. Diverse electives in both programs offer ample choice so you can discover the extraordinary range of bodywork modalities. From *Animal Massage* to *Foot Reflexology* to *Dance of Hawaiian Massage*, you can pursue your own interests and develop your own individualized approach to therapeutic massage and wellness. In *Professional Development and Business Skills*, you'll also explore the ethical, emotional, and financial considerations involved in the practice of massage therapy.

And for those who want even more extensive training, the *EPLP* offers additional instructional hours plus supervised *Field Experience* in a variety of health and wellness settings. You'll study *Deep Swedish Massage*, *Introduction to Pregnancy Massage*, and *Lymphatic Massage*, as well as the dynamics of the client-practitioner relationship.

DIRECTOR OF EDUCATION DAWN M. SCHMIDT, CO-AUTHOR OF *THE TAXONOMY OF THERAPEUTIC MASSAGE AND BODYWORK* FOR THE MASSAGE THERAPY RESEARCH CONSORTIUM, CURRENTLY SERVES AS ONE OF TEN ELECTED COMMISSIONERS OF THE COMMISSION ON MASSAGE THERAPY ACCREDITATION (COMTA).

Creative Opportunities

At Cortiva Institute – Brenneke School of Massage Therapy, you can be fully creative. Our selection of electives and diversity of *EPLP* community partnerships provide many opportunities for you to learn about different forms of bodywork and practice settings. Through classroom and practice experiences, you can discover your own focus and treatment niche. This process of invention will build confidence and ground you as you develop your own flexible, effective, and satisfying approach to the practice of massage therapy.

Faculty

Experienced... diverse... passionate about teaching... Our dedicated faculty will guide you from their deep understanding and developed expertise. After all, they're practitioners in their fields... massage therapists... athletic trainers... or professionals with advanced degrees. Our faculty bring respect for diverse learning styles and nurturing, creative teaching to the classroom. With an emphasis on individuality and personal attention, they will challenge, support, and teach you with heart. Check out our faculty bio's on our website.

Quality Collaboration

Committed to high standards in every aspect of your training, we have developed an innovative approach to massage therapy education. Continually incorporating new ideas into our teaching and practice, we adopted the TIPP™ Learning System, an in-depth, online learning assessment tool that helps students develop more effective learning strategies. Our dynamic, supportive teaching style also focuses on integrating the art and science of massage in a non-competitive environment. While holding high expectations, we enjoy communication and cooperation among students and faculty.

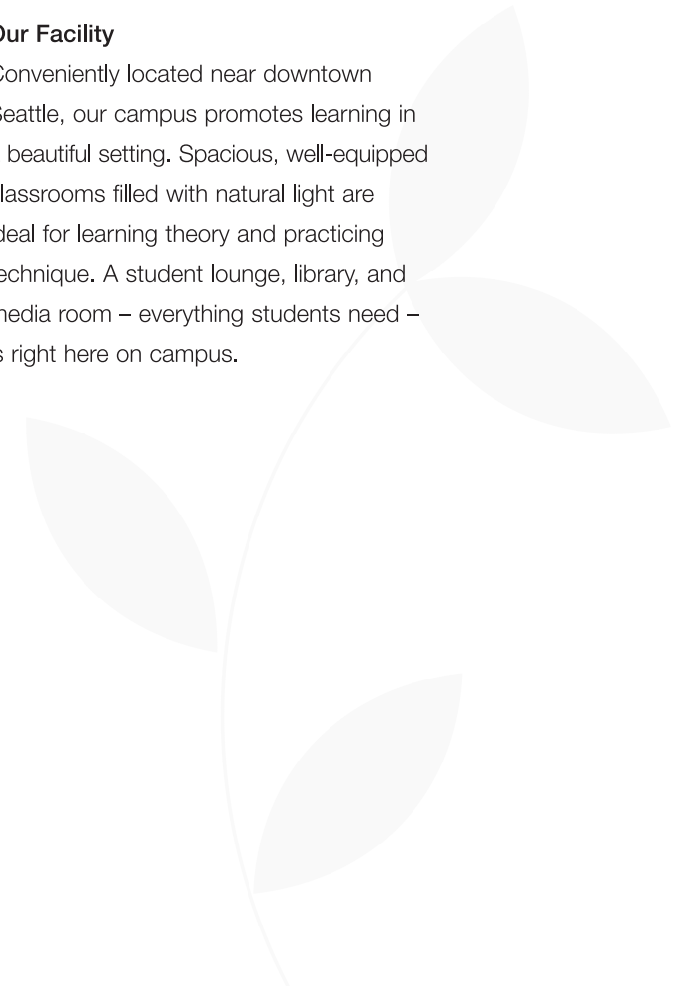
Support Resources

As a student-centered school, we provide support throughout your educational experience and beyond. While here, you will have access to multi-media learning aids, tutoring, a library, a learning strategies system, and counseling services. And our commitment to students does not end with graduation. In addition to the national resources of the Cortiva family of schools, Cortiva Institute – Brenneke School of Massage Therapy helps our graduates locally with job placement assistance.

We also provide continuing education workshops to help graduates stay current with new developments in the profession. You are never alone while working toward your goals!

Our Facility

Conveniently located near downtown Seattle, our campus promotes learning in a beautiful setting. Spacious, well-equipped classrooms filled with natural light are ideal for learning theory and practicing technique. A student lounge, library, and media room – everything students need – is right here on campus.



COURSE	PLP HOURS	EPLP HOURS
BEGINNING AND INTERMEDIATE MASSAGE	125	188
ADVANCED TREATMENT AND MYOFASCIAL MASSAGE	83	139
TWO ON ONE LABS	2	2
ON SITE/SEATED MASSAGE	7	7
EVENT SPORTS MASSAGE	14	20
HYDROTHERAPY	14	14
INTRODUCTION TO EASTERN MASSAGE	7	7
ELECTIVES	56	56
STUDENT CLINIC	32	24
TREATMENT CLINIC	16	14
FIELD EXPERIENCE	0	63
DEEP SWEDISH MASSAGE	0	6
INTRODUCTION TO PREGNANCY MASSAGE	0	7
LYMPHATIC MASSAGE	0	21
ANATOMY AND PHYSIOLOGY	102	102
KINESIOLOGY	64	76
PATHOLOGY	55	68.5
TREATMENT CLINIC	0	14
PROFESSIONAL DEVELOPMENT & BUSINESS SKILLS	47	95
WAYS OF LEARNING LABS	4	8
PROJECT	10	30
PERSONAL AND PROFESSIONAL ENHANCEMENT	0	26.5
FIRST AID	8	8
HIV/AIDS EDUCATION	4	4
TOTAL HOURS	650	1000



begin

The Next Step.

Your education is an investment in yourself, your career, and your life. We know it's also a challenge. Choosing to launch or change a career, deciding to go back to school, juggling the responsibilities of family, home, and jobs while studying a new field... it's a big commitment. But you are not alone. From your first phone call, you'll work with someone who understands. During your admissions process, our Financial Aid Administrator will meet with you to discuss your financing options. When you are a student, your Advisor can help you connect to academic resources and personalized support. And of course, as you begin your career placement decisions, our Graduate Opportunities Coordinators are there to help. When you enroll at Cortiva Institute – Brenneke School of Massage Therapy, you belong to a whole community that supports your individual success.

How Can I Afford This?

Our students come from diverse economic backgrounds, and financial aid is available for those who qualify. We also offer a variety of assistance programs and personal financial aid advising to help you realize all financing possibilities. With careful planning, you'll discover how affordable your education can be.

Explore the Possibilities

We want you to be sure that massage is the career and that Cortiva Institute – Brenneke School of Massage is the school for you. We have several specially-designed options to help you explore your possibilities with us.

- Come to our **One-day Workshop**. In mini-classes, you'll discover our dynamic approach to teaching. Through engaging presentations and demonstrations, you'll explore what it's like to be a massage therapist.
- Come to our **Novice Class**, where you can join members of our faculty for a stimulating weekend learning basic massage techniques. It's a great way to find out whether a career in massage is right for you.
- Attend an **Informational Evening**. Meet members of our faculty, staff, graduates, and current students. Learn about the school. Ask all your questions.

We want you to be confident about your choices.

To register for the One-day Workshop, Novice Class or an Informational Evening, call us at **206-282-1233**. We look forward to meeting you!



HIGHLIGHTS

- Comprehensive, holistic approach to therapeutic massage – technique, communication, science, and business courses.
- Innovative program supported by a cooperative learning environment.
- Passionate, caring faculty who are practicing professionals.
- Creative curriculum choices that promote individuality and creativity.
- Extensive student resources and access to local and national career opportunities.
- Convenient location and schedules designed for a busy lifestyle.

APPROVALS

Accreditation: Accredited by the Commission on Massage Therapy Accreditation (COMTA).

State Licenses and Approvals:

- Licensed by the Washington State Workforce Training and Education Coordinating Board

Approved by the:

- Washington State Board of Massage
- Division for Vocational Rehabilitation (DVR)
- Commission for the Blind
- Labor and Industries
- Employment Securities Retraining Program

Financial Aid: Approved to participate in Federal Student Financial Assistance Programs.

Veterans: Approved for the training of veterans and eligible veterans' dependents.

Continuing Education:

Approved as a Category A Continuing Education Provider by the National Certification Board for Therapeutic Massage and Bodywork

Recognized by the National Athletic Trainers Association Board of Certification, Inc. (NATA) to offer continuing education for Certified Athletic Trainers.



BOSTON, MASSACHUSETTS • CHICAGO, ILLINOIS • DENVER, COLORADO

MCHENRY COUNTY, ILLINOIS • PHILADELPHIA, PENNSYLVANIA • PHOENIX, ARIZONA

PISCATAWAY, NEW JERSEY • SCOTTSDALE, ARIZONA • SEATTLE, WASHINGTON (TWO LOCATIONS)

TAMPA/ST. PETERSBURG, FLORIDA • TUCSON, ARIZONA • WALL TOWNSHIP, NEW JERSEY

www.cortiva.com



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