



PITTSBURGH SCHOOL
OF
MASSAGE THERAPY

CATALOG

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Accreditation is a quality assurance process by which a private, nongovernmental, unbiased third-party agency approved by the U.S. Department of Education, acknowledges schools for achieving high quality performance and integrity. This means that the education provided by the Pittsburgh School of Massage Therapy meets strict, rigorous standards established by the profession, and by state and federal regulations. Enrolling in an accredited school gives students access to education credits and tax deductions, as well as reduced interest educational loans to pay for tuition. An accredited school also has access to programs that supply equipment, supplies and technology that support a high-quality educational environment. Accreditation is not the same as Title IV funding, and the Pittsburgh School of Massage Therapy does not offer Federal Financial Aid at this time.

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PITTSBURGH SCHOOL
OF
MASSAGE THERAPY

Our Mission

***The Pittsburgh School of Massage Therapy
is a student-centered organization
committed to promoting the art, science
and profession of massage therapy
through excellence in education and training.***

About Our Catalog

Choosing a massage school that will help you attain your personal and professional goals is an important decision that will impact upon your success as a massage therapist.

We have developed this catalog to aid you in your decision-making process and to give you insight into our school, our policies and our programs.

Please contact us if you need additional information or would like to arrange a tour of our school.

This catalog is certified to be true and correct in content and policy as of September 14, 2022.

General Information

The Pittsburgh School of Massage Therapy is a premier institution for massage therapy training.

- The Pittsburgh School of Massage Therapy is dedicated solely to the massage therapy profession.
- Our graduates continue a tradition of excellence as massage therapists dating back to 1986.
- We are a proud provider of massage therapy at the Pittsburgh Steelers training camps since 2007.
- Our quality of instruction contributes to an exceptionally high pass rate on the Massage and Bodywork Licensure Exam (MBLEx).

Our Professional Affiliations

- Licensed by the Pennsylvania State Board of Private Licensed Schools
- School Member of the American Massage Therapy Association
- Member of the Mid-Atlantic Association of Career Schools
- Approved by the Office of Vocational Rehabilitation
- Accredited by the Commission on Massage Therapy Accreditation
- School member of the Alliance for Massage Therapy Education

The Need for Massage Therapists

The art and science of massage therapy has been recognized and practiced around the world for several thousand years. In the United States, massage therapy is experiencing a continuing increase in popularity as the public becomes better educated about the many benefits of massage therapy. According to recent surveys, about 23% of adult consumers in the United States visited massage therapists in 2020. Physicians, physical therapists and chiropractors regularly recommend massage therapy to their patients. Specialties available include Sports Massage, Neuromuscular Therapy and on-site massage.

(Source: 2022 Massage Profession Research Report, American Massage Therapy Association)

Pennsylvania Licensing Requirements

The Comprehensive Massage Therapy Training Program is designed to prepare students for licensure in Pennsylvania. The licensing requirements are set forth in the Pennsylvania Massage Therapy Regulations, and include:

- at least 600 hours of instruction
- the passing of the MBLEx licensing exam
- completion of a criminal background check

The Pennsylvania Board of Massage Therapy can be reached at:

State Board of Massage Therapy
P O Box 2649
Harrisburg, PA 17105-2649
Phone: (717) 783-7155
Fax: (717) 787-7769
Email: RA-MASSAGETHERAPY@PA.GOV

Other states may have different requirements. See the American Massage Therapy Association website Regulations page at <https://www.amtamassage.org/regulation/index.html> for more information. In states where there is no formal licensing of massage therapists, local municipal ordinances may apply.

Our History

The Pittsburgh Center for Massage Therapy, Inc. (PCMT) was formed in June of 1986 with the goal of providing quality professional-level training in massage therapy. At first, PCMT operated as a tutorial training program managed by a cooperative board. In 1988 the school was purchased by Robert Jantsch. In 1989 PCMT was granted a license by the Pennsylvania State Board of Private Licensed Schools, the highest level of recognition for a massage therapy training school available in the Commonwealth of Pennsylvania. PCMT was the second massage therapy school licensed by the state of Pennsylvania. With this license, we began to offer professional training under the name of the Pittsburgh School of Massage Therapy (PSMT). This license allows us to offer a diploma after completion of our program.

After years of carrying the distinction of being the longest Pennsylvania trade school under a continuous ownership, Mr. Jantsch retired in 2019, and since that time, PSMT has been under the ownership of Michael Briggs, PhD, LMT and David Briggs, BS, LMT.

A long history of professional and dedicated faculty, administration and staff has enabled PSMT to develop the quality programs needed for our graduates' success, and has helped propel the Pittsburgh School of Massage Therapy to be a premier provider of massage therapy training.

Our Philosophy

The massage therapy profession is a growing profession fueled by increased recognition by the medical, athletic and business communities and by the general population. The variety of communities served challenges massage educators to ask: how do we best provide a quality education that prepares our graduates to work in a variety of settings?

We believe the answer lies in three areas. In receiving a solid foundation in the *art, science and profession* of massage therapy, our graduates are prepared to work in this growing profession.

- The *art* of massage encompasses many hands-on techniques and their proper application. These are demonstrated and then practiced in supervised and independent sessions.
- The *science* includes the study of the human mind and body in health and disease as they relate to the application of massage therapy.
- *Professional* skills, while taught in all courses, are the focus in business, ethics and principles courses.

In our program, we work to nurture the individual strengths and skills of each student, and help each find their niche among the variety of settings for massage therapy: health care, relaxation, sports massage or private practice.

Location and Facilities

The school occupies 11,000 square feet at 3600 Laketon Road in the Penn Hills section of Pittsburgh. The facility includes four classrooms, five clinic rooms, offices and a retail store, as well as a break room, student lounge and vending machines.

Comprehensive Massage Therapy Training Program

The Comprehensive Massage Therapy Training Program offers the knowledge and experience which will enable graduates to work safely, effectively and confidently with any client. The foundation of our hands-on classes for the first half of our program is an excellent grounding in Swedish Massage. This modality is the most common, and one of the most sought-after applications of massage. We balance the relaxation and therapeutic aspects of this work, which is the basis for all other hands-on training. The concluding half of our program also includes an extensive Neuromuscular Therapy course, consisting of sufficient hours to allow our graduates to consider themselves Neuromuscular Therapists. NMT training deepens palpations skills, expertise in musculoskeletal anatomy and an understanding of common injuries and causes of pain that lead people to seek Massage Therapy. We also offer modalities and considerations which can be used with clients who are too frail to receive more vigorous types of bodywork, Alexander Technique to promote longevity in massage therapy, Somatic Psychology to examine the mind-body connection and an Introduction to Reflexology.

Program Objectives

Our goal is to provide a high-quality education so that each graduate can realize their full potential as a licensed massage therapist. In our program, we seek to balance the scientific study of anatomy, physiology and therapeutic massage techniques with the development of the intuitive side of the student. Thus, our program is designed with the following objectives in mind:

Art of Massage Therapy

- Students will be able to perform a therapeutic and relaxing Swedish Massage demonstrating all the manipulations of Swedish Massage and following the guidelines for massage as presented in class. Students will be able to perform a therapeutic and relaxing chair massage as well.

Science of Massage Therapy

- Students will develop and demonstrate a therapeutic massage that is appropriate to the technique being practiced and takes into account client needs and the therapist's training and unique skills.
- Students will be able to identify patterns of perpetuating factors as they relate to myofascial pain syndrome and how to address them through the application of Neuromuscular Therapy.
- Students will demonstrate an understanding of the human body necessary for the safe and effective practice of massage therapy through palpation exercises, didactic testing, hands-on testing and other projects.
- Students will demonstrate an understanding of injury and pathology to the level necessary to adapt massage therapy and bodywork techniques in order to work safely with clients presenting with injury or pathology.
- Students will identify the origins, insertions, location and actions of muscles through written tests and practical hands-on examination.
- Students will identify the skeletal structure through written exam and hands on testing.
- Students will demonstrate a knowledge of universal precautions and contraindications to massage therapy through written tests, taking health histories and review of histories in class.

Profession of Massage Therapy

- Students will be able to communicate at a professional level with other health care providers for purposes of consultation and referral as demonstrated by using correct professional and medical terminology in class.
- Students will demonstrate effective client communication skills through role-playing, taking health histories and reviewing those histories in class.
- Students will be able to identify and describe, in written tests, role-playing and other projects, basic business practices, ethical standards, scope of practice and communication skills necessary for the successful practice of massage therapy.

Course List — Comprehensive Massage Therapy Training Program

(see pages 20 - 24 for descriptions of these courses)

Course Name	Clock Hours
Anatomy & Physiology I.44
Introduction to Alexander Technique.	7
Concepts of Health and Hygiene.	14
Principles of Touch –	
Professional Communication and Interaction.	38.5
Introduction to Shiatsu.	14
Student Ethics & Professional Conduct.	3.5
Swedish Massage Therapy.88
Tools of the Trade.	3.5
Anatomy & Physiology II.	38.5
Introduction to Aromatherapy.	8
Chair Massage.	12
Introduction to Clinical Hydrotherapy.	8
Reiki.	8
Pathology for the Massage Therapist.	38.5
Professional Ethics I.	4
Anatomy & Physiology III.	38.5
Introduction to Assessment & Kinesiology.	16
Intern Clinic.	28
Medications & Massage.	14
Neuromuscular Therapy.	135
Professional Ethics II.	3.5
Sports and Flexibility.	28
First-Aid/CPR.	7
Ethical Business Practices for Massage Therapy.	10.5
Pennsylvania Laws & Regulations.8
Marketing Massage.	8
Myofascial Massage.	28
Introduction to Reflexology.	16
Somatic Psychology.	12
Total Clock Hours.	682

Admission to the Comprehensive Massage Therapy Training Program

Admission to the Comprehensive Massage Therapy Training Program is limited to maximize the quality of training and personal interaction. Interested applicants should be physically, mentally and academically fit. To apply to the school, read the following requirements and submit the requested materials (available in our School Admission Packet) to PSMT. The application process must be completed by the date of orientation. Applicants should return the required information as early as possible to guarantee their choice of schedules.

Admissions Requirements

The minimum educational requirement for admittance can be achieved through one of the following options:

- Option A High school graduation with a grade of C or better in senior level English as shown on a high school transcript that indicates graduation.
- Option B Achievement of a level of twelfth grade or higher on the Wonderlic Basic Skills Test Verbal VS-1 or VS-2 — high school graduation or GED is required.
- Option C An advanced degree, Associate in Applied Science level or higher. High school graduation or GED is required.

Admissions Procedure

Application Process

- Submit completed application form with a \$25 application fee.
- Have two letters of reference sent to the school. These letters should be from individuals who know you personally and can attest to your good character and/or suitability to the massage profession.
- Provide an autobiographical statement of not more than one typed page that explains your interest and/or experience in massage therapy.
- Education Documentation:
 - Option A - Provide an official high school transcript to the school.
 - Option B - Take the Wonderlic Basic Skills Test during the admissions process and certify that you are a high school graduate or have a GED.
 - Option C - Provide a copy of degree or transcript from a college or university and certify that you are a high school graduate or have a GED.

Interview

A personal interview is required to evaluate your level of maturity, individual goals, financial stability, personal hygiene, attitude, sensitivity, communication skills and commitment to massage therapy and our programs.

Acceptance

Following the Application Process and Interview, you will be notified within 30 days regarding your acceptance into the program. Acceptance into the program does not guarantee placement into a specific schedule, and PSMT reserves the right to revoke an offer of admission at any time prior to enrollment. Placement into a specific class schedule is confirmed only upon registration.

Registration

Payment of a \$125 registration fee reserves your seat in the program. It is recommended to be paid at the same time as the application fee, and at least one week prior to Orientation Day.

Enrollment

Submission of a signed enrollment agreement for tuition and plan of study is required before starting classes and is performed on Orientation Day.

Calendar and Schedule Options

There are typically four quarterly start dates per year.

The winter term starts in..... January.....Classes are on Mondays and Tuesdays.

The spring term starts in..... March or April.....Classes are on Wednesdays and Thursdays.

The summer term starts in..... June or July.....Classes are on Mondays and Tuesdays.

The fall term starts in..... September or October....Classes are on Wednesdays and Thursdays.

The normal time necessary for completion of the Comprehensive Massage Therapy Training Program as a full time student is 12 months. This time encompasses four quarters, including 682 hours of training.

Full time

“Full time” is defined as attending classes two days per week.

Schedule

Classes are scheduled from 9 or 9:30 a.m. and go until 5:30 or 6 p.m.

Clock hours

A clock hour is defined as a 60-minute block of time, consisting of a minimum of 50 minutes of instruction with appropriate breaks.

Term breaks/holidays

There is typically a week-long break between each quarter. There are holiday breaks for Memorial Day, Labor Day, Thanksgiving, Christmas and New Year. PSMT reserves the right to cancel or amend any/all schedule(s) before the start of the term for any reason with no obligation other than returning the tuition and fees paid.

Note

The schedules listed do not include the required six intern clinic sessions. These take place on Saturdays or weekdays. Specific dates and times will be scheduled during the Intern Clinic class approximately halfway through the program.

Student Services

Placement Assistance and Massage Therapist Locator

The school offers a Massage Therapist Directory of graduates that is available to potential clients and employers. Through this service we may, with the graduate's permission, release their name to potential employers or clients. Massage therapy job openings are posted at the school and online and are available to graduates of our programs. Many of our graduates choose to start their own practice. PSMT does not guarantee employment upon completion of the program nor offer placement services.

Retail/Supply Store

The PSMT retail store stocks supplies and equipment, including massage tables, lotions, essential oils and books. Graduate and student discounts are available. Contact the school for store hours.

Faculty/Staff Availability and Private Tutorials

The school's President, faculty and staff are available on an informal basis to provide academic counseling to students. The school will provide referrals to local health professionals in the event that personal counseling is needed. Many of our faculty members are available to meet with students and provide additional training on an individual basis in the form of tutorials. These tutorials can be used to receive missed classroom material in certain courses or for more intense study. Some classes may not be made up by tutorial.

Library

The Pittsburgh School of Massage Therapy has over three hundred titles in its library covering a wide array of topics in the field of massage therapy. These sources are available to students and faculty.

Professional Memberships and Graduate Eligibility

Students are enrolled as student members of the American Massage Therapy Association (AMTA) while in the Comprehensive Massage Therapy Training Program. Additionally, graduates who complete the program are eligible for professional membership in the AMTA or ABMP. Membership in these organizations also includes professional liability and general practice insurance, which is recommended for all students and graduates.

Student Policies

Grading

A student is issued a grade or mark for each course attempted and/or required in a program. Students are not issued grades for continuing education or workshops. (When a Continuing Education course is listed on a transcript, that is evidence that the student has successfully completed and met the requirements of the course.) Grading for program courses is as follows:

Pass = P

The student has met all course requirements and earned a 70% average or better. In courses that do not have didactic testing, a Pass means that the student has met attendance and participation requirements.

Incomplete = I

Indicates that the student is unable to be issued a grade for the course due to not meeting the course academic requirements in a timely fashion and/or not meeting the course attendance requirement and/or due to the student's failure to complete the course within the program time limits. "Incomplete" is a temporary mark; if the mark remains two weeks after the last day of the course, the student may be issued a Fail mark.

Fail = F

A failing grade is given to the student who has achieved less than a 70% average and/or has not met all course requirements, including attendance requirements, and/or has failed to remove an Incomplete grade within two weeks of the end of the course. In courses that do not have didactic testing, a Fail means that the student has not met attendance and participation requirements.

Withdrawal = W/D

Withdrawal indicates that the student voluntarily withdrew from the course without having received a final evaluation or mark and without having met the course requirements.

Satisfactory Progress = S

A mid-course grade indicating the student has achieved satisfactory progress to date. "S" is a temporary mark, applying only to courses meeting for a full term (11 weeks) or longer, and is replaced by a Pass, Fail, or Incomplete mark at the end of the course.

Unsatisfactory Progress = U

A mid-course grade indicating the student has not achieved satisfactory progress to date. "U" is a temporary mark, applying only to courses meeting for a full term (11 weeks) or longer, and is replaced by a Pass, Fail, or Incomplete mark at the end of the course.

Student-Teacher Ratio

Class size is based on the course content and is limited to ensure that students receive individual attention as needed. The Swedish Massage and Neuromuscular Therapy courses are the foundation of our training and are usually limited to no more than 16 students per instructor. Some shorter courses and lecture courses may be as large as 32 students, but the average size for these courses is approximately 20 students.

Student Conduct

Students attending the Pittsburgh School of Massage Therapy are expected to conduct themselves in a manner appropriate to a professional training program. Mutual respect, integrity and confidentiality are requirements for creating a safe and comfortable environment. These principles include the following:

- Treating fellow students, staff, faculty and visitors with courtesy and consideration.
- Paying attention in class.
- Not creating a disturbance, excessive noise or distraction in the school which would interfere with the ability of the instructor to teach or interfere with the learning process.
- Maintaining one's physical appearance through proper hygiene and appropriate dress.
"Appropriate dress" means wearing the school shirt and following the dress code and includes clothing that would be acceptable in a professional massage therapy work environment. Students may be dismissed from the classroom at the discretion of the instructor if clothing is deemed to be unprofessional.
- Maintaining strict professional confidentiality with your fellow students. This confidentiality extends to the client-therapist relationship and the relationship between therapists.

Academic Performance

A student must maintain a grade of at least 70% while also meeting the attendance and academic assessment requirements of each course in order to pass that course. Any pending incomplete work must be submitted within two weeks of the end of the course, or a failing grade will be issued. A student must pass every course in order to complete the program and graduate.

In all courses of eight weeks or greater, it is required, and is recommended for all courses, that each student be evaluated for meeting satisfactory academic progress in the middle of the course. The mid-course evaluation will be used to determine what support the student may need to achieve acceptable academic progress, including meetings with faculty and/or administration.

At the end of each term, a student must have passed all courses that are 11 weeks in duration, or are a pre-requisite for a following course, in order to advance to the next term.

For 11-week courses that were not passed, the student will be placed on academic probation, and must retake the failed course in the next term. The student must pass the failed course in order to advance to the subsequent term or must withdraw from the program. Additionally, if a student does not pass two or more 11-week courses in any given term, they must withdraw from the program.

If the delay in advancement to a subsequent term occurs in the middle of a course that is longer than 11 weeks, the student must be evaluated and/or remediated prior to proceeding with the remaining weeks of the course.

For any courses that are less than 11 weeks that were not passed, the student, the instructor and the Registrar must agree on a plan to complete the course within the next term, documented in the student's record. If any of those courses are not completed within the next term, the student must withdraw from the program.

If a student does not pass all classes in a term, they may repeat a failed class once. The student may not extend their course of study by more than one additional term (or two terms with special approval from administration.)

A student may only restart the program once. If a student does not meet satisfactory academic progress during a restart or while on academic probation, the student must withdraw from the program and must wait at least two years from the date of withdrawal to restart the entire admissions process – all previous progress will be removed. The administration will review the circumstances that prevented meeting Satisfactory Academic Progress before offering re-admission.

Attendance

100% attendance is expected for all classes as scheduled. If a student must miss a class, it is the student's responsibility to notify the instructor and make up the missed class material within two weeks of the class absence. Make up material may include, but is not limited to, taking any missed exams or quizzes, turning in any missed homework, additional written or practical work, and/or other action as specified by the curriculum. If a student misses more than 25% of the hours allotted for that course (even if make up work is completed), or if not all make up materials are presented prior to two weeks after the course is complete, the student will receive a failing grade for that course.

Tardiness

Students are expected to arrive in the classroom before the class starts. Students who arrive late may be marked as absent due to the amount of material presented that the student missed.

Withdrawal

Withdrawal must be communicated to the school in writing. If a student withdraws before the start of the program, the refund is determined by the date of postmark or time stamp of the notice. If the student has already begun the program, the withdrawal date is the last date of actual attendance by the student. Please also refer to our Refund Policy on page 17.

Leave of Absence

Any student desiring a leave of absence from the program must notify the school in writing and meet with Student Records to establish a new plan for completion. Extending the program does not release the student from the terms and financial obligations in the original enrollment agreement. A student may not extend their course of study for more than one term without expressed permission by the President.

Re-Admission

After withdrawal, a student may restart the program once during their student career at the Pittsburgh School of Massage Therapy. (This amounts to two starts, the original start and one restart.) If a student withdraws during the second attempt to complete the program, there will be a mandatory waiting period before the student is permitted to re-enroll in the program.

The waiting period will be based upon the need of the student and the severity of the problems they are experiencing. Generally, the waiting period will be for a minimum of two years. There will be an interview with the President required for readmission to determine if the student's situation has improved to the point it would be advisable for them to restart the program.

In extreme circumstances, the student may apply to the President for an exclusion from this policy. Examples of extreme circumstances might include, but not be limited to, being called to active duty while enrolled in the Reserves, or medical situations that interfere with training that are now under control.

Graduation Requirements

For all prospective graduates, the school will submit student records to the Federation of State Boards of Massage Therapy, provided all academic and financial obligations are up to date. At that time, students may apply for and take the MBLEx. Upon successful completion of the program, and upon meeting all financial obligations, the student will receive a diploma.

Transcript Release Policy

One transcript may be sent to a state licensing board free of charge upon satisfactory completion of the program. Any additional requests for transcripts must be made to Student Records using a Transcript Request Form, which can be obtained from Student Records. The form must be filled out, signed and returned with a fee of \$5.00 to Student Records for processing. Transcripts will only be released to students in good financial standing with the School.

Family Education Rights and Privacy Act (FERPA)

The Family Education Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) governs the confidentiality of student records. Students have the right to review their records and request corrections to errors. The student must give written permission in order for the Pittsburgh School of Massage Therapy to release any information from a student's education record.

Tuition/Fees

Tuition, fees and other costs are listed in the Student Budget. Please refer to this document for the most current amounts.

Tuition includes the Pittsburgh School of Massage Therapy professional training manuals and some supplies. Students are required to purchase the student kit which includes required books, school uniform and other miscellaneous supplies. Supplies and tables are available at a discount in the retail store. Students must have a massage table for required out-of-class practice sessions. PSMT provides students with tables for use during classes.

The school highly recommends that students receive regular professional massage from instructors or other licensed massage therapists during their training as a learning experience in both technique and business practices. Students may choose to schedule one professional session from each faculty member while they are a student at PSMT. The fee for the session is determined by the individual instructor. Students may not become regular clients of an instructor while they are enrolled in the school.

Payment of Fees and Financial Aid

Tuition, the registration fee and the application fee are all due and payable before the start of classes. All monies must be paid in full before graduation. The school will accept payment in full before the start of classes or offers a "pay by term" option that allows the student to pay 25% of the required program tuition before starting classes, with the remaining 25% payments due before the start of each subsequent term. A \$5.00 per week charge is applied to any late payments.

We offer convenient monthly payment plans (school loans) of 12-, 24-, 36- or 48-month terms. Customized payment plans are also available on a limited basis. A student financing training through a school loan will receive a copy of his or her diploma upon successful completion of the program and the original diploma upon full payment of the school loan.

Refund Policy

The application or registration fee is fully refundable if the student requests cancellation within five calendar days after signing the enrollment agreement, if no classes have been attended, lessons completed, or materials used. A request for cancellation which is not made in writing shall be confirmed in writing by the student within an additional period of five calendar days. The school may retain all of the fee after five calendar days or after ten calendar days absent written confirmation, where required.

The amount of tuition to be refunded is determined by subtracting the total tuition due to the school, as indicated below, from the total tuition paid to the school.

After	But Before.....	Total Due for Term
Start of classes.....	7 days	20% of Total Tuition due for Term
7 days.....	25% of Term.....	45% of Total Tuition Due for Term
25% of Term.....	50% of Term.....	70% of Total Tuition Due for Term
50% of Term.....		100% of Total Tuition Due for Term

Notes:

- The percentage of the term completed is based upon the number of hours scheduled before the last class attended by the student.
- If a student is paying through a school loan program only the principal amount paid would apply toward the tuition due. The interest paid by the student would not be refunded.
- In the event a veteran or eligible person, who is receiving veterans benefits, fails to enter the program, or withdraws or is discontinued therefrom at any time prior to completion, the amount charged to the veteran/eligible person for tuition, fees and other charges for a portion of the program shall not exceed the approximate pro rata portion of the total charges for tuition, fees and other charges that the length of the completed portion of the program bears to its total length.

Transfer of Credits

The Pittsburgh School of Massage Therapy does not accept transfer credits from any other school, college or university. PSMT does not guarantee that credits earned at our school will be transferrable to any other institution.

Disciplinary Action

Disciplinary action includes dismissal, suspension, probation and/or written warning. The school may take any of the following forms of disciplinary action for cause without prior notice or prior disciplinary action:

Written warning

This may be used to notify a student that his or her conduct is inappropriate, and that continuation of such behavior will result in further disciplinary action.

Probation

The student will be able to continue participation in the training with either additional requirements placed on them or with the understanding that any subsequent violation of school policy will result in dismissal without notice.

Suspension

The student is not permitted to continue the training for a finite time period.

Dismissal

The student is not permitted to continue the training.

With any disciplinary action, the student will be required to meet with the President or their designee to review their actions. If the student is dismissed or suspended, there will be a refund of the tuition based on the Refund Policy on page 17. The school reserves the right to dismiss (or take other appropriate disciplinary action with) any student prior to the completion of the program for any of the following reasons:

- Demonstrating a lack of commitment to the educational process, as evidenced by unsatisfactory attendance, poor academic performance and/or incomplete course work.
- Poor physical or mental health.
- Not fulfilling financial agreements in a timely manner.
- Behaving in a manner that is detrimental to the school's reputation or obstructs the learning process for any class.
- Commission of a felony or other act that would cause harm to others.
- Violation of the Pennsylvania Massage Therapy statutes or regulations, especially in regards to unlicensed practice.
- Cheating or presenting someone else's work as their own.
- Arriving for class under the influence of alcohol or illicit or recreational drugs.
- Fraudulently gaining admission to the school by lying, misrepresenting credentials or omission of required factual information.

Non-Discrimination

The Pittsburgh School of Massage Therapy is an equal opportunity employer and does not discriminate against or in favor of any applicant for employment or enrollment, or any employee or student, because of that person's race, color, sex, gender, pregnancy, sexual orientation, gender identity, religion, national origin, citizenship, ancestry, genetic information, familial status, age (40 and over), non-job related disability, known association with a disabled individual, possession of a diploma based on passing a general education development test, or willingness or refusal to participate in abortion or sterilization. Illegal discrimination, harassment, and retaliation are strictly prohibited. The Pittsburgh School of Massage Therapy requires that all applicants for employment or enrollment, employees and students be treated as individuals, on the basis of their own qualifications, skills, abilities, conduct, performance and other work-related attributes, and without regard to protected status.

Harassment

The Pittsburgh School of Massage Therapy intends to provide an environment that is pleasant, healthful, comfortable, and free from intimidation, hostility or other offenses which might interfere with learning or a student's feeling of safety and comfort while attending classes. Harassment of any sort — verbal, physical, visual — will not be tolerated. This policy refers to interaction among students and employee/student interaction. The Pittsburgh School of Massage Therapy employees and students have the right to raise the issue of harassment, and they are protected by faculty and staff personnel policies and student policies as outlined in this catalog.

Harassment can be a grievous action having serious and far-reaching effects on the careers and lives of individuals. False accusations can have similar impact. Therefore, the charge of harassment should not be taken lightly by a charging party, a respondent or any other member of the Pittsburgh School of Massage Therapy community. It is the obligation of each faculty, staff and student member of the PSMT community to adhere to this policy.

Harassment can take many forms. It may be, but is not limited to words, signs, jokes, pranks, intimidation, physical contact or violence, and may have sexual intention or innuendo. Harassment may not be sexual in nature, but may include issues of race, class, gender identity or age.

Sexual harassment specifically may include unwelcome sexual advances, requests for sexual favors, touching oneself sexually or talking about one's sexual activity in front of others, other verbal or physical contact of a sexual nature when such conduct has the effect of unreasonably interfering with an individual's academic performance or creating an intimidating, hostile or offensive learning environment, either implicitly or explicitly.

As a Pittsburgh School of Massage Therapy student, you are responsible for keeping the educational environment free of harassment. Any employee or student who becomes aware of an incident of harassment, whether by witnessing the incident or being told of it, must report it to administration. When the school becomes aware that harassment might exist, it is obligated by law to take prompt and appropriate action, whether or not the victim wants the school to do so. The Pittsburgh School of Massage Therapy does not tolerate harassment of students or employees. The school will investigate every complaint, respond and take corrective action, including discipline up to and including dismissal, if appropriate.

Complaint Procedure

Individuals who believe that they have been harassed, or have witnessed any incident of harassment, must report it to administration. Because of the sensitive and discriminatory nature of charges of harassment, complaint procedures will observe the following principles, in this order:

- 1 Efforts will be made to restrict access to the investigative and complaint procedures to the complainant, the accused party and those immediate persons involved in processing the matter.
- 2 The President shall serve as a resource with regard to interpretation of sexual harassment guidelines. The President, or designated agent, will advise and consult with either or both parties to the complaint.
- 3 In the event of a formal investigation of a complaint, the President will conduct and/or determine that proper investigation and complaint procedures are followed.
- 4 Investigations will be conducted as quickly as possible, and the results will be reported in writing to the parties involved.
- 5 In the event that a complaint is found valid, action will be taken to rectify the situation and to assure that such incidents do not occur in the future. These actions may include, but are not limited to, dismissal of the student or employee. If a customer initiates the incident of harassment, that person will be banned from dealing with the Pittsburgh School of Massage Therapy.
- 6 In the event that any party is not satisfied with the decision and action of the President, the complaint may be submitted to the Commission on Massage Therapy Accreditation (COMTA) as follows:

Commission on Massage Therapy Accreditation (COMTA)
900 Commonwealth Place
Suite 200-331
Virginia Beach, VA 23464
(202) 888-6790
info@comta.org
www.comta.org

Course Descriptions

Anatomy & Physiology I

44 hours

This course is designed to be a team-learning, hands-on experience in identifying, locating and palpating bones and their landmarks and muscles of the body as they relate to the practice of massage therapy. Emphasis will be placed on the origins, insertions and actions of the muscles. Terminology of direction, orientation, movement and planes of the body are utilized and applied throughout the course.

Introduction to the Alexander Technique

7 hours

This course will help students become more physically comfortable as they massage. The Alexander Technique principles of kinesthesia, consciously lengthening one's spine, body mapping and improved mechanics of movement will be explored.

Concepts of Health and Hygiene

14 hours

This course is a basic introduction to the vocabulary, concepts, precautions and protocols used to maintain professional standards in the massage therapy profession. Participants will practice wellness enhancing techniques such as stretching, yoga, meditation, breathing and movement exercises.

Principles of Touch — Professional Communication & Interaction

38.5 hours

This course grounds the student in the history, philosophy and theory of massage and touch therapy. Students will learn about the benefits and effects of massage, as well as basic guidelines of the indications and contraindications of therapeutic massage. It is a comprehensive view of the principles and fundamentals of touch and massage today. This course also provides basic coaching and guidance in working with the general public as potential clients. Designed to be interactive, informative and fun, we explore the various sometimes unpredictable situations that may arise in the course of a massage therapist's career. This course will also include an introduction to research, including how to tell if research is valid and why research is important to the massage therapy profession.

Introduction to Shiatsu

14 hours

This course is designed to provide students with a basic knowledge of Shiatsu. The first class will introduce the theory and history of Shiatsu. Topics include a background in the history and philosophy of Traditional Chinese Medicine (TCM), focusing on chi, meridian theory, hara awareness, yin/yang theory and the five transformations. The remaining three classes will consist of the practical knowledge necessary to perform a full body Shiatsu treatment in the prone, supine and seated positions.

Student Ethics & Professional Conduct

3.5 hours

This course begins the study of ethics, its terminologies, standards and codes. Every decision a massage therapist makes has ethical implications, from the obvious to the subtle. This class initiates an understanding of how ethics weaves its way into the massage profession. New students will explore classroom interaction, relationships with instructors, staff and management and ethical decision making.

Swedish Massage Therapy

88 hours

Swedish massage is the most popular form of massage practiced in America. It is a versatile form of massage in that it can be practiced both therapeutically and for relaxation or stress reduction. This course will provide a foundation in Swedish massage through theory, demonstration and practice. The emphasis of the first term will be on developing technique and sensitivity and learning body mechanics. Emphasis of the second term is on development of an individual routine and to enhance palpation skills and massage manipulations.

Tools of the Trade

3.5 hours

This course introduces many types of products useful for the career massage therapist. These include massage tables, linens and warmers, bolsters and cushions, table transport products, massage lubricants, analgesics, cleaning and sanitation products and others. Students will explore how these products differ from one another, including the opportunity to sample some of the more popular products. They will be introduced to many purchasing options from the school's supply store and elsewhere.

Anatomy & Physiology II

38.5 hours

Prerequisite: *Anatomy & Physiology I*

This course offers an introduction to 1) Anatomy — the structure of the body and 2) Physiology — the function and process of living things. The interrelationship of structure and function will be explored and homeostasis will be emphasized as the eleven body systems are examined. In addition, a review of electrolytes and pH, generalized cell components and the four body tissue types will be covered.

Introduction to Aromatherapy

8 hours

Aromatherapy is the study of the art, science and application of essential oils and their effect on the mind and body. This introductory course will give the student information dating from ancient Egypt to modern times, that will allow them to begin working with aromatherapy in a massage practice.

Chair Massage

12 hours

This course presents an introduction to seated massage with a focus on tailoring the massage to the environment, the time available and a large number of clients. There is a focus on body mechanics to minimize the amount of strain on the therapist's body. Topics include the history and purpose of chair massage, health benefits, marketing, a brief anatomy review, information on how to work with clients, self care for the therapist, stretches and a step by step explanation of the routine using massage techniques that are effective and enjoyable.

Introduction to Clinical Hydrotherapy

8 hours

This course is a clinical study in the external and internal therapeutic effects of water in all its forms. Included is basic instruction on the properties of water, local and general effects of hot and cold applications, contraindications of hydrotherapy applications and how to use water safely and effectively in the field of massage therapy.

Reiki

8 hours

The course is an introduction to Reiki, an energy balancing technique. Students will learn the system's history, lineage and vocabulary, Reiki's Precepts and Degrees, as well as basic hand positions and clearing techniques used in treatments for both self and client. Emphasis is placed on how Reiki can support a massage therapist's healing practice. Students successfully passing this class are given the optional opportunity to take part in the traditional initiation ceremony outside class.

Pathology for the Massage Therapist

38.5 hours

Prerequisite: *Anatomy & Physiology I*

This course will explore the basics of pathology, the scientific study of disease, as it relates specifically to the application of massage therapy. Included will be discussions on basic terminology, definitions, signs, symptoms, some treatments and outcomes, and the effects, contraindications and precautions for massage.

Professional Ethics I

4 hours

This course continues the study from the Student Ethics & Professional Conduct course, building and adding information and perspective about terminologies and standards of the massage field. The focus of this class is to further understand implications and outcomes of ethical dilemmas as we explore roles and boundaries, dual relationships, professionalism and dealing with sexual misconduct.

Anatomy & Physiology III

38.5 hours

Prerequisites: *Anatomy & Physiology I and II*

This course continues the study of anatomy and physiology with an emphasis on neuromuscular physiology, waste management and fluid balance, neurophysiology and a review of muscle structure. The emphasis of this class will be on the functional relationships of the body systems and their role in maintenance of life. This course will cover the gross anatomy of the peripheral nervous system and the innervations in the human body. Other topics covered include digestion, metabolism, nutrition, special senses, stress response and reproduction/fetal development. In addition, kinesiology will be considered with respect to structure and how form and function are interrelated and there will be an emphasis on the role that connective tissue plays in massage.

Introduction to Assessment & Kinesiology

16 hours

Understanding the structural, postural and functional assessments of the physical body is a necessary part of helping each client achieve the goals of a massage therapy plan. A clear understanding of the function and structure of the musculoskeletal system is required for the therapist to ascertain the current state of the client's condition allowing the therapist to plan and assess changes in the client's condition.

Intern Clinic

28 hours

Prerequisite: *Swedish Massage*

This course includes one four-hour Preparatory Class, as well six additional sessions of actual work in the student clinic. These times will be scheduled outside of the normal class schedule. Members of the public will be invited into the school to receive massage therapy provided by the students. Students gain a tremendous amount of confidence in their abilities by working with the public in this supervised setting. There will be an instructor available at all times to provide feedback, support and general supervision.

Medications & Massage

14 hours

Prerequisite: *Pathology for the Massage Therapist*

This course will explore commonly prescribed medications and their physiological effects. The application of massage therapy changes the metabolism and physiology of the body in many ways. These changes combined with the effects of medications can lead to unexpected results. Perhaps a medication is metabolized differently which can affect the treatment goal. Medications could mask a client's ability to provide feedback regarding appropriate pressure.

Neuromuscular Therapy

135 hours

Neuromuscular Therapy, also known as trigger point therapy, is an advanced system of soft tissue manipulation that specializes in chronic myofascial pain syndromes. Part of the procedure includes an attempt to determine the causes, or perpetuating factors, of the condition, and then to determine the best approach toward resolution. Topics are assessment skills, development of palpation skills, the study of trigger point theory and corresponding pain patterns and learning how to use NMT to effectively reduce pain, increase range of motion and to move toward restoring normal quality of life.

Professional Ethics II

3.5 hours

This course continues the work from the previous two Ethics classes. The focus of this class is to expand the awareness of terms and standards to allow for a more in-depth dialog concerning the ethical implications and consequences of actions of the massage therapist.

Sports and Flexibility

28 hours

Prerequisites: *Anatomy & Physiology I and Physiology II, Swedish Massage*

Sports massage is an effective technique for preventing injuries, enhancing athletic performance and aiding recovery. Students will learn the theory and basic manipulations of sports massage, as well as complete pre-event and post-event massage routines. Information on injury prevention and management through the use of massage, ice and stretching will be emphasized and practiced.

First Aid/CPR

7 hours

The Heartsaver First Aid and CPR AED Course is designed to prepare the therapist to provide First Aid, Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) use in a safe, timely and effective manner.

Ethical Business Practices for Massage Therapy

10.5 hours

This course will introduce the student to good business procedures required to structure their massage therapy practice. Entrepreneurship will be a focus in the course. Students will investigate, explore and discuss the qualities, behaviors and variables that contribute to successful massage practices. The course will also include promotion, practice building, rudimentary legal aspects and ethical business considerations.

Pennsylvania Laws & Regulations

8 hours

This course will present the laws and regulations governing the practice of Massage Therapy in Pennsylvania. In addition, the history of licensure in Pennsylvania and a thorough review of the application process and application timeline will be presented.

Marketing Massage

8 hours

Prerequisite: *Ethical Business Practices for Massage Therapy*

Through class discussions and exercises, this course identifies methods and strategies necessary to create a thriving practice. Proven methods, along with new trends, will be explored.

Myofascial Massage

28 hours

This course is an introduction to myofascial therapy and teaches a collection of techniques that apply prolonged light and specific pressure directed into the fascia system. Students learn that fascia surrounds every system of the body all the way down to the cellular level. Lecture/discussion covers how trauma, disease process, inflammation and poor posture often cause restrictions and a change in the viscosity of the fascia. Myofascial techniques are demonstrated and taught in ways which can stand alone as therapeutic treatment or be incorporated into other bodywork approaches to return the fascia to a normal, healthy elastic and fluid state.

Introduction to Reflexology

16 hours

This introductory course provides an overview of the history and theory of reflexology as well as how the application of reflexology may be used to enhance health. Using foot maps of specific reflexes for glands, organs and areas of the body, students will learn how to palpate and address these reflex points. Students will also be shown a full reflexology routine, as well as reflexology techniques that may be incorporated into massage on the feet.

Somatic Psychology

12 hours

Somatic psychology explores the relationship of the mind and body through theory and experience. Lecture and discussion will be used to help students develop an appreciation for the diversity and complexity of opinions regarding the relationship of mind and body and how this relates to health. This course will trace the history and development of the Mind/Body schism in the field of human behavior and psychology in the 20th century from Freud to the present time. The course will highlight these developments in general as they have impacted the field of human behavior and specifically as they influenced the areas of bodywork that includes massage therapy. The course will also include various exercises, physical movements and physical work to enhance the mind/body connection.

Faculty and Administrative Staff

A goal of the Pittsburgh School of Massage Therapy is to foster respect, integrity and open communication in a supportive environment. With this in mind, we have convened a faculty with years of professional experience and training who are committed to supporting this goal.

BRIAN ANDERSON, PT, LMT

Neuromuscular Therapy

Brian is a 1996 graduate of Penn State University with a B.S. in exercise and sport science, a 1998 graduate of Chatham University with a masters in physical therapy and a 2020 graduate of the Pittsburgh School of Massage Therapy. He has additional training in pregnancy massage and myofascial release. He is a member of the American Physical Therapy Association and the American Massage Therapy Association.

DAVID BRIGGS, BS, LMT

CPR/First Aid, PA Laws & Regulations, School Owner and President

David is a graduate of the Pittsburgh School of Massage Therapy Comprehensive Massage Therapy Training Program. He received a BS degree in Electrical and Computer Engineering from Carnegie Mellon University in 1994 and served in the U.S. Navy from 1996-2009 as a Nuclear Electronics Technician Chief Petty Officer. David was also certified as an Emergency Medical Technician-Paramedic. David has worked as a massage therapist in spa, franchise and corporate settings, as well as in private practice.

JENNY BRIGGS, BA, LMT, BCTMB

Alexander Technique, Neuromuscular Therapy (Department Chair)

Jenny (she/her) has been a massage therapist since 1998. Her BA is in English Literature from Swarthmore College, while her massage training came from the Minneapolis School of Massage and Bodywork and the Career Training Academy in Pittsburgh. She attended the Alexander Alliance of Philadelphia from 2004-2007, becoming an Alexander Technique teacher in 2007, certified by Alexander Technique International. Jenny likes doing crossword puzzles, and she finds it hilarious when she misspeaks by switching the first letters of two words.

MICHAEL BRIGGS, PhD, LMT

School Owner

Mike is a graduate of the Pittsburgh School of Massage Therapy Comprehensive Massage Therapy Training Program. Mike has a Bachelor's degree from the University of Akron; a Master's Degrees in Chemistry from Indiana University of Pennsylvania and Purdue University; and a PhD in Chemical Education from Purdue University. He taught Chemistry at Indiana University of Pennsylvania. Mike also served in the U.S. Army and has worked internationally as an industrial chemist.

STACEY BRIGGS

Executive Assistant, Bookkeeper and Continuing Education Coordinator

Stacey is a graduate of Marion Center Area High School. She completed the Emergency Medical Technician-Basic course at Indiana University of Pennsylvania.

PETER BURROWS, LMT

Anatomy & Physiology II, Anatomy & Physiology III, Assessment & Kinesiology, Chair Massage

Pete attended Bethany College as a biology major and is a graduate of the Pittsburgh School of Massage Therapy Training and Advanced Massage Therapy Training. Pete has been a Pennsylvania State Board Member of AMTA as well as the Southwest Unit Chair of AMTA-PA and the Southwest Unit Vice Chair of AMTA-PA. He now works in private practice.

MARK CAPRIOTTI, LMT, BCTMB

Neuromuscular Therapy

Mark is a National Board Certified Massage Therapist with the NCBTMB. He holds several certifications, including an AMTA/NCBTMB specialization in Sports Massage. He is a member of the AMTA and the National Association of Myofascial Trigger Point Therapists. In addition to being trained in several massage modalities and techniques, Mark is also a National Academy of Sports Medicine Certified Personal Trainer with a Corrective Exercise Specialist concentration. He runs a private practice in Fox Chapel as well as working directly with collegiate and professional sports teams in the Pittsburgh area. Mark is a graduate of the Pittsburgh School of Massage Therapy.

REBECCA "Fox" CRANE, LMT, CNMT

Ethics, Tools of the Trade, and Principles of Touch

Fox (they/all) graduated from the Santa Fe School of Massage in 2014 and has worked as a massage therapist in a variety of settings from clinics and spas to public parks and rock concerts. In Pittsburgh, they also volunteered for several years with the Three Rivers Free Clinic for the People. They also hold a Bachelor's Degree in Philosophy and Sociology from the University of Colorado at Boulder and are currently working on a Master's Degree in Conflict Resolution Studies at PennWest University. Fox is committed to making holistic healthcare more inclusive and accessible to underserved populations.

RU EMMONS, LMT

Myofascial Massage

Ru (they/them) is a massage therapist and dancer from Pittsburgh. Ru graduated the Pittsburgh School of Massage Therapy in 2018 and has been running their own practice out of The Midwife Center ever since. They are starting to pursue a focus on nervous system work through the Somatic Experiencing program this spring. Ru is committed to healing work on a personal and societal level, and to all forms of outdoor adventures.

DIANE GEISLER, MBA, LMT

Aromatherapy

Diane is a graduate of St. Francis University and the Pittsburgh School of Massage Therapy. After working in the banking industry for thirty years, she pursued her true passion and is now the owner of Heartfelt Massage & Energetics. Diane is a Third Degree Reiki practitioner and is currently studying to become a Certified Aromatherapist. Diane enjoys traveling and volunteering her time with the Alzheimer's Association.

WILLIAM "BUCK" GWALTNEY

Tools of the Trade, Front Office Manager

Born in Torrington Wyoming, Buck was raised in Denver, Colorado where he earned the rank of Eagle in the Boy Scouts of America and volunteered in the Arapahoe Rescue Patrol Search and Rescue Unit. After graduating from the American School of Paris, he moved to Pittsburgh and works in the school's Retail Center. Buck is funnier than most people realize.

KIMBERLY HANLEY, LMT, AS, BS, RYT-200, ACE, NE

Swedish Massage

Kimberly is a 1996 graduate of the Pittsburgh School of Massage Therapy. She enjoys a successful career in many avenues of holistic wellness. Kimberly is a multifaceted, experienced instructor who specializes in guiding students through the basics of hands-on massage in a safe and comfortable environment. She loves teaching, values health and education, and can't live without sunshine, smiles, sarcasm and cats.

BARBARA HOIS

Alexander Technique

Barbara has taught The Alexander Technique for over 25 years and is a member of ATI, Alexander Technique International. She is certified through The Alexander Foundation in Philadelphia. Her first career was as a flutist, with degrees from Arizona State and Cincinnati Conservatory. Barbara now teaches flute, chamber music and The Alexander Technique at the University of Pittsburgh. She spends her summers at the Chautauqua Institution in NY.

SPENCER HOPKINS, LMT

Myofascial Massage, Reiki

Spencer graduated from the Pittsburgh School of Massage Therapy in 2014, and since has worked with athletes on every level. In 2020 he founded Hopkins Holistic Health and Wellness, where he has developed a ten-step program to develop better life style habits, one of which includes touch. Spencer has a massage therapy style that is heavily influenced by Myofascial and Sports and Flexibility modalities.

KENN HOWARD, BS, Retired Massage Therapist

Anatomy & Physiology I, Ethics, Neuromuscular Therapy, Faculty Training Coordinator

Kenn is a graduate of PSMT Massage Therapy Training and Advanced Massage Therapy Training and is trained in other deep tissue massage techniques. He is certified in TouchPro© Chair Massage and has a BA in Philosophy from the University of Pittsburgh. Kenn has completed a Teacher Training Intensive as well as training in Ashiatsu. He has presented over 300 Ethics workshops and thinks he's beginning to get it right. Kenn wrote the "Ask the Ethics Guy" column for Massage Magazine.

TIMOTHY KOCHER-HILLMER, BS, LMT, BCTMB, CMBE

Myofascial Massage, Ethics, Reiki, Support Coordinator

Timothy (he/him) graduated PSMT in 2000 and practices bodywork serving individuals healing from trauma, abuse and societal stigma. In 2002 PSMT recruited him as an instructor where breath, movement and creativity inspire his passion for welcoming the excluded and left out. A trained classical musician, Timothy has hosted a local radio program exploring world music and recorded an album of music for massage and bodywork. He is affiliated with AMTA, ABMP, AFMTE and is an NCBTMB Approved Provider.

ROBIN GEORGE LAZOR, BA, LMT, CR

Introduction to Reflexology

Robin is a reflexologist and massage therapist. She is a graduate of the Pittsburgh School of Massage Therapy and is certified in reflexology through the International Institute of Reflexology. She is a member of the Reflexology Association of America and the Maryland Reflexology Association and is pursuing certification in Reflexology Lymph Drainage. Robin loves spending time with family, taking walks with her dog in the woods, flower gardening and reading mysteries.

JEANETTE LUNDELL, LMT, ACE Certified Cupping Practitioner

Neuromuscular Therapy, Hydrotherapy, Student Clinic Director

Jeanette received her education from the Pittsburgh School of Massage Therapy. She has successfully run her own business since 2016, and specializes in trigger point therapy, cupping and essential oils. She also is a co-founder of Massage Core Academy, a platform for beginning therapists to start their own business. Want to know a secret? Her favorite style of music to listen to is heavy rock!

COLLEEN LYNCH-HARSHMAN, LMT

Hydrotherapy, Concepts of Health and Hygiene

Colleen grew up in “The Burgh” and brings to our school 25 years of experience in massage and education. Her dream of being a teacher started with “Touch With Intention” Family Massage Workshops. Looking to deepen her own experience, Colleen became a Registered Yoga Teacher. A Wellness Advocate and educator, supporting her students and clients, Colleen teaches about finding natural solutions to healthcare through “The Gifts of the Earth.” Colleen enjoys the Sun and Moon, the water and stars and being outdoors. She loves all animals and spinning poi.

EVE LYON, LMT

Neuromuscular Therapy

Eve is a licensed massage therapist and a graduate of the Pittsburgh School of Massage Therapy. She has worked in multiple therapeutic and clinical settings, including chiropractic, acupuncture, physical therapy and general wellness, and is a member of AMTA. Eve is the owner and operator of Fulcrum Massage in Pittsburgh’s East End. Among her hobbies are reading, sewing, weight training, working with animals and break dancing.

SARAH OBUZOR, LMT

Sports & Flexibility

Sarah (she/her/hers) graduated from the Pittsburgh School of Massage Therapy after a career as a ballet dancer. The physical aches and pains that come with dance inspired her to pursue this career. Since graduation Sarah has continued her education in cupping, as well as courses in Orthopedic and Nerve Intervention and Entrapment. She is a member of AMTA. Sarah enjoys attending dance performances, gardening and spending time with her siblings and her puppies.

KATHERINE PALUMBO

Alexander Technique

Katie (she/her) is an Alexander Technique teacher and pianist. She received her Alexander Technique teaching certificate from the Philadelphia School of the Alexander Technique and is a member of Alexander Technique International. Palumbo earned her piano performance degree from Bucknell University and is a founding member of the Khasma Piano Duo. She performs and teaches Alexander Technique workshops to musicians across the United States, and teaches piano from her home in Pittsburgh. Gardening, hiking, and cuddling with cute animals are also her jam.

SHARON PARISI-BASS, LMT

Swedish Massage (Department Chair)

In 1986, Sharon was in the first graduating class of the PSMT Massage Therapy Training Program and has received additional training in pregnancy, infant and geriatric massage. After many years of practice in a chiropractic setting, Sharon now has a private practice. Sharon is an AMTA member and former state chapter officer. Her career bucket list includes massaging her way through a Wimbledon fortnight.

GREGORY PARK

Introduction to Shiatsu

Greg received his initial training in massage therapy in Oregon in 1992. After traveling to Thailand in 1994-1995 he returned to Pittsburgh and began practicing Thai massage. In 2001 Greg completed training through the International School of Shiatsu. Since 1999, Gregory has operated the Acupressure Centre of Pittsburgh, currently located in the Deutschtown neighborhood of Pittsburgh.

JIM SAMS, LMT

Neuromuscular Therapy

Jim received his Bachelor's and Master's degrees from Pennsylvania State University and enjoyed a very rewarding career in environmental science and research. He has had a yoga practice for the past 12 years and with encouragement from yoga friends, completed the program at the Pittsburgh School of Massage Therapy. Jim is a member of AMAT and is completing a certification in Esalen deep tissue body work at the Esalen Institute in California. He loves woodworking and likes making bowls and small boxes. During COVID, Jim built a large treehouse and expanded the family garden.

SHELLEY SCHURER, BS, LMT

Registrar

Shelley Schurer is a graduate of Slippery Rock University and the University of Pittsburgh as well as the Pittsburgh School of Massage Therapy. Before she worked at PSMT, she was a teacher, interpreter and birth and postpartum doula. She enjoys all things that make her laugh.

ELI SHUMAKER, LMT

Swedish Massage

Eli (he/him) graduated from the Pittsburgh School of Massage Therapy in 2014 and began teaching in 2021. His massage practice focuses on providing safe and affordable massage therapy to the Gender-Non-Conforming and LGBTQIA+ communities. Kayaking, Boston Terriers, sunny beaches, and aquaponics are some of Eli's favorite things.

CHERYL SINIAKIN-BAUM, PhD, LMT, BCTMB

Somatic Psychology, Admissions Officer

Cheryl has been a self-employed massage therapist for over 45 years, and earned both her undergraduate degree and graduate degrees while building a thriving practice. Licensed as a Massage Therapy Instructor in Arkansas she began teaching massage therapy on a tutorial basis, then writing, directing and teaching a massage therapy program at a community college. Cheryl is an AMTA member currently holding a position on the national level and acknowledged with several awards through her years of dedicated service. Her joy comes through helping others to discover their personal journey.

TERRY SWEET, RN, RYT200, LMT

Pathology, Medications and Massage, Concepts of Health and Hygiene

Terry (he/him/his) is a Registered Nurse since 1999, Registered Yoga Teacher since 2018, and a 2019 Pittsburgh School of Massage Therapy graduate. Terry lives to serve, loves to DJ and get people dancing, thrills to tell jokes and make people laugh, loves cats and lives with two of them, teaches Community Yoga in Beaver, Pennsylvania occasionally on Sundays. Terry has a private practice in Beaver Falls and is a member of AMTA.

PATRICK VanDYKE, LMT, BS

Swedish Massage, Ethical Business Practices for Massage Therapy, Marketing Massage, Technology Coordinator, Outreach Coordinator

Patrick (he/him) graduated from the Pittsburgh School of Massage Therapy in 2015, from Point Park University in 2009 with studies in Funeral Service & Business and from the Pittsburgh Institute of Mortuary Science with a Specialized Business Degree and Embalming Diploma in 2007. He minored in Psychology and is a Third-Degree Reiki Practitioner. Patrick currently practices Craniosacral Therapy. He is also a soothsayer at the Pittsburgh Renaissance Festival.

DENISE VEROSKY, BS, MS

Pathology, Medications and Massage

In addition to her nursing degrees, Denise has earned her Post Graduate Certificate in End of Life and Palliative Care and has a degree in Exercise Physiology

WENDY "AMMA" WILLIAMS, LMT

Aromatherapy

Amma graduated from the Pittsburgh School of Massage Therapy in 2020. She is also certified as a Yoga instructor, has an associate degree in Business Management. She has been an exercise instructor and recently established a small business called ASE Massage and Bodywork.

AMY YNIGUEZ, LMT

Swedish Massage

Amy is a 2002 graduate of the Pittsburgh School of Massage Therapy with a BA in Education from West Virginia University. Amy works in a private practice and is a member of ABMP.



The Pittsburgh School of Massage Therapy (PSMT) will reimburse the retesting fee for the Massage and Bodywork Licensure Exam (MBLEx) for any graduate of our Comprehensive Massage Therapy Training Program who takes the exam and fails it within one month of the graduation date listed on their Comprehensive Massage Therapy Training Program diploma.

In addition to reimbursing the retesting fee, PSMT will allow those graduates to repeat, at no charge, any course, offered at PSMT, that the graduate feels will benefit them in passing the retake of the exam.

This offer is valid for graduates who are in good standing with the school and have completed their entire course of study at PSMT with no modifications to the program length.

To qualify, you must submit your failed test report and proof of retesting payment to the school one month prior to the expiration date stated on your eligibility letter or no later than 30 days after the date of your last examination. The school will reimburse the retesting payment within 30 days. The school's liability is limited to one retesting fee per graduate. No additional expenses including but not limited to travel, review courses (except as provided above), or tutorials, will be reimbursed by the school. Also, the school will not refund the initial payment for taking the exam but will only reimburse the fee to retake the exam.

PSMT will not be held liable for any changes in the policies or procedures of the Federation of State Massage Therapy Boards (FSMTB) regarding retesting, qualifications, or any other issues beyond the control of the school.

Disclaimer

This catalog and the information contained herein are effective as of September 14, 2022 and replaces the Pittsburgh School of Massage Therapy Catalog, Volume XXII. The Pittsburgh School of Massage Therapy reserves the right to amend or change the information contained herein at any time, without advanced notice.