



PITTSBURGH SCHOOL  
OF  
MASSAGE THERAPY

# CATALOG

VOLUME XXIVa  
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## ***Introduction***

Welcome to the Pittsburgh School of Massage Therapy!

Choosing the right massage school is a pivotal decision that can shape your personal and professional journey as a massage therapist. We are honored that you're considering the Pittsburgh School of Massage Therapy as part of your path to success.

This catalog has been thoughtfully prepared to assist you in your decision-making process. Inside, you'll find valuable insight into our school, our programs, and our policies. We encourage you to explore this information and reach out to us if you have any questions or would like to schedule a tour of our facilities.

We are committed to transparency and accuracy, and we certify that the content and policies presented here are true and correct as of November 1, 2024.

### **Disclaimer:**

This catalog, along with the information contained within, is effective as of November 1, 2024, and supersedes the Pittsburgh School of Massage Therapy Catalog, Volume XXIII. The Pittsburgh School of Massage Therapy reserves the right to modify or update any information contained herein at any time, without prior notice.

## ***Mission Statement***

The mission of the Pittsburgh School of Massage Therapy is to set the benchmark for excellence in massage therapy education, cultivating skilled practitioners deeply rooted in integrity, professionalism, and the progressive growth of the profession. We champion a hands-on, immersive curriculum that integrates cutting-edge research and industry best practices. Our commitment to inclusivity fosters a transformative learning environment where every student can thrive.

## ***About the Pittsburgh School of Massage Therapy***

Founded in 1986 as the Pittsburgh Center for Massage Therapy, Inc. (PCMT), the Pittsburgh School of Massage Therapy (PSMT) has grown from a cooperative tutorial program into a premier institution recognized for excellence in massage therapy education. Licensed by the Pennsylvania State Board of Private Licensed Schools in 1989, PSMT was among the first massage schools in Pennsylvania to achieve this level of recognition, allowing us to award a diploma upon program completion.

With decades of leadership from dedicated faculty, staff, and administration, PSMT became the longest-standing massage therapy trade school under continuous ownership by Robert Jantsch until 2019, when Michael Briggs, PhD, LMT, and David Briggs, BS, LMT, took ownership. Their vision has been to uphold PSMT's standards while evolving as a leader in massage therapy education.

At PSMT, we are deeply committed to the transformative power of education to shape lives and uplift communities. Our rigorous curriculum, hands-on training, and supportive learning environment reflect our dedication to producing skilled, professional practitioners who excel in their careers. Looking forward, we are focused on setting a national benchmark for massage therapy education, striving to positively impact the profession and the well-being of communities nationwide.

## ***Our Philosophy***

The massage therapy profession is experiencing significant growth, driven by increasing recognition from medical, athletic, and business communities, as well as the general public. This diversity in the communities we serve prompts us to continually ask: How can we best provide a quality education that equips our graduates to thrive in various settings?

We believe the answer lies in three core areas: the art, science, and professional skills of massage therapy. By providing a solid foundation in these aspects, our graduates are well-prepared to succeed in this evolving field.

- **The Art of Massage Therapy:** This involves mastering various hands-on techniques and understanding their proper application. Our students engage in both demonstrated and practiced sessions, ensuring they develop their skills under supervision and through independent practice.
- **The Science of Massage Therapy:** This encompasses the study of the human mind and body in health and disease, providing a deep understanding of how these elements relate to the practice of massage therapy.
- **Professional Skills:** Integrated throughout our courses, professional skills are particularly emphasized in our business, ethics, and principles classes. This focus prepares students for the realities of working in the massage therapy profession.

In our program, we are dedicated to nurturing the unique strengths and talents of each student, guiding them to discover their niche within the diverse landscape of massage therapy—be it in healthcare, relaxation, sports massage, or private practice.

## ***Location and Facilities***

The Pittsburgh School of Massage Therapy occupies an 11,000-square-foot facility at 3600 Laketon Road in the Penn Hills area of Pittsburgh. Our professional educational environment includes four fully equipped classrooms, each furnished with massage tables, lecture tables, comfortable seating, and A/V equipment to support interactive learning experiences. Additional amenities include designated changing rooms and sinks for student convenience. The facility also features five clinic rooms for hands-on practice, administrative offices, a retail store, a student lounge, and vending to create a supportive and comprehensive space for learning and skill development.

## Our Professional Affiliations



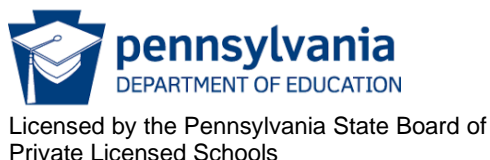
Accreditation is a formal process of quality assurance in which a private, non-governmental, and impartial agency, recognized by the U.S. Department of Education, evaluates schools for their adherence to high standards of performance and integrity. The accreditation of the Pittsburgh School of Massage Therapy signifies that our education meets the rigorous criteria established by the profession, as well as state and federal regulations. It is important to note that accreditation is distinct from Title IV funding, and the Pittsburgh School of Massage Therapy does not currently offer Federal Financial Aid.



The Pittsburgh School of Massage Therapy is proud to be a school member of the American Massage Therapy Association (AMTA), the nation's largest nonprofit professional association dedicated to supporting massage therapists, schools, and students. AMTA is committed to advancing the massage profession through research, advocacy, and promoting the health benefits of massage. Each of our students receives an AMTA Student Membership, which includes valuable resources such as professional liability insurance, online learning tools, MBLEX test preparation, as well as other exclusive benefits and discounts.



The vision of the Alliance for Massage Therapy Education is to advance the therapeutic massage and bodywork professions by strengthening and elevating educational practices and standards through supporting, credentialing, and engaging educators. The Alliance for Massage Therapy Education serves as an independent voice, advocate, and resource for the massage therapy and bodywork education community.



## ***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 in-class, postsecondary education instruction (§20.11.a)
- the passing of the MBLEx licensing exam (§20.23.b)
- completion of a criminal background check (§20.21.b.2)

The Pennsylvania Board of Massage Therapy can be reached at:

### **State Board of Massage Therapy**

P O Box 2649

Harrisburg, PA 17105-2649

Phone: (833) 367-2762

Email: [RA-MASSAGETHERAPY@PA.GOV](mailto:RA-MASSAGETHERAPY@PA.GOV)

Website: <https://www.pa.gov/en/agencies/dos/department-and-offices/bpoa/boards-commissions/massage-therapy.html>

The PSMT Comprehensive Massage Therapy Training Program also meets the requirement for West Virginia and Ohio. The respective boards can be reached at:

### **West Virginia Massage Therapy Licensure Board**

179 Summers Street

Suite 711

Charleston, WV 25301

Phone: (304) 558-1060

Fax: (304) 558-1061

Toll Free in WV: (800) 871-7265

Website: <http://www.wvmessage.org/>

### **State Medical Board of Ohio**

30 East Broad Street

3rd Floor

Columbus, OH 43215

Phone: (614) 466-3934

Email: [contact@med.ohio.gov](mailto:contact@med.ohio.gov)

Website: <https://med.ohio.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.



## ***Non-Discrimination Policy***

The Pittsburgh School of Massage Therapy is dedicated to ensuring equitable access to all programs, facilities, admissions, and employment opportunities without discrimination. We prohibit harassment and discrimination against or in favor based on age, race, color, ancestry, national origin, citizenship, religion, creed, sex, gender, gender identity, genetic information, sexual orientation, familial or marital status, pregnancy, non-job related physical or mental disability, possession of a diploma based on passing a general education development test, or political beliefs.

Acts of discrimination, harassment, sexual misconduct, and relationship violence violate the dignity of individuals and undermine our educational mission. Therefore, such behavior will not be tolerated within our community. We remain steadfast in our commitment to fostering an environment of respect, inclusivity, and equality for all members.

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.

## ***Student Conduct Expectations***

Students at the Pittsburgh School of Massage Therapy are expected to uphold professional standards that foster a respectful and conducive learning environment. The principles of mutual respect, integrity, and confidentiality are essential to achieving this goal.

- **Respectful Interactions:** Treat fellow students, staff, faculty, and visitors with courtesy and consideration at all times.
- **Active Engagement:** Attend class attentively, demonstrating a commitment to the learning process.
- **Minimize Disruptions:** Avoid excessive noise or distractions that could interfere with the instructor's ability to teach and the overall learning experience.
- **Professional Appearance:** Maintain a high standard of personal hygiene and adhere to the dress code, which reflects the standards of a professional massage therapy environment.
- **Confidentiality:** Uphold strict professional confidentiality regarding fellow students and the client-therapist relationship, fostering trust and respect within the school community.
- **Upholding Consent:** Ensure that all interactions are grounded in mutual consent, respecting personal boundaries and encouraging open communication.

By adhering to these principles, students contribute to a safe and supportive atmosphere that enhances the educational experience for everyone.

## ***Definition of Consent***

At the Pittsburgh School of Massage Therapy, we define consent as a conscious, free, and voluntary agreement to engage in specific activities. Consent must be specific and informed, meaning that all parties have a clear understanding of what they are agreeing to and any relevant context. Consent is affirmative and communicated, requiring a positive, active expression of willingness. It is ongoing and mutual, meaning it must be maintained throughout the interaction, with each party respecting the ability to revoke or alter consent at any time. Finally, consent reflects capacity, ensuring that each person is of sound mind, legal age, and free from undue influence or impairment, thus able to fully comprehend and engage in the decision.

## ***Comprehensive Massage Therapy Training Program***

Our Comprehensive Massage Therapy Training Program equips graduates with the knowledge and experience necessary to work safely, effectively, and confidently with a diverse range of clients.

In the first half of the program, students build a solid foundation in Swedish Massage—the most widely practiced and sought-after modality in the field. This balanced approach emphasizes both relaxation and therapeutic techniques, serving as the cornerstone for all subsequent hands-on training.

The second half of the program includes an extensive Neuromuscular Therapy (NMT) course that enhances palpation skills, deepens expertise in musculoskeletal anatomy, and fosters an understanding of common injuries and pain sources that lead clients to seek massage therapy.

Our curriculum also features the Alexander Technique to promote longevity in practice, Somatic Psychology to explore the mind-body connection, and various courses such as Myofascial Massage, Sports & Flexibility, Chair Massage and Assessment & Kinesiology. This comprehensive approach enriches the skill set of our graduates, preparing them to meet the diverse needs of their clients. Additionally, we explore complementary technique suitable for clients who may be too frail for more vigorous bodywork.

### ***Program Objectives***

Our mission is to deliver a high-quality education that empowers each graduate to reach their full potential as a licensed massage therapist. Our program seeks to harmonize the scientific study of anatomy, physiology, and therapeutic techniques with the development of each student's intuitive abilities. To achieve this, we have established the following objectives:

#### ***Art of Massage Therapy***

- Students will master the techniques of therapeutic and relaxing Swedish Massage in alignment with PSMT's foundational Swedish Guidelines.
- Students will gain proficiency in critical thinking and intuitive decision-making, allowing them to tailor their therapeutic approach to meet individual client needs based on their unique skills and training.
- Students will explore and integrate diverse modalities to enhance their approach to massage therapy.

#### ***Science of Massage Therapy***

- Students will identify perpetuating factors related to myofascial pain syndrome and learn how to address them through Neuromuscular Therapy.
- Students will demonstrate a comprehensive understanding of human anatomy necessary for safe and effective massage therapy through palpation exercises, written assessments, and hands-on evaluations.
- Students will demonstrate an understanding of injury and pathology to adapt massage therapy to work safely with clients presenting with specific conditions.
- 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 assessment and hands on testing.
- Students will demonstrate knowledge of universal precautions and contraindications for massage therapy through written evaluations, health history assessments, in-class discussions, and case studies.

### *Professional Skills*

- Students will learn to communicate with other health care providers for consultation and referral, utilizing appropriate professional and medical terminology in class.
- Students will demonstrate strong client communication skills through role-playing, health history intake, and in-class review.
- Students will identify and describe fundamental business practices, ethical standards, scope of practice, and effective communication skills through written assessments and collaborative projects.

### ***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.

### ***Graduation Requirements***

Upon successful completion of the program, and upon meeting all financial obligations, the student will receive a diploma. Once they graduate and pass the MBLEx, they will be eligible to apply for state licensure.

### ***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 and withdraws or is terminated, the withdrawal date is the last date of actual attendance by the student. A student who has not attended classes for 30 consecutive class days is considered withdrawn from the program.

**Course List — Comprehensive Massage Therapy Training Program**  
 (see pages 24 - 29 for descriptions of these courses)

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

## ***Admission to the Comprehensive Massage Therapy Training Program***

Admission to our program is selective to ensure quality training and personalized support. Applicants should be physically, mentally, and academically prepared. Please complete the application at least two weeks before the start date, as early applications may secure preferred schedules.

### *Admissions Requirements*

Applicants must meet one of the following educational criteria:

- High school graduation
- GED
- Associate degree or higher

### *Admissions Procedure*

#### Application Process

1. Submit a completed application form online at [www.psmt.edu](http://www.psmt.edu) and include the following:
  - a. \$150 application fee
  - b. Autobiographical statement that explains your interest and/or experience in massage therapy
  - c. Education Documentation:
    - i. Official high school transcript or diploma
    - ii. GED
    - iii. Degree or transcript from a college or university

#### Interview

Personal interviews with the Director of Admissions and the Student Financial Services Advisor will assess your goals, financial readiness, communication skills, and commitment to massage therapy.

#### Acceptance

Within 30 days of completing the application and interview, you will receive notification regarding your admission. Note that acceptance does not guarantee placement in a specific schedule; placement is confirmed upon enrollment.

#### Enrollment

To complete your enrollment, schedule an in-person meeting with our Student Financial Services Advisor at least two weeks before the start of classes. During this meeting, you will:

- Provide a photo ID as proof of identity
- Submit a signed enrollment agreement
- Pay for your student kit
- Arrange tuition payment:
  - Pay tuition in full, **or**
  - Make the agreed-upon tuition down payment and submit the PSMT School Loan application. **To complete your enrollment, you must electronically sign your PSMT School Loan contract.**

### ***Calendar and Schedule Options***

There are typically four quarterly start dates per year.

The winter class starts in January, with classes on Mondays and Tuesdays.

The spring class starts in March or April, with classes on Wednesdays and Thursdays.

The summer class starts in June or July, with classes on Mondays and Tuesdays.

The fall class starts in September or October, with classes on Wednesdays and Thursdays.

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

The normal time necessary for completion of the Comprehensive Massage Therapy Training Program as a full time student is 12 months. The program is divided into four quarters, for a total of 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. to 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.

#### ***Breaks and holidays***

There is typically a week-long break between each quarter. Observed federal holidays include New Year’s Eve/Day, Martin Luther King Day, Presidents Day, Memorial Day, Juneteenth, Labor Day, Indigenous Peoples Day, Veterans Day, Thanksgiving Day, Christmas Eve/Day.

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.

## ***Tuition and Financial Information***

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

The total estimated cost for the program includes tuition and a student tool kit, which contains essential equipment such as a portable massage table, uniforms, textbooks, and required supplies. All students receive a membership to the American Massage Therapy Association. Other expenses not included in tuition are massage lubricants and personal linens. Potential additional costs may include make-up sessions for absences, tutoring, and retaking practical exams. Please note that all costs are subject to change.

Students receive one (1) complimentary massage from a Swedish Massage instructor. Students may choose to schedule one (1) additional professional session from each faculty member while they are a student at PSMT. The fee for these additional sessions is determined by the individual instructor. Students may not become regular clients of an instructor while they are enrolled in the school.

The application fee is due at the time of application. Tuition can be paid in full, or through a down payment if utilizing the PSMT School Loan, at the time of enrollment. Additionally, the cost of the student tool kit must also be paid in full at the time of enrollment.

## ***Student Services***

### ***Student Support***

The Pittsburgh School of Massage Therapy (PSMT) offers several support programs designed to help students succeed academically and personally:

- **Supplemental Support Sessions:** These sessions provide students with extra opportunities to practice and refine their hands-on massage skills, as well as focused preparation for the MBLEx.
- **Tutoring:** For students needing additional academic support, our tutoring services offer personalized assistance to reinforce learning, clarify complex topics, and build confidence in their studies.
- **Wrap Around Program:** Recognizing that personal well-being is essential to academic success, our Wrap Around Program assists students with meeting basic needs and connecting to mental health resources, providing holistic support throughout their educational journey.

### ***Professional Memberships***

Students become Student Members of the American Massage Therapy Association (AMTA), with benefits that include required professional liability insurance, the AMTA Massage Exam Study Guide, and the AMTA Massage Anatomy Guide. Upon graduation, students are eligible to upgrade to a professional membership with AMTA, or join any other massage therapy professional organization, to provide them with ongoing support, resources, and liability insurance coverage as they enter their careers.

### ***Library***

Our on-site library offers a robust selection of resources to support students' education in massage therapy, which students can check out as needed. Additionally, students have access to online resources covering massage, anatomy, research, and other areas essential to their growth as professionals.

### ***Career Placement Assistance***

Employers consistently reach out to our graduates, recognizing the high-quality training they receive at PSMT. We post job openings in the massage therapy field both on campus and online, ensuring our graduates have access to valuable opportunities. Additionally, students benefit from career guidance through their AMTA Student Membership. While we provide these resources, it is important to note that PSMT does not guarantee employment upon program completion and does not offer formal placement services.

### ***Retail Supply Store***

Our on-site Retail Supply Store is stocked with essential massage supplies, books, school supplies, study resources, PSMT-branded clothing and gear, and more. We offer a 10% discount to students, and we provide product education and recommend a variety of vendors to help students make informed choices about their purchases, ensuring they are well-prepared for their professional careers.

### ***Student Lounge and Outdoor Picnic Area***

The student lounge and outdoor picnic area offer a warm and inviting space for students to relax and recharge. Students have access to a refrigerator, microwave, toaster oven, Keurig, and vending machines, making it easy for them to store and prepare their meals.

### ***Student Policies***

The following are summaries of Pittsburgh School of Massage Therapy policies. Full copies of these policies are available upon request of PSMT administration.

#### ***Advanced Standing Policy***

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.

#### ***Attendance, Make-Up, and Lateness Policy***

##### ***Attendance:***

To obtain a diploma, students must attend all scheduled classes, as no content is optional. If a student must miss a class, they are responsible for making up missed material. Exceeding the maximum allowable make-ups will require the student to repeat the course.

##### ***Make-Up Requirements:***

Students are responsible for coordinating with instructors to make up missed work, which includes completing quizzes, tests, and homework assignments within one week of returning. Additional assignments may also be required.

##### ***Lateness:***

Students may arrive up to 15 minutes late or leave early twice without penalty. Any additional lateness will be treated as an absence, and missed material must be made up.



### ***Disciplinary Action Policy***

The school may impose disciplinary actions, including written warnings, probation, suspension, and dismissal, for inappropriate conduct or violations of school policies. The disciplinary process may include the following actions:

- **Written Warning:** Notifies the student of inappropriate conduct and warns that further violations will lead to additional disciplinary measures.
- **Probation:** Allows the student to continue training under specific conditions, with the understanding that any further violations may result in dismissal without notice.
- **Suspension:** Temporarily prohibits the student from continuing training for a specified period.
- **Dismissal:** Permanently prohibits the student from training.

Students subject to disciplinary action must meet with the President, Director of Operations, or a designee to discuss their actions. Refunds for tuition upon suspension or dismissal will adhere to the Tuition and Application Refund Fee Policy.

The school reserves the right to take disciplinary action for various reasons, including but not limited to:

- Violating any school policy.
- Demonstrating a lack of commitment to education through poor attendance or academic performance.
- Failing to meet financial obligations.
- Disrupting the learning environment or harming the school's reputation.
- Committing felonies or misdemeanors that affect licensure eligibility.
- Violating Pennsylvania Massage Therapy statutes, including practicing without a license.
- Cheating or submitting another's work.
- Being under the influence of alcohol or illegal substances on school premises.
- Engaging in harassment or discrimination.
- Fraudulently gaining admission.

Students under disciplinary action may be restricted from participating in extracurricular activities, Continuing Education classes, and the MBLEx Guarantee unless otherwise permitted by the President or Director of Operations.

### ***Draping Policy***

Our Draping Policy is designed to ensure a standardized and professional approach to draping during massage therapy sessions at Pittsburgh School of Massage Therapy. It aims to maintain a consistent, safe, and respectful environment for both clients and practitioners regardless of gender. This policy is based on industry best practices and is intended to be followed diligently by all instructors and students.

### ***Dress Code Policy***

The Dress Code Policy aims to prepare students for professionalism in the massage field. Students must adhere to this policy while on school property, during hands-on self-evaluations, and at school-sponsored events.

*Uniform:* Hunter Green PSMT scrub tops and bottoms.

*Hygiene Standards:* Clean body and hair; long hair pulled back; no strong scents or jewelry during massages; nails trimmed and polish-free.

### ***Financial Obligations Policy***

“Good standing” is defined as being current with tuition payments or paid in full. A student or graduate not in good standing will be unable to:

- Start the next term
- Request transcripts to be sent to FSMTB to take the MBLEx
- Request transcripts to be sent to any state Massage Therapy Board to complete the licensing application
- Receive their diploma
- Have access to the PSMT Alumni Facebook page
- Attend continuing education sponsored by PSMT

Anyone not in good standing must meet with either the President or the Director of Operations to develop an acceptable plan to return to good standing.

### ***Grading Policy***

PSMT’s grading system is designed to provide a clear and accurate assessment of student progress and accomplishment. The following grades and marks are used:

- **Pass (P):** Indicates that the student has met all course requirements and achieved a minimum average score of 70%. In courses without quantitative grading, a Pass mark signifies that the student has met attendance and participation requirements and has demonstrated proficiency in the skills taught.
- **Incomplete (I):** Issued when a student has not met the course’s academic or attendance requirements within the program’s specified time limits. This is a temporary mark that may convert to a Fail (F) if not resolved within two weeks of the course's end.
- **Fail (F):** Assigned to students who achieve below a 70% average, fail to meet course requirements, or do not resolve an Incomplete within two weeks of the course's end. In courses without quantitative grading, a Fail indicates unmet attendance and participation requirements, or a lack of proficiency in the skills taught.
- **Withdrawal (W/D):** Recorded when a student withdraws from the course prior to completing requirements or receiving a final evaluation.
- **Satisfactory Progress (S):** A mid-course assessment indicating satisfactory progress. This temporary mark applies to courses that extend over multiple terms and is replaced by a final grade at course completion.
- **Unsatisfactory Progress (U):** A mid-course assessment indicating that the student has not achieved satisfactory progress. This mark, also temporary, applies to courses that extend over multiple terms and is replaced by a final grade at course completion.

A student who believes their grade does not accurately reflect their performance may submit a written appeal to the Director of Operations within one week of receiving the grade. Appeals will be reviewed by the instructor and the Director of Operations, and a decision will be made within two weeks.

### ***Leave of Absence Policy***

A student may take a Leave of Absence for personal reasons with the following conditions:

- The student may extend the program by one term, or two terms with special permission by the President.
- If a leave of absence is taken during courses that are longer than one term (Swedish Massage and Neuromuscular Therapy), the associated department will evaluate whether the student may resume the course in the middle, or whether the student must repeat the entire course.
- Any single-term or shorter, incomplete courses must be restarted from the beginning.
- If, during a leave of absence, the student decides not to return, the student's last date of attendance will be the last date of attendance prior to starting the leave of absence, and any refund will be calculated based on that date.

### ***Program Restart Policy***

A student may restart the program for any reason one time. Note that under no circumstances can a student's course of study extend beyond 18 months. If the student restarts the program within six months of withdrawal, the student may opt to receive credit for all classes for which they received a passing grade. In this case, tuition may be reduced for those classes by subtracting their cost, calculated by multiplying the tuition for the program by the ratio of the course hours to the total program hours.

The cost of tuition will be charged for the restart at the time of withdrawal from the initial start. Payment on the new balance will continue with the terms originally agreed to unless other arrangements are made with the President or Director of Operations.

If the student withdraws from the program after the restart for any reason, they must wait at least two years from the date of withdrawal to undergo the entire admissions process, including payment of an application fee. The administration will review the circumstances of the withdrawal after restart prior to offering re-admission.

### ***Satisfactory Academic Performance Policy***

Satisfactory Academic Progress is defined as a student maintaining a grade of at least 70%, while also meeting the attendance and academic assessment requirements throughout a course. Any pending incomplete work must be submitted within one week 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.

At the end of each term, a student must have passed all courses that are 11 weeks in duration in order to advance to the next term.

- If a student fails just one 11-week course, the student will be placed on academic probation, and must retake the failed course by itself in the next quarter. The student must either pass the failed course to advance to the subsequent term or withdraw from the program.
- If a student fails two or more 11-week courses in any given term, they must either withdraw from the program or completely restart the program on academic probation in accordance with the Program Restart Policy.

- For any failed courses that are less than 11 weeks, the student, the instructor, and administration must agree on a plan to complete the course within the next term, documented in the student's record. No courses for which the failed course is a prerequisite may be taken until the failed course is passed. If any failed courses are not completed within the subsequent term, the student must withdraw from the program.

A failed class may only be repeated once. The cost of any repeated course (calculated by multiplying the tuition for the program by the ratio of the course hours to the program hours) will be added to the student's ledger.

A student normally may not extend their course of study by more than one additional term (or two terms with special approval from the administration). The course of study may not, under any circumstances, be extended beyond two terms.

If a student does not meet satisfactory academic progress while on academic probation, the student must withdraw from the program, and must wait at least two years from the date of withdrawal to undergo the entire admissions process. The administration will review the circumstances that prevented meeting Satisfactory Academic Progress before offering re-admission.

A student on academic probation may not be late or absent to any class, or fall below Satisfactory Academic Progress, or they will be withdrawn from the program.

### ***Refund Policy***

An applicant rejected by the school is entitled to a refund of monies paid.

The application fee is fully refundable if the student requests cancellation within ten business days after signing the enrollment agreement, if no classes have been attended, lessons completed, or materials used. For a student canceling after the tenth calendar day following the date of enrollment but prior to the beginning of classes, monies paid to the school shall be refunded except the application fee.

If PSMT postpones a program start date, the student is entitled to a full refund of all monies paid to PSMT if the student is unable to attend the next available start date. Students are guaranteed a seat in the next available start date. Payment will be made within 30 days of the postponement.

If a student enrolls and withdraws or discontinues after the quarter has begun but prior to completion of the quarter, the following refunds apply:

- For a student withdrawing from or discontinuing the program during the first seven (7) calendar days of the quarter, the tuition charges due to the school shall be 25% of the tuition for the quarter.
- For a student withdrawing from or discontinuing the program after the first seven (7) calendar days of the quarter, but before completing 25% of the quarter, the tuition charges due to the school shall be 45% of the tuition for the quarter.
- For a student withdrawing from or discontinuing the program upon completing 25% but before completing 50% of the quarter, the tuition charges due to the school shall be 70% of the tuition for the quarter.
- For a student withdrawing from or discontinuing the program upon completing 50% of the quarter, the tuition charges due to the school shall be 100% of the tuition for the quarter.

The student also owes 100% of the tuition for all quarters completed prior to the quarter of withdrawal, if any, and will be refunded any tuition paid for any quarters not yet started.

### ***Refund Policy (continued)***

The student withdrawing from or discontinuing the program may still owe money to the school if the resulting tuition charges exceed the amount of principal paid.

Refunds shall be made within 30 calendar days of the date the student fails to enter, leaves the program or fails to return from a leave of absence.

Parts of the PSMT Student Toolkit that have been received by the student are non-refundable.

### ***Weather Policy***

In cases of inclement weather or other emergencies affecting class schedules, the Front Office Manager or designee will decide on delays or cancellations based on conditions near the school. Information regarding these changes will be available on the school's voicemail by 7:00 AM and shared with local weather centers via their platforms.

All staff, faculty, and students should use personal judgment regarding travel safety. If unable to travel safely, individuals should notify the school promptly.

The administration will determine how to make up for missed classes, which may include scheduling make-up days during breaks, potentially extending the program's end date.

### ***Verification of Education***

- **FSMTB Verification:** The school will submit a verification of education to the Federation of State Massage Therapy Boards (FSMTB), enabling students to apply for the MBLEx licensing exam. This submission will occur no sooner than 30 days before graduation, if the student is in good standing, and only after all coursework required by FSMTB is completed.
- **Diploma:** Graduates will receive an original diploma upon successful completion of the program if all financial obligations are fulfilled. If a student has not paid in full and is in good standing, they will receive a copy of the diploma instead.
- **State Licensing Board Verification:** Verification of education, along with official transcript, will be sent to the state massage board upon request after graduation, provided the student is in good standing.
- **Additional Transcripts:** Graduates can request additional transcripts within one year of graduation from the school. After one year, transcripts can be obtained from the central repository at [www.verif-y.com](http://www.verif-y.com). There is a fee for both requests, and transcripts will only be released to graduates who are in good standing.

### ***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.

## ***Harassment***

The Pittsburgh School of Massage Therapy (PSMT) is committed to maintaining a respectful, safe, and supportive learning environment that is free from any form of harassment, including verbal, physical, and visual offenses. Harassment of any type will not be tolerated and is prohibited in all interactions, whether among students or between employees and students. PSMT upholds the right of all students and employees to report harassment without fear of retaliation, in accordance with PSMT policies.

Harassment is considered a serious violation that can significantly affect individuals' careers and personal lives, and false accusations carry similar gravity. Therefore, it is vital that all members of the PSMT community—faculty, staff, and students—exercise care and responsibility in handling any allegations of harassment.

### ***Forms of Harassment***

Harassment may include, but is not limited to:

- **Verbal:** Demeaning or offensive remarks, jokes, or comments.
- **Physical:** Unwanted physical contact, intimidation, or threats.
- **Visual:** Display of offensive signs, images, or gestures.

Harassment may involve race, class, gender identity, age, or other personal characteristics and may or may not involve sexual behavior.

### ***Sexual Harassment***

Sexual harassment may include, but is not limited to:

- Unwelcome sexual advances, requests for sexual favors, or other sexual contact.
- Explicit or implicit remarks or actions that interfere with an individual's academic performance or create an intimidating, hostile, or offensive learning environment.
- Discussions of sexual activity in front of others, suggestive comments, or inappropriate self-touching.
- Stalking, including social media.

### ***Responsibilities and Reporting***

Students and employees are responsible for upholding PSMT's harassment-free environment. Any person who becomes aware of harassment—either by observing it or through a report—is required to inform the administration. Once informed, the school will respond swiftly and appropriately, regardless of whether the affected individual wishes to pursue action.

PSMT will thoroughly investigate all complaints and take corrective action as necessary. Disciplinary actions, including dismissal, may be applied if appropriate. This policy aims to ensure a learning environment that respects each individual's right to safety, dignity, and equitable treatment.

## ***Complaint Procedure***

Individuals who believe they have experienced or witnessed any form of grievance, including but not limited to harassment, are required to report the matter in writing to the President or Director of Operations. Given the sensitive nature of grievances, the following procedural principles are observed to ensure confidentiality, thoroughness, and fairness:

- **Confidentiality:** Access to the investigative process will be restricted to the complainant, the respondent, and personnel directly involved in handling the matter.
- **Guidance and Support:** The President, or a designated representative, will serve as a resource for interpreting policy guidelines, offering guidance and consultation to any party involved in the complaint.
- **Investigation Oversight:** Should a formal investigation be warranted, the President will ensure that proper investigation and complaint procedures are carried out.
- **Timely Resolution:** Investigations will be conducted promptly, with written findings provided to the involved parties as soon as possible.
- **Corrective Action:** If a complaint is substantiated, corrective actions will be implemented to prevent recurrence. These actions may include, but are not limited to, disciplinary measures including immediate dismissal. If a customer initiates the incident leading to the complaint, they may be prohibited from future dealings with Pittsburgh School of Massage Therapy.
- **Further Appeals:** If any involved party is dissatisfied with the President's decision and corrective actions, they may escalate the grievance to the Commission on Massage Therapy Accreditation (COMTA) and/or the Pennsylvania State Department of Education.

### **Commission on Massage Therapy Accreditation (COMTA)**

900 Commonwealth Place  
Suite 200-331  
Virginia Beach, VA 23464  
Phone: (202) 888-6790  
Email: [info@comta.org](mailto:info@comta.org)  
Website: [www.comta.org](http://www.comta.org)

### **State Board of Private Licensed Schools Pennsylvania Department of Education**

607 South Drive, Floor 3E  
Harrisburg, PA 17120  
Phone: (717) 783-8228  
Email: [ra-pls@pa.gov](mailto:ra-pls@pa.gov)  
Website:  
<https://www.education.pa.gov/Postsecondary-Adult/CollegeCareer/pls/>

## **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.

### ***Anatomy & Physiology II***

38.5 hours

Prerequisite: *Anatomy & Physiology I*

This emphasis in this course will be two-fold: 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.

### ***Anatomy & Physiology III***

38.5 hours

Prerequisites: *Anatomy & Physiology I and II*

This course will continue 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, with an emphasis on the functional groupings of muscular innervations. Digestion, metabolism, nutrition, and how they relate to the rest of the body will also be covered, as well as the special senses, the physiology of the body's stress response, and reproduction/fetal development. In addition, kinesiology (the study of movement) will be considered with respect to structure, and how form and function are interrelated. Discussion will continue throughout the 11 weeks about the important role that connective tissue plays in massage.

### ***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.

### ***Concepts of Health & 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.



*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.

*First Aid/CPR* 7 hours

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

*Intern Clinic* 28 hours

Prerequisite: *Swedish Massage*

This course includes a Preparatory Class, as well as five 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 present at all times to provide feedback, support and general supervision.

*Introduction to Aromatherapy* 8 hours

The use of plant essences to influence our mood and sense of well-being has been a universal human activity since the dawn of time. Essential oils are complex chemical compounds extracted from plants used to promote health and well-being. They can relax the body and mind and restore body systems to a state of equilibrium in which healing occurs. This course will present the student with a foundation that will allow him or her to develop a curiosity and the capacity to explore and expand their use of essential oils to the benefit of their clients as well as themselves.

*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. In order to appropriately interpret the assessment, a clear understanding of the function and structure of the musculoskeletal system is required. Kinesiology is the study of how the muscles and bones work together to create movement. These tools help the therapist realize the current state of the client's condition, allow the therapist to develop a plan of action to effect positive change in the client, and assist in analyzing progress through the course of the sessions. The assessment tools taught in this course can be effectively used with any form of massage therapy.

*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.

### *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.

### *Introduction to Shiatsu*

14 hours

This course is designed to provide students with the 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.

### *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 will be explored.

### *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.

### *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. The changes produced by massage therapy, combined with the changes induced by medications can lead to unexpected results. Perhaps a medication is metabolized differently, and the treatment goal is affected. In other cases, medications could mask a client's ability to provide feedback regarding appropriate pressure. Topics covered include commonly prescribed medications and their effects, and resources available to the massage therapist to research and understand new and less commonly prescribed medications.

### *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 modalities/bodywork approaches to return the fascia to a normal, healthy elastic and fluid state.

### *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.

### *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.

### *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.

### *Principles of Touch*

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 interesting and 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.

### *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.

### *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.

### *Reiki I*

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 future 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.

### *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.

### *Sports & 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.

### *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.

### ***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 Bachelor of Science degree in exercise and sport science, a 1998 graduate of Chatham University with a Master of Science degree 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**

##### *School Owner and President*

David is a 2013 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.

#### **MICHAEL BRIGGS, PhD, LMT**

##### *School Owner*

Mike is a 2019 graduate of the Pittsburgh School of Massage Therapy Comprehensive Massage Therapy Training Program. Mike has a Bachelor of Science degree from the University of Akron; Master of Science degrees in Chemistry from Indiana University of Pennsylvania and Purdue University; and a Doctor of Philosophy degree 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.

**PETER BURROWS, LMT**

*Anatomy & Physiology II, Anatomy & Physiology III, Assessment & Kinesiology, Chair  
Massage, Sports & Flexibility*

Pete attended Bethany College as a biology major and is a 2000 graduate of the Pittsburgh School of Massage Therapy Massage Training and Advanced Massage Therapy Training programs. 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.

**JASON BYE, LMT**

*Swedish Massage, Myofascial Massage*

Jason is a 2005 graduate of the Ashmead School of Massage in Seattle, Washington. He has practiced in a variety of settings including chiropractic, medical, sports, and spa. Jason was among four massage school students selected to participate in an internship at the Cancer Institute of Portland. He has a passion for continuing education and helping people.

**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 2017 graduate of the Pittsburgh School of Massage Therapy.

**MARILYN CARPENTER, BS**

*Introduction to the Alexander Technique*

Marilyn is a 2004 graduate of the Alexander Alliance Teacher Training Program and has been a teaching member of Alexander Technique International since 2006. She also has a Bachelor's Degree in Electrical Engineering from The Ohio State University.

**REBECCA "Fox" CRANE, BA, MA, LMT, CNMT**

*Internal Communications Director, Ethics, Principles of Touch*

Fox 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 a Master's Degree in Conflict Resolution Studies from PennWest University. Fox is committed to making holistic healthcare more inclusive and accessible to underserved populations.

**FRANKIE EDMISTON, LMT***Sports & Flexibility*

Frankie is a 2023 graduate of the Pittsburgh School of Massage Therapy, heavily involved in personal training and sports massage. Frankie is also a faculty supervisor for the Sideline SPORT program at PSMT.

**NEAL FRANCHOCK, LMT***Anatomy & Physiology I, Neuromuscular Therapy*

Neal studied Sports Medicine at Edinboro University and Exercise Science at Pennsylvania State University. He graduated from the Pittsburgh School of Massage Therapy Comprehensive Massage Therapy Training Program in 2011. He has been an active paramedic since the early 1990s and is currently a flight paramedic for STAT MedEvac.

**CARIN FRANK, BS, LMT, EMT-P***Student Support Coordinator, First Aid/CPR, Pennsylvania Laws & Regulations, Pathology for the Massage Therapist, Medications & Massage*

Carin received her massage therapy training from Career Training Institute in 2002. She also earned an Associate of Science degree in Emergency Medicine from Public Safety Institute in 1991 and a Bachelor of Science degree in Health and Wellness/Public Health from Excelsior University in 2020. Carin has extensive experience in education and teamwork in the emergency medical services professions.

**WILLIAM “BUCK” GWALTNEY***Admissions Officer, Tools of the Trade*

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 found his home at the Pittsburgh School of Massage Therapy. Buck is funnier than most people realize.

**BARBARA HOIS***Alexander Technique*

Barbara has taught The Alexander Technique for over 25 years and is a member of 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.

**KENN HOWARD, BA, Retired Massage Therapist***Anatomy & Physiology I, Ethics, Neuromuscular Therapy Department Chair, Faculty Training Coordinator*

Kenn is a graduate of PSMT Massage Therapy Training and Advanced Massage Therapy Training programs, 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.

## **HEATHER KROFF**

*Retail Operations Manager*

Heather earned a Bachelor of Arts degree in Fine Art, with a minor in Communication from Goshen College. She has extensive experience in management and administration, and is also an accomplished singer/songwriter. Heather brings a flair and creativity to everything she does!

## **COLLEEN LYNCH-HARSHMAN, LMT**

*Swedish Massage, Introduction to Aromatherapy, Introduction to Clinical Hydrotherapy, Concepts of Health & 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.

## **KETOYA MONERO, LMT**

*Neuromuscular Therapy*

Ketoya received her education in massage therapy through the Branford Hall Institute in 2013. She also earned an associate's degree in nurse education in 2006 from Passaic County Community College. She loves education and sharing her knowledge with others.

## **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.

## **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 Deutchtown neighborhood of Pittsburgh.



**SANTANA PEREC, LMT***Neuromuscular Therapy*

Santana is a 2019 graduate of the Neuromuscular Massage Therapy Program at the Colorado Institute of Massage Therapy. Santana is an entrepreneur who has also worked in chiropractic offices and spas. She is an intuitive and passionate neuromuscular massage therapist with experience in facilitating her clients' journeys away from pain and towards a more balanced and healthy lifestyle.

**TANYA SEILER, LMT***Director of Operations, Student Financial Services Advisor*

Tanya graduated from PSMT in 2016 and built a diverse career in the field, working as a sole proprietor, in a franchise, and even in a casino setting. Rising to roles as both lead therapist and manager, Tanya brings a wealth of industry insight and a passion for excellence back to PSMT. Tanya's focus is on helping the school succeed and every student thrive in their journey toward a rewarding career in massage therapy.

**ELI SHUMAKER, LMT***Clinic Director, Swedish Massage, Myofascial Massage*

Eli graduated from PSMT 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.

**SARAH SMITH, MS, BS, LMT***Reiki I, Introduction to Reflexology*

Sarah is a 2014 graduate of the Pittsburgh School of Massage Therapy. She earned a Bachelor of Science degree in Journalism with an emphasis in Public Relations from West Virginia University in 2004, and a Master of Science degree in Health Communication from Boston University in 2010. She has taught yoga for the last six years, and run the Zen-Den, practicing massage and Reiki for the last ten years.

**LLYASHA TREADWELL, LMT***Swedish Massage*

Llyasha graduated from the Alternative Conjunction School of Massage Therapy and Clinic in 2001. Her twenty years of experience in Swedish massage as a sole-proprietor and working in a spa have well prepared her for passing on her knowledge and expertise to a new generation of massage therapists.

**PATRICK VanDYKE, LMT, BS***Marketing and Technology Coordinator*

Patrick 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 for the Massage Therapist, Medications & Massage*

Denise earned a Bachelor of Science degree in Nursing from Pennsylvania State University in 1989 and a Master of Science in Nursing as a Clinical Nurse Specialist from the University of Pittsburgh School of Nursing in 2006. In addition to her nursing degrees, Denise received her Post Graduate Certificate in End of Life and Palliative Care and has a Masters Degree in Exercise Physiology from the University of Pittsburgh.

**EMMA WILLIAMS, MS, NCC**

*Somatic Psychology*

Emma earned her B.A. in Psychology from Waynesburg University before pursuing a M.S. in Clinical Mental Health Psychology at PennWest University of California. She is working towards becoming a Certified Licensed Professional Counselor in the state of PA. Emma combines personal and professional expertise in somatic psychology, teaching the importance of the mind-body connection for healing and well-being. She also practices these principles to maintain balance and resilience in her own life.

**MONICA WILLIAMS, LMT**

*Principles of Touch, Ethics*

Monica graduated from the Pittsburgh School of Massage Therapy in 2008. She also has a Bachelor of Arts in Child Development and Care from the University of Pittsburgh. Her experience as a massage therapist and as an educator enable her to pass on to her students the knowledge and tools they need to be outstanding massage therapists.

**ROXANNE WILLIAMS, LMT**

*Swedish Massage*

Roxanne graduated from the Massage Therapy Program at Western School of Health and Business in 2008. She also has a BSBA in General Business Management from the University of Pittsburgh. Roxanne's passion and experience in both massage therapy and education fulfill her vision of training the future generations of massage therapists.

**AMY YNIGUEZ, LMT**

*Continuing Education Coordinator, Ethical Business Practices for Massage Therapy, Marketing 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.