



# Massage Certification Program

With over 35 years of clinical and academic experience under its hands, the Idaho School of Massage Therapy (ISMT) offers a non-accredited Massage program with both a holistic and medical emphasis. We recognize a need and growing market for knowledgeable, skillful graduates who also possess the “trifecta” of attributes for success in massage therapy: professionalism, a business plan and communication skills. We offer students day and evening classes and a Massage Program that exceeds Idaho’s massage Licensing requirements. (See [www.ibol.idaho.gov](http://www.ibol.idaho.gov) for details.) Be advised that Massage Licensing requirements vary by state.

On September 1, 2016, two businesses join as one in Meridian: ISMT and Three Oaks Academy and Integrative Therapy clinic merged campus and clinic. Located next to Idaho Physical Medicine and Rehabilitation, close to the Eagle exit, ISMT’s comprehensive curriculum continues to be an ideal balance of clinical and wellness applications from relaxation to rehabilitation. Our massage program is registered with the Idaho State Board of Education, and taught by experienced, qualified faculty who focus on the skills and competencies necessary for the safe and effective delivery of therapeutic massage and bodywork. The Western coursework builds upon the fundamentals of Swedish techniques, and clinical massage therapy skills with a solid base of sciences while the Eastern coursework (Asian and Reflexology) holistically provide the energetic aspect. The allied modalities of Craniosacral, Lymphatic facilitation, Visceral and Geriatric massage emphasize effective, yet gentle, complementary therapies for both wellness and treatment models.

DATE	COURSES	HOURS	TOTAL
<b>Trimester A</b> September 10-December 18 2018 <i>Student Orientation: August 24,            2018</i>	Anatomy (48), Physiology (48) Swedish (36), Bodywork 101(36) Business I/Ethics (28), Hydrotherapy (12) Student Clinic Movement	<b>96</b> <b>72</b> <b>40</b> <b>35</b> <b>10</b>	     <b>253 hrs</b>
<b>Trimester B</b> January 2-April 9, 2019 <i>Student Orientation: December 15,            2018</i>	Kinesiology Pathology Bodywork 102 (55), Research Literacy (6) Business II, & Record keeping (SOAP) Student Clinic Movement (10) & First Aid/CPR (8)	<b>38</b> <b>40</b> <b>61</b> <b>42</b> <b>35</b> <b>18</b>	     <b>234 hrs</b>
<b>Trimester C</b> April 22-June 25, 2019 <i>Student Orientation: April 13, 2019</i>	Reflexology (15), Asian bodywork (33) Geriatric massage (12), Craniosacral (12) Sports (12), Lymphatic facilitation (12) Student Clinic (24) w/Case Studies (16) Visceral massage (12)	<b>48</b> <b>24</b> <b>24</b> <b>40</b> <b>12</b>	     <b>148 hrs</b>
<b>Massage Therapy Program</b>	<i>Approximately 10 months to complete this schedule. Supplies and Books additional \$800 estimate only.</i>	<b>Tuition \$8,300</b>	<b>635 Hours</b>
<b>Massage Therapy Program</b>	Additional: Connective Tissue Bodywork 55 hours July 10 – August 29, 2018	<b>Tuition \$9,125</b>	<b>690 Hours</b>

# Idaho School of Massage Therapy

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## 2018-19 Tuition, Cancellation and Attendance Policy

### Tuition Payments and Refunds:

ISMT does not accept any Federal student aid monies. We accept tuition payments on a pay-as-you-go or class-by-class basis. Alternatively, State funds may be available through Job Service or Vocational Rehabilitation and military personnel or their spouses may qualify for funding through the Veteran's Administration, GI benefits; check on your eligibility.

**Tuition fees are not paid up front** or in advance of classes therefore refunds do not apply. Tuition fees do not include books and/or supplies. Student obtains these separately.

### Class tuition payments on a "pay as you go" or class-by class basis, as follows:

- **1/2 and 1/2:** 50% of *tuition is due at the 1/2 and end point* of each class.
- See Day or Evening Class Schedule, "Class Payments" for details.

A student that follows the schedule of classes and payments will complete the program with no outstanding debt to the school.

### Cancellation, Withdrawal, or Dropped classes:

A student may "drop" or "withdraw" from a class in writing *before the 1/2 point of class transpires; thus voiding the class, and incurring no tuition.* Withdrawal from a class beyond this point (50% or greater) will incur tuition fees though zero credit hours accrue and is effective on the date and time of receipt of written or emailed official notification, not the date of last class attendance.

- Withdrawals/drops at 0%-49 % of a class: No tuition is owed.
- Withdrawals/drops at 50% - 59% of a class: Tuition is owed for class transpiring up to receipt of written drop notice, calculated at \$15.81/class-hour.
- Withdrawals/drops at 60% - 89% of a class: Tuition is owed, at \$20/class-hour.

Supply costs are non-refundable. Consider this official notice that certifications and transcripts can and will be held back if tuition and/or fees are owed the school.

**TOTAL Tuition PAYMENTS:** for classes comprising the 635-hr. Massage Program Certification:  
**All tuition PAYMENTS total \$ 8,300**

- Application/Registration** Fee is [\\$ 100, non-refundable](#), and not included in tuition. Each student shall obtain and show proof of Student insurance (through massage trade associations: AMTA, AMBP, or equivalent at their own expense.) See Admission Requirements. Students obtain their own books and supplies. [Books/supplies are not included in the tuition.](#)
- Attendance:** Students shall not miss more than 10% of class. Makeup time is available when 60% or more class attended, with your instructor, by appointment. 1 hour of Makeup = 3 hours of classroom time and is available at a cost of \$25/hr. 70% or higher minimum competency for class credit, given upon completion when applicable tuition and/or fees are paid in full.
- "Work-off" a portion of your tuition** doing supervised Student Clinic massage beyond 110 hr requirement. Requires a temporary license through IBOL, some restrictions apply.
- Transfer Credit may be available** for classes "substantially equivalent." Course transcripts and syllabus required. Business I/Ethics and Student Clinic are non-transferrable. We cannot guarantee transfer of credit to any other schools. Inquire about course "Challenge": a fee of \$25/course applies. Courses may be taken individually with **completion of the admission process in its entirety.** See Admission Requirements and schedule your admission interview today! **Contact ISMT: (208) 342-3430; [ismtclinic@gmail.com](mailto:ismtclinic@gmail.com) or (208) 343-1847 Interviews/tours by appointment only.**

# Idaho School of Massage Therapy

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## EVENING CLASS & TUITION SCHEDULE

**TRIMESTER A      Sep 10 - Dec 18, 2018      Student Orientation: Aug 24, 2018      6-7:45 pm**

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 10-Dec 17;      Mon (& Dec 12)      6-9 pm	48	758.85	10/29/18 \$ 379.42	12/17/18 \$ 379.43
Swedish	Sep 11-Oct 18;      Tu, Thur      6-9 pm	36	569.14	09/27/18 \$ 284.57	10/18/18 \$ 284.57
Physiology	Sep 12-Dec 18; Nov 17 Sat. 10-1; Wed (& Dec 11, 13, 18) 6-9 pm	48	758.85	10/31/2018 \$ 379.42	12/18/2018 \$ 379.43
Movement	Sep 15-Nov 17 (no transfers/substitutes) <b>Sat 9-10 am</b>	10	158.10	10/13/2018 \$ 79.05	11/17/2018 \$ 79.05
Business I/Ethics	Sep 15&29, Oct 13&27, Nov 10, Dec 8 (Dec 6 6-9) <b>Sat 10-2</b>	28	442.67	10/27/2018 \$ 221.33	12/08/2018 \$ 221.34
Hydrotherapy	Oct 6, Nov 3 (& <b>Dec 1 9:30-4:45 pm</b> ) <b>Sat 10-1 pm</b>	12	189.72	11/03/2018 \$ 94.86	12/01/2018 \$ 94.86
Bodywork 101	Oct 23 - Dec 4;      Tu, Thur      6-9 pm	36	569.14	11/08/2018 \$ 284.57	12/04/2018 \$ 284.57
Student Clinic Modality: Swedish	Signup for 1st, 2nd , 3rd Sundays Nov. 11 - Dec 16 am or pm shift	<u>35</u>	<u>\$ 0</u>	<b>No cost to student</b>	
<b>Trimester A Total</b>		<b>253</b>	<b>\$3446.47</b>		

**TRIMESTER B      Jan 2 - Apr 8, 2019      Student Orientation: Dec 15, 2018      12-1:45 pm**

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 7 - Apr 3      Mon(& 4/3)      6-9 pm	40	632.38	02/18/2019 \$ 316.19	04/03/19 \$ 316.19
Bodywork 102	Jan 3 - Mar 7;      Tu, Thur      6-9 pm	55	869.52	01/31/2019 \$ 434.76	03/07/2019 \$ 434.76
Kinesiology	Jan 2-Mar 27;      Wed      6-9 pm	38	600.76	02/13/2019 \$ 300.38	03/27/2019 \$ 300.38
Movement	Jan 5 - Mar 9; <b>Sat 9-10 am</b>	10	158.10	02/02/2019 \$ 79.05	03/09/2019 \$ 79.05
Business II	Jan 12&26, Feb 9&23, Mar 9&23, Mar 30 Job Fair Mar 28 Thur, April 8 Mon <b>Sat 11 am - 1 pm</b> 6-9 pm	27	426.86	03/09/2019 \$ 213.43	03/28/2019 \$ 213.43
Record Keeping	Mar 12-Mar 26;      Tu, Thur      6-9 pm	15	237.14	03/19/2019 \$ 118.57	03/26/2019 \$ 118.57
Research Lit.	Apr 2 & 4      Tu, Thur      6-9 pm	6	94.86	04/02/2019 \$ 47.43	04/04/2019 \$ 47.43
First Aid/CPR	Apr 6 <b>Sat 9-5:30 pm</b>	8	126.48	04/06/2019 63.24	04/06/2019 63.24
Student Clinic Modality:SW/Connective Tissue bodywork	Signup for 2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> Sundays Feb. 10-May 19 am or pm shifts	<u>35</u>	<u>\$ 0</u>	<b>No cost to student</b>	
<b>Trimester B Total</b>		<b>234</b>	<b>\$3146.10</b>		

**TRIMESTER C      Apr 22 - Jun 25, 2019      Student Orientation: Apr 13, 2019      12-1:45 pm**

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 22-May 15;      Wed(&4/22)      6-9 pm	15	237.14	05/01/2019 \$ 118.57	05/15/2019 \$ 118.57
Asian Bodywork	Apr 23-May 30;      Tu, Thur      6-9 pm	33	521.69	05/09/2019 \$ 260.84	05/30/2019 \$ 260.85
Sports Massage	Apr 29-May 20;      Mon      6-9 pm	12	189.72	05/06/19 \$ 94.86	05/20/2019 \$ 94.86
Visceral Massage	May 22-Jun 12;      Wed      6-9 pm	12	189.72	05/29/2019 \$ 94.86	06/12/2019 \$ 94.86
Geriatric Massage	May 28- Jun 18;      Tu,      6-9 pm	12	189.72	06/04/2019 \$ 94.86	06/18/2019 \$ 94.86
Lymphatic Fac.	Jun 3 - Jun 24;      Mon      6-9 pm	12	189.72	06/10/2019 \$ 94.86	06/24/2019 \$ 94.86
Craniosacral	Jun 6 -25;      Thur (& 6/25)      6-9 pm	12	189.72	06/13/2019 \$ 94.86	06/25/19 \$ 94.86
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Sundays to completion; am or pm shifts.	<u>40</u>	<u>\$ 0</u>	<b>No cost to student</b>	
<b>Trimester C Total</b>		<b>148</b>	<b>\$1707.43</b>		

No class Thanksgiving, Christmas, New Year's Day, Memorial Day

# Idaho School of Massage Therapy

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## DAY CLASS & TUITION SCHEDULE

**TRIMESTER A    Sep 11 – Dec 18, 2018    Student Orientation: Aug 24, 2018 6-7:45 pm**

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 11-Dec 18; Tu (& Dec 13) 9-12 pm	48	758.85	10/30/2018 \$ 379.42	12/18/2018 \$ 379.43
Swedish	Sep 11-Oct 18; Tu, Thur 12:30-3:30 pm	36	569.14	09/27/2018 \$ 284.57	10/18/2018 \$ 284.57
Physiology	Sep 13-Dec 18; Nov 17 Sat. 10-1; Thur 9-12 pm (& Dec 11, 13, 18 12:30-3:30 pm)	48	758.85	11/01/2018 \$ 379.42	12/18/2018 \$ 379.43
Movement	Sep 15-Nov 17; (no transfers/substitutes) Sat 9-10 am	10	158.10	10/13/2018 \$ 79.05	11/17/2018 \$ 79.05
Business I/Ethics	Sep 15&29, Oct 13&27, Nov 10, Dec 8 (Dec 6 12:30) Sat 10-2	28	442.67	10/27/2018 \$ 221.33	12/08/2018 \$ 221.34
Hydrotherapy	Oct 6, Nov 3 (& Dec 1 9:30-4:45 pm) Sat 10-1 pm	12	189.72	11/03/2018 \$ 94.86	12/01/2018 \$ 94.86
Bodywork 101	Oct 23 -Dec 4; Tu, Thur 12:30-3:30 pm	36	569.14	11/08/2018 \$ 284.57	12/04/2018 \$ 284.57
Student Clinic Modality: Swedish	Signup for 1st, 2nd , 3rd Sundays Nov. 11 – Dec 16 am or pm shift	35	0	No cost to student	
<b>Trimester A Total</b>		<b>253</b>	<b>\$3446.47</b>		

**TRIMESTER B    Jan 3 – April 09, 2019    Student Orientation: Dec 15, 2018 12-1:45 pm**

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 8- Apr 4; Tu (& 4/4) 9-12 pm	40	632.38	02/19/2019 \$ 316.19	04/04/2019 \$ 316.19
Bodywork 102	Jan 3 - Mar 7; Tu, Thur 12:30-3:30 pm	55	869.52	01/31/2019 \$ 434.76	03/07/2019 \$ 434.76
Kinesiology	Jan 3 - Mar 28; Thur 9-12 pm	38	600.76	02/14/2019 \$ 300.38	03/28/2019 \$ 300.38
Movement	Jan 6 - Mar 10; Sat 9-10 am	10	158.10	02/03/18 \$ 79.05	03/10/18 \$ 79.05
Business II	Jan 12&26, Feb 9&23, Mar 9&23, Mar 30 Job Fair Mar 28 Thur, April 9 Tu Sat 11 am – 1 pm 12:30-3:30 pm	27	426.86	03/09/2019 \$ 213.43	03/28/2019 \$ 213.43
Record Keeping	Mar 12-Mar 26; Tu, Thur 12:30-3:30 pm	15	237.14	03/19/2019 \$ 118.57	03/26/2019 \$ 118.57
Research Literacy	Apr 2 & 4 Tu, Thur 12:30-3:30 pm	6	94.86	04/02/2019 \$ 47.43	04/04/2019 \$ 47.43
First Aid/CPR	Apr 6 Sat 9-5:30 pm	8	126.48	04/06/2019 63.24	04/06/2019 63.24
Student Clinic Modality:SW/Connective Tissue bodywork	Signup for 2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> Sundays Feb. 10-May 19 am or pm shifts	35	0	No cost to student	
<b>Trimester B Total</b>		<b>234</b>	<b>\$3146.10</b>		

**TRIMESTER C    April 23 - Jun 25, 2019    Student Orientation: April 13, 2019 12-1:45 pm**

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 23-May 14; Tu(& 4/25) 9-12 pm	15	237.14	04/30/2019 \$ 118.57	05/14/2019 \$ 118.57
Asian Bodywork	Apr 23-May 28; Tu, Thurs 12:30-3:30 pm	33	521.69	05/09/2019 \$ 260.84	05/28/2019 \$ 260.85
Sports Massage	May 2-May 23; Thurs 9-12 pm	12	189.72	05/09/2019 \$ 94.86	05/23/2019 \$ 94.86
Visceral Massage	May 21-Jun 11; Tu 9-12 pm	12	189.72	05/28/2019 \$ 94.86	06/11/2019 \$ 94.86
Lymphatic Fac.	May 30-Jun 20; Thurs 9-12 pm	12	189.72	06/06/2019 \$ 94.86	06/20/2019 \$ 94.86
Geriatric Massage	May 30- Jun 20; Thur 12:30-3:30 pm	12	189.72	06/06/2019 \$ 94.86	06/20/2019 \$ 94.86
Craniosacral	Jun 4 -25; Tu, 12:30-3:30 pm	12	189.72	06/11/2019 \$ 94.86	06/25/2019 \$ 94.86
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 <sup>nd</sup> 3 <sup>rd</sup> & 4 <sup>th</sup> Sundays to completion; am or pm shifts.	40	0	No cost to student	
<b>Trimester C Total</b>		<b>148</b>	<b>\$1707.43</b>		

No class Thanksgiving, Christmas, New Year's Day, Memorial Day

## Books and Supplies for Trimester A-C 2018-19

### General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

### Trimester (A) – Books and Supplies: September – December 2018

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable. Obtain your books and supplies prior to class start from resources of your choosing. Student insurance is a requirement.

<b>Class</b>	<b>Required Books</b>	<b>Supplies</b>	<b>Estimated Cost</b>
Physiology Anatomy	* The Massage Connection: Anatomy & Physiology and Study Guide 3 <sup>rd</sup> ed. (K. Premkumar) *Physiology Coloring Book (Kapit) *Anatomy Coloring Book 3 <sup>rd</sup> or 4 <sup>th</sup> edition (Kapit) *Trail Guide to the Body and Student Handbook, 5 <sup>th</sup> ed. (Biel)	Colored Pencils General supplies	\$80 Massage Conn. \$30 Study guide \$21 Phys. Coloring Bk \$21 Anat. Coloring Bk \$65 Trail Guide Body \$22 TG Student handk \$6 Colored pencils \$15 <u>General supplies</u>
Swedish Bodywork 101 Hydrotherapy Student Clinic	Tappan's Handbook of Massage Therapy, Blending Art and Science, 6 <sup>th</sup> edition (Benjamin)	3 sets linens Blanket Bolster/pillow Laundry bag Lotion/oil	\$65 Tappan's \$110 Linens/bedding \$50 Lotion/oil
Business I/ Ethics	Business Mastery 4 <sup>th</sup> or 5 <sup>th</sup> edition (Sohnen-Moe)	General supplies	\$37 Business Mastery
Movement	n/a	General supplies	See general supplies
<b>Student insurance is required</b> , see below for providers			<b>\$50 minimum</b>
<b>Trimester A – Books (\$341) + Supplies (\$181)+ insurance (\$50) =</b>			<b>\$572</b>

### **Each Student is required to obtain and provide proof of coverage:**

**Student Insurance** thru an approved professional massage therapy association such as ABMP <http://www.abmp.com> or AMTA <http://www.amtamassage.org> .

Trimester A is the recommended starting point for the massage program. Trimester A classes are only offered September to December each year. *Massage is a very physical career.* Be advised that increasing core strength is recommended outside of and in addition to this course of study. These foundational classes emphasize *medical terminology and body sciences; massage history, effects, benefits, guidelines and techniques of Swedish massage as well as ethics and business.* Movement classes are required for strength and flexibility of mind and body.

**Campus location:** 3551 E. Overland Rd., Meridian 83642. (208) 342-3430

(Silverstone Business park; Inside Idaho Physical Medicine & Rehabilitation building.)

# Idaho School of Massage Therapy

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## **General supplies for all classes:**

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

## **Trimester (B) – Books and Supplies: January – April 2019**

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable. Obtain your books and supplies prior to class start from resources of your choosing. Cost is based on continued use of select Trimester A books, general supplies, linens, lotions and bedding and student insurance.

<b><u>Class</u></b>	<b><u>Required Books</u></b>	<b><u>Supplies</u></b>	<b><u>Estimated Cost</u></b>
Pathology Research Literacy	A Massage Therapists Guide to Pathology, 5th ed. (Werner)	General supplies	\$60 MT Guide to Pathology \$5 <u>General supplies</u>
Bodywork 102 Kinesiology	*The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy (Scheumann) *Basic Clinical Massage Therapy; (Clay/Pounds) *Trail Guide to the Body and Student Handbook	3 sets linens Blanket Bolster/pillow Laundry bag Lotion/oil	\$70 Balanced body \$60 Basic Clinical See Trimester A  See Trimester A  See Trimester A
Business II	Business Mastery 4 <sup>th</sup> or 5 <sup>th</sup> ed; (Sohnen-Moe)		See Trimester A
Movement	n/a	General supplies	See Trimester A
Record Keeping	Hands Heal, Communication, Documentation and Insurance billing for Massage Therapists 4 <sup>th</sup> or 5 <sup>th</sup> ed. (Thompson)		\$55 Hands Heal
First Aid & CPR	All coursework provided	General Supplies	
Student Clinic	n/a	General Supplies Linens/bolster	See Trimester A
<b>Trimester B – Books (\$245) + Supplies (\$5) = \$250</b>			

Trimester B is not a recommended starting point for the massage program. Bodywork 102 builds on Swedish and Bodywork 101. Pathology and Kinesiology build on Anatomy and Physiology. Trimester B classes are only offered January through April each year. The emphasis for this trimester is on *clinical pain management, injury recovery, intermediate body sciences: pathology and kinesiology, keeping of professional records and the creation of a complete business plan in a written form. Students take meditation class in this trimester to promote mental focus.*

Students who choose to begin classes in Trimester B (January) must take Trimester A classes the following September to complete the massage program. This increases program completion from 10 months to 12.

