

Massage Retreat

Notes March 25, 2016

Dr. Lam, Dr. Boulanger, Liz DiGuilio, Coleen Lee-Wheat, 4 students

Lunch and talk with students Student Input and survey results

Who were our students: When did you start? Goal?

E: Returning after 7 years, getting an AA degree end of this quarter, W'16

J: Fall of '15 Certificate of Achievement so can possibly take the CAMTC exam

S: Spring '15 No AA or Certificate, here for CEU's so can take CAMTC certification exam

L: Fall 2008 on and off, might get an AA

Why did you take PE54

E: Curiosity, short time can get trained, cost for education very reasonable for the return on the investment; interesting approach-therapeutic emphasis; liked the challenge, interesting topics of study.

J: Came to meet an anatomy requirement for the "Hendrickson Method" school. Was recommended to take PE54 and Anatomy. Found that the DA offerings complimented his background in Tai Chi and Chigong. Liked the variety of techniques. His current training is solely "through the clothes".

S: Came with a Shiatsu background. She felt she needed "Swedish". Started with PE54. Only has PE54C, 54B, 54D remaining. Really liked chair massage.

L: Started years ago in the evening program. Already had an education at another massage school. DA cost much more reasonable. Like having to only take 1-2 classes per quarter. Works with the life schedule. Still can work.

Finds the DA staff to be very reputable, only college program in N. California.

Were the class expectations in each class clearly laid out? (Relative to the homework, reading, attendance, exam content etc.)

E: PE54A (past with Forman) Class outcome was not clear. Still not sure what "myofacial techniques" are. Need video library. Visual learners need to see over and over again. Found it difficult to learn and incorporate bony landmarks.

J: SLO's clear. Good experience. Video library needed. In class, it is difficult to see demonstrations, as there are so many people with their arms up in the air trying to video with their phones. They might be actually losing the lesson because they are so busy trying to take their videos.

Someone commented: need more practice on palpation skills.

S: SLO's are clear. Debated with instructor, should there be a basic routine to build from? = a safety net = structure for beginners to fall back on.

L: Class goals are clear. Good amount of homework is expected. Suggest that demos are given then redone with the students implementing the technique at the same time. Three students to a table meant that there were longer gaps between practice and the actual demonstration. There was a greater chance for students to forget what they saw.

ALL students: Need a practice space on campus-A place to bond with their peers, a community building space. "Stronger students" might not be the best to reinforce techniques taught in classes, but better than not enough support

in large classes. The instructor can't get to every person to "hold – hands of needy students." Trying techniques out on clients sometimes works but more practice closer to the time that the lessons are taught would be more helpful. Internships are not a place to practice new techniques more of a place to practice increasing one's confidence in working with clients in a supervised environment.

-- We discussed the possibility of the instructor's holding office hours in PE 12L before and after classes on Thursdays when Liz is not working. Liz would be willing to have students work in 12L while she is working on Tuesdays in the Fall and Spring Quarters.

Have you completed your hands-on internship? If not, why?

Three of the 4 students has completed this requirement.

Liked sports massage, fun, fun to attend events.

APE is a unique and valuable experience. It should be required.

Discussion: Perhaps students are uncomfortable with the unique students in the APE program. Pilot possible? In PE 54A students are given the opportunity to observe in PE 13, shadow interns in the program? Maybe perform 10 -15 minute massages as part of the 54A class?

Were you enrolled in the program continuously?

1 yes, 3 no

-No because I was already working in the field, came to learn about Swedish massage. I like it so much I am planning to finish the entire curriculum.

-No I left because I could work as a Massage Therapist. I returned to finish my AA degree. I only needed to complete the internship. I believe I didn't have the confidence to take that class before. I should have done it earlier.

-No I came back after 7 years was working in the field as CEU's. This program's faculty are amazing.

Did you acquire the knowledge and skills necessary to meet the class expectations?

Why or why not?

Students found excellence in the following areas:

Anatomy content

Boundaries with clients

Body mechanics as a therapist – constant reinforcement by instructors

Tai Chi

Transferring force using one's stance and weight shift

Don't have to hurt to cause change in tissues

Learned how to work smarter not harder.

Could use more instruction:

How to teach clients a "conceptual framework for massage"

What does "deep tissue" mean?

Practice conversations with clients about therapeutic massage, what to expect from a therapeutic massage . . .

What did you expect to learn from this program?

Expect to work as a Massage Therapist without hurting one's self or others.

Expected emphasis on anatomy, additional techniques, working on cadavers was amazing

Discussion: Feel competent, but feel there is so much more to learn, wonder if it is there a benefit to specializing, trust DA faculty and their expertise, need to advertise the clinic to the community, De Anza has a strong reputation in the Massage community, need to advertise the program more

Would you have liked additional resources made available for you to use?
YES library resources, videos

Do you feel that you are prepared to take one of the examinations for CAMTC certification?
Don't really know what the test entails.
Don't know why we need the test.
Is there a class to prep for the test?
54C there were hints about topics that would be on the certification exam

Ran out of time to talk about Outcomes

30 minutes

Outcomes – Still need to discuss

PE54-A student will be able to perform “basic full body relaxation massage.”

PE54A – A student will be able to assess a client's posture and perform a basic, therapeutic massage.

PE 54C – A student will be able to perform a therapeutic massage incorporating advanced skills—lymph drainage, trigger point and neuromuscular therapy. A

PE54B – A student will be able to perform pre, post, maintenance massage therapy treatments appropriately.

PE54D - A student will be able to demonstrate business management skills for a thriving massage office. Students will be able to customize a therapeutic massage treatment.

**PLO for program – A student will be prepared for entry level massage therapy employment. Was agreed upon.

What techniques how label them

Instructors discussed techniques that Dr. Lam presented.

How can we transition more smoothly between classes – Didn't get to this topic

What information to be repeated

What information seems to be missing

Counselor job – Instructor's will work with counselor to have her come to class to encourage Ed planning and other support

TA's – recruitment of TA's is important, instructors will personally invite

Internships why not taking them

What quarter and year did you first enroll in PE 54, Introduction to Massage
Why did you choose to enroll in PE 54 and what persuaded you to continue to study this curriculum?
Were the class expectations in each class clearly laid out? Relative to the homework, reading, attendance, exam content etc
Did you acquire the knowledge and skills necessary to meet the class expectations? Why or why not?
Have you completed your hands-on internship? If not, why?
Were you enrolled in the program continuously? Yes or no
What did you expect to learn from this program?
Would you have liked additional resources made available for you to use?
Do you feel that you are a competent massage therapist at this time?
Do you feel that you are prepared to take one of the examinations for CAMTC certification?