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CCMT: A Touchstone for Change in 2007

NEWINGTON, CT--For 27 years, the Connecticut Center for Massage Therapy has been offering a premier education in the art and science of massage therapy and related fields of study to a diverse student population seeking professional careers as massage therapists. CCMT's accredited programs offer a high degree of individual attention from an experienced and dedicated faculty who are intent on offering an educational experience that is both holistic and transformative.

This year CCMT is extending its educational offerings to reach out to the community at large with a range of seminars geared toward enhancing quality of life through healing touch, aromatherapy and healing techniques that explore the body-mind-spirit connection. The workshops, which will be open to the public beginning in March, are intended to provide basic techniques that can be applied, non-professionally, to friends and family, without any prerequisite knowledge of massage therapy.

“CCMT has always sought to connect with the communities where our three campuses are located,” explains Advanced Studies Coordinator Linda Derick, who directs CCMT's continuing education programs. “All of our schools operate popular student clinics, where the public is invited to receive discounted massage treatments in exchange for their valuable feedback. We also affiliate with a hospital at each campus, but we wanted to offer other avenues to broaden the public's awareness of the healing benefits and social values of touch, especially now when more and more people are seeking ways to incorporate healing touch into their daily lives.”

The following seminars will be offered in 2007:

- **Massage With Your Loved Ones (March 18 in Newington and Sept. 30 in Westport):** A course for non-professionals offering a sampling of massage techniques to be used with family and friends. Students will be able to observe and practice routines for both seated and lying-down massage under instructor supervision. Self-care massage techniques will also be introduced and experienced. Health concerns, proper positioning and a brief discussion of anatomy will be covered.
- **Peaceful Touch for Kids (April 1, June 3, Oct. 21 in Newington):** This course teaches a simple and fun blend of touch games and exercises that serve

to calm, nourish and provide a deeper connection between the giver and the receiver. Peaceful Touch can be a soothing way to ease children into sleep, to tend to a boo-boo, and to ease the natural and inevitable tensions that arise in families.

- **Bach Flower Remedies (April 15, 22, 29 and May 6 in Newington):** Aromatherapy has long been used to alleviate anxiety and stress, as well as many other states of emotional imbalance that impede physical healing. This course gives an introduction to Dr. Edward Bach's philosophy of self-help and simplicity. Students will become familiar with all 38 Bach Flower Remedies, learn how and when to use them in everyday life and gain insight into Dr. Bach's philosophy of healing.
- **Focusing Workshop (April 14-15 in Newington; Oct. 20-21 in Groton):** In this weekend course, students will learn a simple method of being with their body's subtle signals and cues that will bring fresh insight and understanding into whatever they are facing—whether it's action blocks, poor boundaries in relationships, difficulty making decisions, or feeling stuck or overwhelmed by emotions. Dr. Eugene Gendlin first described this process in the 1950s in a series of teachable steps, which he called focusing. His technique is now practiced by thousands of people worldwide who have found it helpful in fields as diverse as psychotherapy, massage therapy, business, writing, and teaching. This seminar can serve as an introduction to an in-depth training leading to certification.
- **Introduction to Energy Medicine (April 21-22 in Newington):** This workshop will be a hands-on introduction to the foundation of energy medicine and the impact of our belief systems on health and wellness. The primary focus will be learning two basic healing techniques along with several specific tools for tapping into your own intuitive knowledge and high sensory perception. In addition, students will learn specific hands-on techniques for working with headaches, joint pain, muscle soreness and other physical pain.
- **Yamuna Body Rolling (May 6 in Groton; Oct. 21 in Newington):** This dynamic self-massage sequence uses 4- to 10-inch balls in a workout that combines the strengthening and toning of exercise with the release of massage. Pioneered by Yamuna Zake, a massage therapist and veteran yoga instructor, YBR improves muscular efficiency and reduces athletic injury by releasing and elongating muscles. It also improves posture by helping to break old tension patterns, re-educating muscles and minimizing body tension. Please wear tight-fitting, comfortable clothes so the fabric does not get caught up while working with the balls. Balls will be available for purchase after the workshop.
- **Canine Massage (June 10, Sept. 16 in Newington):** This workshop introduces massage techniques that will enhance your pet's health, well-being and improve their quality of life. The techniques will alleviate pain and muscle tightness and promote relaxation in your dog. The workshop will also cover basic gait analysis, behavior and communication signals, as well as some gross anatomy. It is also an opportunity to learn to listen to your dog and deepen the bond you already share. Bring your dog. This workshop does not

qualify those who attend to offer the techniques learned as a professional service.

- **Infant & Pediatric Reflexology with Essential Oils (Sept. 29 in Newington):** The application of essential oils to the reflex and meridian points of a child's feet is used to maintain wellness, as well as to benefit children who are sick, vulnerable to common children's ailments, suffering side-effects of medication, or needing constitutional strengthening and nurturing. Aromatherapy oils affect the emotional and hormonal center of the brain, triggering the release of growth hormones, serotonin and neurotransmitters. Students will learn the use of various essential oils and their application; a full-foot treatment protocol; and a foot protocol for immune enhancement. Please bring a doll to practice on.
- **Infant Massage (Oct. 14, 21, 28 and Nov. 4 in Newington):** This four-class series provides hands-on massage training in a supportive environment that offers families a valuable tool to enhance the physical and emotional well-being of their baby. Benefits of infant massage also include: stress reduction for both caregiver and baby; enhanced neurological development; boost to immune system; improved circulation and digestion; more organized sleep behavior; and improved parent-infant communication. You are strongly recommended to bring your up-to-12-month-old child.

For information on workshop timings and fees, please contact Sarah at (860) 667-1886, ext. 122. The Newington campus is located at 75 Kitts Lane. The Groton campus is located at 1154 Poquonnock Rd., (860) 446-2299. The Westport campus is located at 25 Sylvan Road South, (203) 221-7325. For directions, visit CCMT's website at www.ccmt.edu.