LIWS School Catalog

*Accredited by the NJ Department of Education and Labor and Workforce Development

Virtua Our Lady of Lourdes Hospital
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Camden, NJ 08103
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856-580-6448 (fax)
www.LourdesInstitute.org
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Dear Present & Prospective Student,

Every day people yearn to be treated as human beings and not just a number. Wholistic practitioners understand that when strength and health fail, when the pace of life unfortunately slows, the presence of spirit can make up for the loss of everything else that has made life worth living previously. It is truly a beautiful part of our healing process and life in itself, when the principles of mind, body, and spirit conform together.

A wholistic session whether it is massage, yoga, or any wholistic modality will be remarkably more effective if given by one who includes the client as a partner. A quality session from a practitioner who devotes total attention by communicating concern, empathy, and a sincere desire to promote the healing process will motivate a person to participate in the effort toward regaining their health. Learning to incorporate a strong sense of service, unsurpassed training, the exchange of laughter, and feelings of genuine care will strongly encourage the human body toward its healing process.

It is understood that our lives may contact others but once, and then, never to meet again. Our hope and pledge is that the kindheartedness of our intentions will wear the sharp, hard edges off many hardened lives and will soften the process of continuing with their healing journey. As a student in any of our programs, you will learn how to help restore that harmony of the physical, mental, and spiritual healing from our dedicated staff and faculty.

Our purpose is to educate and unite you to one of the most beautiful aspects in this world: concerned human touch. The key to wellbeing is to understand the benefits in rewarding your mind, body and spirit. Make Lourdes Institute of Wholistic Studies one of those rewards.

As the Dean of Lourdes Institute of Wholistic Studies (LIWS), I would like to thank you for your interest in our programs. I welcome the opportunity to address any questions you may have regarding Lourdes Institute of Wholistic Studies. You can learn more about our programs by visiting our website at www.LourdesInstitute.org. If you would like to visit Lourdes Institute of Wholistic Studies, our Open House events are open to the public and are held semi-annually.

The administration and faculty of Lourdes Institute of Wholistic Studies look forward to providing you with a fulfilling and meaningful education to help you begin your wholistic healthcare career.

Sincerely,

Frank Pileggi PhD, RHP Dean
MISSION STATEMENT AND GOALS FOR LIWS

Lourdes Institute of Wholistic Studies is a division of Virtua Our Lady of Lourdes Hospital. We strive for excellence in our stewardship to our patients, their families, the community and each other by promoting a culture that embraces diversity. We commit to being a transforming, healing presence within the diverse communities in which we live and serve. We create collaborative, inclusive, caring communities who provide a full spectrum of quality medical and wholistic health services. We promote healthy communities and assure access to all - especially those most in need.

- To carry out the mission and philosophy of Virtua Our Lady of Lourdes Hospital.
- To provide students with a learning experience that promotes the health and well-being of themselves and their clients.
- To train caring and qualified Wholistic health practitioners.
- To help students develop professional work habits rooted in integrity and commitment.
- To model professional and ethical practices toward all clients.
- To help students develop self-awareness and self-care, that will enhance their facilitation of healing others.
- To strengthen students' intuition and perception of the body as energy.
- To open students up as instruments of healing, love and energy.
- To offer a flexible program that will meet the needs of various populations.

MISSION STATEMENT AND CORE VALUES
FOR VIRTUA OUR LADY OF LOURDES HOSPITAL

Be Well, Get Well and Stay Well

That's our mission.

We're dedicated to offering the best quality care through our extensive range of services and facilities.

Our doctors, clinical practitioners, and administrative staff are a respectful, caring team of professionals committed to providing world-class quality healthcare.

We continually work to be your premier choice of health and wellness in South New Jersey.

HISTORY OF LIWS

Lourdes Institute of Wholistic Studies (LIWS) emerged through the unique programs of Lourdes Wellness Center. As a division of Our Lady of Lourdes Medical Center, Lourdes Wellness Center began offering programs to the community in 1979. Seven years later, Lourdes Wellness Center incorporated classes in massage and other Wholistic modalities into their curriculum. The new classes were different because they emphasized the spirituality component of each wellness modality. In 1993, these classes developed into certification courses offered by a new extension of Lourdes Wellness Center - Lourdes Institute of Wholistic Studies. Today, Lourdes Institute is its own entity and has become an innovator within the realms of wholistic education by being one of the first schools to offer a Massage Therapy Associate Degree in Applied Science in conjunction with Camden County College. Our certification programs in Massage, Reflexology, Herbal Medicine, Aromatherapy and Yoga Teacher Training continue to be the best in the region with a high percentage of our graduates moving on to rewarding careers in the wholistic field.

LOCATION OF LIWS

Virtua Our Lady of Lourdes Hospital is located at 1600 Haddon Avenue, Camden, NJ 08103. The administrative office is located on the fifth floor of the Pavilion building. Parking is located across the street in the visitor’s lot and metered parking on the street. Select program students will have access to the employee lots after New Student Orientation.
**Areas of Study**

**Lourdes Institute of Wholistic Studies in Association with Camden County College**

- Massage Therapy Certificate with Associates Degree in Applied Science (1100 Hours)
- Massage Therapy Certificate of Achievement (525 Hours)

**Lourdes Institute of Wholistic Studies (In-House) Wholistic Programs**

- Wholistic Massage Practitioner Certificate (617 Hours)
- 200 Hour: Yoga Teacher Training Certificate (200 Hours)
- 300 Hour: Yoga Teacher Training Certificate (300 Hours)
- Reflexology Certificate (145 Hours)
- Wholistic Massage / Reflexology Certificate - Dual Program (748 Hours)
- Herbal Medicine Certificate (385 Hours)
- Aromatherapy Certificate (300 Hours)

**Continuing Education Courses**

Students may choose from any of our courses to maintain their state certification status as well as to update and enhance their skills. The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) approves Lourdes Institute as a Continuing Education Provider and as an Assigned School. School Code # 032341

**Individual Course Offerings**

For those who are interested in a specific healing modality for personal growth or self-care, contact the administration office for available courses.

**Massage Licensure/Professional Organizations**

**Licensure of Massage and Bodywork:**

Licensure for massage therapy and bodywork in the United States is regulated at the state level. Currently, the State of New Jersey has enacted a licensing in massage and bodywork that students can apply for once they have completed 500 hours of education and training. Students must apply with the New Jersey Board of Massage and Bodywork Therapy for licensing in the State of New Jersey. If you are planning to practice bodywork outside of New Jersey, investigate the licensure or certification requirements that are in effect for that specific state.

**Professional Organizations:**

**MASSAGE**

The two major professional organizations for massage therapists are the ABMP (Associated Bodywork and Massage Professionals) and AMTA (American Massage Therapy Association). Membership in these organizations is not a required step in becoming a licensed massage professional. However, there are benefits in taking this course of action. **(LIWS requires that all students enrolled in massage programs apply for student membership with the ABMP/AMTA.)** Student membership costs are at a discounted rate and will provide the student with insurance coverage for any school-related activity until graduation.

**YOGA**

Lourdes Institute is an approved institution registered with Yoga Alliance for a 200-hour teacher training program and a 300-hour teaching training program. Upon completing the required hours, students are encouraged to register with Yoga Alliance.
### MAS.CA: Certificate of Achievement (525 Hours)

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<tr>
<th>Code</th>
<th>Courses</th>
<th>Credits</th>
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<tr>
<td><strong>Spring Semester (Primary Start)</strong></td>
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</tr>
<tr>
<td>MAS-200</td>
<td>Therapeutic Massage*</td>
<td>6</td>
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<tr>
<td>MAS-205</td>
<td>Environmental Management*</td>
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</tr>
<tr>
<td>MAS-209</td>
<td>Structures &amp; Functions I*</td>
<td>4</td>
</tr>
<tr>
<td>MAS-211</td>
<td>Structures &amp; Functions II*</td>
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<tr>
<td>HPE-170</td>
<td>First Aid, Safety, Prevention of Injuries</td>
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<td></td>
<td><strong>Summer Semester</strong></td>
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<tr>
<td>MAS-201</td>
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<tr>
<td></td>
<td><strong>Fall Semester</strong></td>
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<tr>
<td>MAS-240</td>
<td>Specialized Massage Techniques*</td>
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<tr>
<td>MAS-241</td>
<td>Business Management for the Massage Professional*</td>
<td>2</td>
</tr>
<tr>
<td>MAS-255</td>
<td>MT Integration &amp; Application*</td>
<td>3</td>
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<tr>
<td>MAS-260</td>
<td>Palpation &amp; Kinesiology for MT</td>
<td>3</td>
</tr>
<tr>
<td>MAS-261</td>
<td>Pathology for MT*</td>
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<tr>
<td>HPE-106</td>
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<td><strong>Total Minimum Credits</strong></td>
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### MAS.AAS: Associate Degree in Applied Science (1100 Hours)

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<td>ENG-101</td>
<td>English Comp I</td>
<td>3</td>
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<tr>
<td>MAS-200</td>
<td>Therapeutic Massage*</td>
<td>6</td>
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<tr>
<td>MAS-205</td>
<td>Environmental Management*</td>
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<tr>
<td>BIO-117</td>
<td>Basic Anatomy &amp; Physiology I</td>
<td>4</td>
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<td><strong>First Year/Second Semester</strong></td>
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<td>ENG-102</td>
<td>English Composition II</td>
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<tr>
<td>FNS-105</td>
<td>Intro to Nutrition</td>
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</tr>
<tr>
<td>MAS-209</td>
<td>Structures &amp; Functions I*</td>
<td>4</td>
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<tr>
<td>MAS-211</td>
<td>Structures &amp; Functions II*</td>
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</tr>
<tr>
<td>MAS-240</td>
<td>Specialized Massage Techniques*</td>
<td>3</td>
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<tr>
<td>MAS-260</td>
<td>Palpation &amp; Kinesiology for MT</td>
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<td>PSY-101</td>
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<td>MAS-261</td>
<td>Pathology for MT*</td>
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<tr>
<td>HPE-106</td>
<td>Stress Management</td>
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<tr>
<td>HPE-170</td>
<td>First Aid, Safety, Prevention of Injuries</td>
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<tr>
<td>HPE…</td>
<td>Health &amp; Exercise Science</td>
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<tr>
<td><strong>Second Year/Second Semester</strong></td>
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<tr>
<td>MAS-241</td>
<td>Business Management for the Massage Professional*</td>
<td>2</td>
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<tr>
<td>MAS-243</td>
<td>Integrated Myofascial Structural Techniques*</td>
<td>2</td>
</tr>
<tr>
<td>MAS-255</td>
<td>MT Integration &amp; Application*</td>
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<td>HPE-145</td>
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<td><strong>Choice of Courses Equal to 2 Credits from List Below:</strong></td>
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<td>MAS-215</td>
<td>Therapeutic Sensory Applications I*</td>
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<td>MAS-220</td>
<td>Eastern Therapeutic Concepts*</td>
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<tr>
<td>MAS-225</td>
<td>Therapeutic Sensory Applications II*</td>
<td>2</td>
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<tr>
<td>MAS-230</td>
<td>Therapeutic Herbal Applications*</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total Minimum Credits</strong></td>
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<td>66</td>
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</table>

Note: Lourdes Institute and Camden County College reserve the right to regulate the number of students in a class, to cancel a class or to change the times of classes and instructors. This includes the academic calendar, courses and curricula described herein are subject to change by Lourdes Institute and/or Camden County College at any time. Camden County College and Lourdes Institute also reserve the right to change tuition and fees herein stated at any time by action of the Board of Trustees. Advanced development of our industry may not be deemed to be within any given massage techniques, while part of the on-going growth and research – supported Bodywork or Somatic Therapy’s Scope of Practice in all jurisdictions. LIWS encourages students to ensure they are practicing in a responsible manner and in compliance with their jurisdiction’s definition of Scope of Practice, where applicable.

These programs incorporate classes from LIWS and Camden County College. You will take college level courses while earning your Massage Therapy Certification. Additionally, the college credits you earn can be used towards your Massage Therapy Associates Degree in Applied Science. LIWS strongly recommends following the course flow outlined below to eliminate possible scheduling conflicts.

* MAS courses are restricted to students formally admitted into the Massage Therapy Program.

NOTE: This program meets all educational requirements defined by the State of New Jersey, the National Certification Board for Therapeutic Massage and Bodywork, and the American Professional Massage Therapists and Bodyworkers.
Massage Therapy Programs in Partnership with Camden County College

Business Management for Massage Professionals:
This course provides information regarding the business aspect of massage therapy and enables students to gain information about themselves and their personal priorities to facilitate their success as professionals.

Eastern Therapeutic Concepts:
Eastern therapeutic concepts are fundamental to the understanding of Eastern medicinal theory and healing arts. This course links fundamental Eastern medicine concepts to the diagnosis and treatment of disharmony and disease. The course first covers the basic concepts of this medicine and how it relates to human health. Building on this foundation, students learn the significance of signs and symptoms of disease.

Environmental Management:
The massage profession can be physically, emotionally and mentally demanding. This class is designed to help the massage therapist learn techniques to prevent physical, mental and emotional burnout. In this class, you will learn specific suggestions for: scheduling, stretching, exercise, and communication skills. Specific information on client care and quality environmental set up, geared to give your client the best professional, high-quality experience possible will be provided.

Integrative Myofascial Structural Techniques (Myo II):
Prerequisite: Specialized Massage Techniques, Structures & Functions I, II, Therapeutic Massage
This course will deepen your understanding, skills and experience in myofascial structural work. Each class explores a different segment of the body’s structure. Learn postural observation, structural analysis, fascial anatomy, use of the myofascial hand and structuring a myofascial session.

Massage Therapy Integration & Application:
Prerequisite: Structures & Functions I, II, Therapeutic Massage
Co-Requisite: Integrated Myofascial Structural Techniques (Myo II), Palpation & Kinesiology, Pathology, Specialized Massage Techniques
This course is designed to integrate various techniques, concepts and principals to effectively meet the unique needs of the individual client. Modalities such as hot stone, stretching, compression and cupping may be used in a single session. Also, common client complaints such as sciatica will be discussed and addressed.

Palpation & Kinesiology for Massage Therapy:
Prerequisite: Structures & Functions I, Therapeutic Massage
This course gives students an in-depth understanding of how the body moves and functions as a whole. Kinesiology is literally the mixing of anatomy, physiology, and biomechanics. Students will learn all the muscles, the movements they generate, and origins and insertion. Students will also gain an appreciation for all forms of connective tissue and how to palpate the different layers in a living body. The course will be the solid foundation for other advanced courses. The approach will be to “build a body up” from the smallest components into larger interconnected segments vs. the standard approach of dissecting the body layer by layer to its smallest isolated pieces. Once the human body structures are in place, biomechanical principles will be explored. With the human body framework and knowledge of physical laws and concepts presented, students will delve into the complex aspects of posture and gait.

Pathology for Massage Therapy:
Prerequisite: Structures & Functions I, Therapeutic Massage
This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

Specialized Massage Techniques:
Prerequisite: Therapeutic Massage
Co-Requisite: Structures & Functions I, II
This course introduces massage students to three distinct and significant techniques: Foot Reflexology, Myofascial Structural Bodywork, and Deep Tissue Massage.

Reflexology I:
Reflexology is a holistic treatment and an intro to the ancient system of applying pressure and massage techniques on reflex points on the feet which can bring balance to all organs, systems, and glands of the body.

Myofascial I:
Intro to myofascial techniques and structural theory of bodywork.

Deep Tissue:
Deep tissue (DT) massage is not a deep massage; it is about muscle specificity where the focus is to assess a certain type of dysfunction and then apply the appropriate tool to deal with the given type of restriction. DT aims to release the chronic patterns of tension in the body through slow strokes using fingers, knuckles, fists, palms, forearms, and/or elbow pressure on the restricted areas, either following or going across the fibers of the muscles, tendons, and/or fascia.

Structures & Functions I:
Prerequisite: BIO-117 (For MAS:AAS Students Only)
This course is designed to increase the student's knowledge base in applied human anatomy. This course focuses on the various organ systems of the body individually and studies how they work together to achieve and maintain homeostasis. Students will learn through classroom and online lectures.

Structures & Functions II:
Prerequisite: Structures & Functions I
This course will encompass a detailed study of the muscular system of the human body, especially as it relates to massage therapy. Students will study the origins and insertions of the appropriate muscles of the body, and the actions of those muscles as well. At the completion of this course, students will have a more comprehensive knowledge of the muscular system, and therefore, a better understanding of the various massage techniques. Students will learn through classroom and online lectures.

Student Massage Clinic:
Prerequisite: Therapeutic Massage
This 100 hour course introduces massage students to three distinct opportunities to practice the massage skills that have been learned. In addition to the Massage Clinic (52 hours), there will also be in-patient massage (24 hours) and community outreach (24 hours) hours earned. Details and scheduling will be discussed during the Mandatory Clinic Orientation.

Massage Clinical:
The supervised massage clinic is open to the community. Students run the clinic as if it were their own massage practice, working with multiple clients with different needs. The students will expand their massage skills by learning room setup, time management, client intakes and SOAP notes in a fast paced environment that simulates a busy massage practice.

In-patient Massage:
The in-patient massage clinic is one of the very few in the entire country that gives students the unique opportunity to work on hospital patients in a supervised setting. Students learn the challenges and enormous rewards of working in a medical environment, including securing medical staff approvals, navigating around hospital equipment, protecting vulnerable patients from pathogens, and working on frail/sick individuals with special needs.

Community Outreach:
Community Outreach events are held at a variety of venues throughout the surrounding communities. At these events, the students will be performing chair or hand massage on the community while promoting the benefits of massage and wellness. Some of these venues are Life at Lourdes, LIWS Open House events, local farmer's markets and college fairs. These are just a few of the many events that the students will be asked to participate in and help others to understand the benefits of alternative care.

Therapeutic Herbal Applications:
Students will receive an introduction to planetary herbology: Western, Ayurvedic, and Chinese herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to compliment medical treatments for specific conditions, including the ones that provide the most benefit according to blood type. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.

Therapeutic Massage:
Students will learn the basic components of Therapeutic Massage; hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. Students will also learn how to do a proper intake and write SOAP notes.

Professional Ethics for the Bodyworker
This course addresses the client-therapist relationship and aspects of boundaries, transference and counter-transference, difficult clients, vulnerabilities, practitioner self-care, and the healer’s contract.

Therapeutic Sensory Applications I:
This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life.

Therapeutic Sensory Applications II:
Prerequisite: Therapeutic Sensory Applications I
This course follows Level I Aromatherapy education guidelines (set by the National Association of Holistic Aromatherapy) for practicing aromatherapy on friends and family. Topics include basic chemistry of essential oils, aromatic blending, essential oil pathways into the body and integration of therapeutic sensory applications with bodywork. Safe and responsible use of essential oils is emphasized.
# Wholistic Massage Practitioner Certificate

Lourdes Institute of Wholistic Studies offers the Wholistic Massage Practitioner Certification to students interested in becoming a massage therapist. Students interested in holistic healthcare would truly benefit from the well rounded massage and healthcare education and training offered at Lourdes Institute of Wholistic Studies. As a leading massage school in the area, the Wholistic Massage Practitioner Certification includes instructional, hands-on class hours in advanced courses such as Aromatherapy, Deep Tissue Massage, Integrated Myofascial Techniques and Intro to Reflexology. This certification also offers a personalized summer semester where you can choose from a series of courses that meet your interest. All students enrolled will participate in a student massage clinic where you will receive hands-on experience with clients from the community who are in need of service.

All students graduating from the Wholistic Massage Practitioner certification program will be eligible to sit for the state certification exam for Therapeutic Massage and Bodywork.

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<tr>
<th>Courses</th>
<th>Hours</th>
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<td>*Introduction to Tui Na</td>
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<td>*Scalp/Face-Hands/Feet Massage</td>
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<td>*Introduction to Tai Chi</td>
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<td>Business/Marketing/Law</td>
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<td>Integrative Workshop</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Student Massage Clinic</td>
<td>50</td>
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<tr>
<td><strong>Total Hours</strong></td>
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</table>

Note: This program meets all educational requirements defined by the State of New Jersey, the National Certification Board for Therapeutic Massage and Bodywork, and the American Professional Massage Therapists and Bodyworkers.
**Business/Marketing/Law:**
This course provides information regarding the business aspect of massage therapy and enables students to gain information about themselves and their personal priorities to facilitate their success as professionals.

**Environmental Management:**
The massage profession can be physically, emotionally and mentally demanding. This class is designed to help the massage therapist learn techniques to prevent physical, mental and emotional burnout. In this class, you will learn specific suggestions for: scheduling, stretching, exercise, and communication skills. Specific information on client care and quality environmental set up, geared to give your client the best professional, high-quality experience possible will be provided.

**Integrative Workshop:**
**Prerequisite: Therapeutic Massage**
**Co-Requisite: Palpation & Kinesiology, Specialized Massage Techniques, Student Massage Clinic**
This course is designed to integrate various techniques, concepts and principals to effectively meet the unique needs of the individual client. Modalities such as hot stone, stretching, compression and cupping may be used in a single session. Also, common client complaints such as sciatica will be discussed and addressed.

**Introduction to Tai Chi:**
The ancient art of Tai Chi uses gentle flowing movements to reduce stress of today’s busy lifestyles and improves health. In this class, the instructor presents an innovative method that makes learning both easy and enjoyable for beginners.

**Introduction to Tui Na:**
**Prerequisite: Structures & Functions I, II**
(Tui) means to push and (Na) means to grasp. Tui Na a method of Chinese Bodywork that utilizes soft tissue manipulation, acupoints, and structural realignment methods to lessen or alleviate a wide variety of musculoskeletal and internal organ disorders. This class instructs on how and where to use these hand techniques and what affect they have on underlying tissue.

**Isolated Stretching Techniques:**
**Prerequisite: Structures & Functions I, II, A&P**
This course will provide techniques used to pinpoint, isolate, and stretch individual muscle groups in order to get amazing, lasting results with your clients. Upon completion of this course, you will learn how to open joints in a specific lasting manner, tailor specific goals and needs for your clients, learn how to stretch the body from head to toe, and learn the physiological principles of AIS, the core components which make it so effective and easy. You will experience first hand what it feels like after a session.

**Palpation & Kinesiology for Massage Therapy:**
**Prerequisite: Structures & Functions I, Therapeutic Massage**
This course gives students an in-depth understanding of how the body moves and functions as a whole. Kinesiology is literally the mixing of anatomy, physiology, and biomechanics. Students will learn all the muscles, the movements they generate, and origins and insertion. Students will also gain an appreciation for all forms of connective tissue and how to palpate the different layers in a living body. The course will be the solid foundation for other advanced courses. The approach will be to “build a body up” from the smallest components into larger interconnected segments vs. the standard approach of dissecting the body layer by layer to its smallest isolated pieces. Once the human body structures are in place, biomechanical principles will be explored. With the human body framework and knowledge of physical laws and concepts presented, students will delve into the complex aspects of posture and gait.
**WHOLISTIC MASSAGE PRACTITIONER CERTIFICATION**

**Specialized Massage Techniques:**
**Prerequisite: Therapeutic Massage**
**Co-Requisite: Structures & Functions I, II**
This course introduces massage students to three distinct and significant techniques: Foot Reflexology, Myofascial Structural Bodywork, and Deep Tissue Massage.

**Reflexology I:**
Reflexology is a holistic treatment and an intro to the ancient system of applying pressure and massage techniques on reflex points on the feet which can bring balance to all organs, systems, and glands of the body.

**Myofascial I:**
Intro to myofascial techniques and structural theory of bodywork.

**Deep Tissue:**
Deep tissue (DT) massage is not a deep massage; it is about muscle specificity where the focus is to assess a certain type of dysfunction and then apply the appropriate tool to deal with the given type of restriction. DT aims to release the chronic patterns of tension in the body through slow strokes using fingers, knuckles, fists, palms, forearms, and/or elbow pressure on the restricted areas, either following or going across the fibers of the muscles, tendons, and/or fascia.

**Structures & Functions I:**
This course is designed to increase the student's knowledge base in applied human anatomy. This course focuses on the various organ systems of the body individually and studies how they work together to achieve and maintain homeostasis. Students will learn through classroom and online lectures.

**Structures & Functions II:**
**Prerequisite: Structures & Functions I**
This course will encompass a detailed study of the muscular system of the human body, especially as it relates to massage therapy. Students will study the origins and insertions of the appropriate muscles of the body, and the actions of those muscles as well. At the completion of this course, students will have a more comprehensive knowledge of the muscular system, and therefore, a better understanding of the various massage techniques. Students will learn through classroom and online lectures.

**Student Massage Clinic:**
**Prerequisite: Therapeutic Massage**
This 100 hour course introduces massage students to three distinct opportunities to practice the massage skills that have been learned. In addition to the Massage Clinic (52 hours), there will also be in-patient massage (24 hours) and community outreach (24 hours) hours earned. Details and scheduling will be discussed during the Mandatory Clinic Orientation.

**Massage Clinical:**
The supervised massage clinic is open to the community. Students run the clinic as if it were their own massage practice, working with multiple clients with different needs. The students will expand their massage skills by learning room setup, time management, client intakes and SOAP notes in a fast-paced environment that simulates a busy massage practice.

**In-patient Massage:**
The in-patient massage clinic is one of the very few in the entire country that gives students the unique opportunity to work on hospital patients in a supervised setting. Students learn the challenges and enormous rewards of working in a medical environment, including securing medical staff approvals, navigating around hospital equipment, protecting vulnerable patients from pathogens, and working on frail/sick individuals with special needs.

**Community Outreach:**
Community Outreach consists of a variety of venues throughout the surrounding communities. At these events, the students will be performing chair or hand massage on the community while promoting the benefits of massage and wellness. Some of these venues are Life at Lourdes, LIWS Open House events, local farmer's markets and college fairs. These are just a few of the many events that the students will be asked to participant in and help others to understand the benefits of alternative care.

**Therapeutic Herbal Applications:**
Students will receive an introduction to planetary herbology: Western, Ayurvedic, and Chinese herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to complement medical treatments for specific conditions, including the ones that provide the most benefit according to blood type. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.

**Therapeutic Massage:**
Students will learn the basic components of Therapeutic Massage; hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. Students will also learn how to do a proper intake and write SOAP notes.

**Professional Ethics for the Bodyworker**
This course addresses the client-therapist relationship and aspects of boundaries, transference and counter-transference, difficult clients, vulnerabilities, practitioner self-care, and the healer's contract.

**Therapeutic Sensory Applications I:**
This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life.
CONTINUING EDUCATION COURSES

Lourdes Institute strives to meet the needs of graduate student needing to complete required continuing education hours to maintain state certification status as well as to update and enhance their skills. Please refer to the semester brochures for a list of additional continuing education courses offered.

Lourdes Institute of Wholistic Studies is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider (Provider # 450470-07).

Introduction to Tai Chi:
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This course addresses the client-therapist relationship and aspects of boundaries, transference and counter-transference, difficult clients, vulnerabilities, practitioner self-care, and the healer’s contract.

Scalp/Face-Hand/Foot Massage:
Prerequisite: Structures & Functions I, II, A&P
This course is designed to give students additional tools to draw from when giving a massage to create additional relaxation and therapeutic effects. The class will discuss and teach techniques that help alleviate common client complaints, such as sinus congestion, headache, wrist pain and ankle pain.

Therapeutic Herbal Applications:
Students will receive an introduction to planetary herbology: Western, Ayurvedic, and Chinese herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to compliment medical treatments for specific conditions, including the ones that provide the most benefit according to blood type. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.

Therapeutic Sensory Applications I:
This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life.

Therapeutic Sensory Applications II:
Prerequisite: Therapeutic Sensory Applications I
This course follows Level I Aromatherapy education guidelines (set by the National Association of Holistic Aromatherapy) for practicing aromatherapy on friends and family. Topics include basic chemistry of essential oils, aromatic blending, essential oil pathways into the body and integration of therapeutic sensory applications with bodywork. Safe and responsible use of essential oils is emphasized.
Lourdes Institute of Wholistic Studies is proud to offer a comprehensive program in Reflexology. Based on the national requirements of The American Reflexology Certification Board (www.ARCB.net), The CORE Reflexology Curriculum will prepare the student to sit for the ARCB Examination upon completion of their studies.

### Courses

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spring Semester</strong></td>
<td>Reflexology I</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>(Includes 15 hours of A&amp;P)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Infectious Disease</td>
<td>4</td>
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<tr>
<td></td>
<td>Professional Ethics for the Bodyworker</td>
<td>6</td>
</tr>
<tr>
<td><strong>Summer Semester</strong></td>
<td>Reflexology II</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>(Includes 15 hours of A&amp;P)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Reflexology Documented Practicum Hours</td>
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<tr>
<td><strong>Fall Semester</strong></td>
<td>Reflexology III</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>(Includes 15 hours of Leg and Foot S&amp;F)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Business/Marketing/Law</td>
<td>4</td>
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<tr>
<td></td>
<td>Student Reflexology Clinic</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Case Study - Feet</td>
<td>6</td>
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<tr>
<td><strong>TOTAL HOURS</strong></td>
<td></td>
<td><strong>145</strong></td>
</tr>
</tbody>
</table>

### Business/Marketing/Law:
Students will learn how to establish relationships with healthcare professionals and network themselves within the holistic healthcare community.

### Case Study - Feet:
Students will complete a documented case study involving five treatments given to a selected client. Students will include a release form, medical history form, and ARCB-styled documentation during each session. (Completed and turned-in by the announced due date)

### Infectious Disease:
Infectious diseases are diseases caused by pathogenic microorganisms, i.e. bacteria, viruses, parasites, and fungi. These diseases can be spread from human-to-human or animal-to-human either directly or indirectly. Reflexologist and massage students will learn the most common infectious diseases which are highly communicable. They will gain an appreciation for the disease processes, their transition processes, and how they are best prevented. The class will also learn how to identify the common signs and symptoms, and the most appropriate actions to ensure therapist and client’s safety and health.

### Professional Ethics for the Bodyworker:
This course addresses the client-therapist relationship and aspects of boundaries, transference and counter-transference, difficult clients, vulnerabilities, practitioner self-care, and the healer’s contract.

### Reflexology I:
Reflexology, a holistic healing modality, has been very effective in pain management, stress reduction, and re-balancing system disorders. This class will cover the history, theory, and practical techniques used in classical reflexology. Students will sensitize their working hands to feel energy and blockages and work out organic and inorganic deposits found in the foot tissue. They will learn specific points on the foot which correlate with every organ, gland, and system in the body. This class is a wonderful tool for the beginning body worker and for the massage practitioner who needs more strategies in dealing with client conditions. Fifteen hours will be devoted to Anatomy and Physiology to build a strong theoretic background for the work.

### Reflexology II:
**Prerequisite: Reflexology I**
Students will learn advanced reflexology techniques for the feet. Building on the anatomy and physiology background in your training, this class will address strategic reflexology formulas and protocols for specific conditions in the body. These classes will prepare the student for the ARCB examination should they opt to take it. This class will add valuable strategies and protocols for body workers when dealing with clients with specific issues. Common pathologies of the foot and nails will also be addressed. Fifteen hours will be devoted to Anatomy and Physiology.

### Reflexology III:
**Prerequisite: Reflexology II**
Students will be introduced to the five elements and meridian theory in Traditional Chinese Medicine. Students will learn meridian acute points on the feet that can be included in their treatment protocols. This class includes further practice and honing of techniques and proper documentation skills. Fifteen hours will be devoted to Anatomy and Physiology to continue building a strong theoretic background for the work.

### Reflexology Documented Practicum Hours:
Students will complete documented practicum hours.

### Student Reflexology Clinic:
**Prerequisite: Reflexology I**
Students will have the opportunity to perform 10 hours of actual treatment protocols in a supervised clinical setting.

Image source: https://en.wikipedia.org/wiki/File:Foot_Chart1_small.png
Lourdes Institute of Wholistic Studies offers a dual program consisting of the Wholistic Massage Practitioner Certification merged with the Reflexology Certification. The students benefit from becoming a massage therapist in addition to a Reflexologist. All students graduating from the dual program will be eligible to sit for the state certification exam for Therapeutic Massage and Bodywork in addition to The American Reflexology Certification Board exam for reflexology creditability.

<table>
<thead>
<tr>
<th>Courses</th>
<th>Hours</th>
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<td>Therapeutic Sensory Applications I</td>
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<tr>
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<td><strong>Summer Semester</strong></td>
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<td><strong>Spring Semester</strong></td>
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<tr>
<td>*Introduction to Tui Na</td>
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<tr>
<td>*Scalp/Face-Hands/Feet Massage</td>
<td>16</td>
<td></td>
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<td>Specialized Massage Techniques</td>
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**Pathology for Massage Therapy:**
**Prerequisite: Structures & Functions I, Therapeutic Massage**
This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

**Reflexology I:**
Reflexology, a holistic healing modality, has been very effective in pain management, stress reduction, and re-balancing system disorders. This class will cover the history, theory, and practical techniques used in classical reflexology. Students will sensitize their working hands to feel energy and blockages and work out organic and inorganic deposits found in the foot tissue. They will learn specific points on the foot which correlate with every organ, gland, and system in the body. This class is a wonderful tool for the beginning body worker and for the massage practitioner who needs more strategies in dealing with client conditions. Fifteen hours will be devoted to Anatomy and Physiology to build a strong theoretic background for the work.

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Wholistic Massage/Reflexology Certificate

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This course will encompass a detailed study of the muscular system of the human body, especially as it relates to massage therapy. Students will study the origins and insertions of the appropriate muscles of the body, and the actions of those muscles as well. At the completion of this course, students will have a more comprehensive knowledge of the muscular system, and therefore, a better understanding of the various massage techniques. Students will learn through classroom and online lectures.

Student Massage Clinic: Prerequisite: Therapeutic Massage
This 100 hour course introduces massage students to three distinct opportunities to practice the massage skills that have been learned. In addition to the Massage Clinic (52 hours), there will also be in-patient massage (24 hours) and community outreach (24 hours) hours earned. Details and scheduling will be discussed during the Mandatory Clinic Orientation.

Massage Clinical: The supervised massage clinic is open to the community. Students run the clinic as if it were their own massage practice, working with multiple clients with different needs. The students will expand their massage skills by learning room setup, time management, client intakes and SOAP notes in a fast paced environment that simulates a busy massage practice.

In-patient Massage: The in-patient massage clinic is one of the very few in the entire country that gives students the unique opportunity to work on hospital patients in a supervised setting. Students learn the challenges and enormous rewards of working in a medical environment, including securing medical staff approvals, navigating around hospital equipment, protecting vulnerable patients from pathogens, and working on frail/sick individuals with special needs.

Community Outreach: Community Outreach events are held at a variety of venues throughout the surrounding communities. At these events, the students will be performing chair or hand massage on the community while promoting the benefits of massage and wellness. Some of these venues are Life at Lourdes, LIWS Open House events, local farmer's markets and college fairs. These are just a few of the many events that the students will be asked to participate in and help others to understand the benefits of alternative care.

Student Reflexology Clinic: Prerequisite: Reflexology I
Students will have the opportunity to perform 10 hours of actual treatment protocols in a supervised clinical setting.

Therapeutic Herbal Applications: Students will receive an introduction to planetary herbology; Western, Ayurvedic, and Chinese herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to compliment medical treatments for specific conditions, including the ones that provide the most benefit according to blood type. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.

Therapeutic Massage: Students will learn the basic components of Therapeutic Massage; hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. Students will also learn how to do a proper intake and write SOAP notes.

Professional Ethics for the Bodyworker
This course addresses the client-therapist relationship and aspects of boundaries, transference and counter-transference, difficult clients, vulnerabilities, practitioner self-care, and the healer’s contract.

Therapeutic Sensory Applications I: This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life.
Aromatherapy Certificate

300 Hours

As the popularity of essential oils continues to grow, so does the need for advanced, clinical training that is focused on client safety and successful outcomes. The Professional Aromatherapy program is designed to train students for an aromatherapy clinical practice and is suited for beginners as well as existing health care providers. This certification meets the standards of the National Association for Holistic Aromatherapy’s Level 1 and 2 training. This course also prepares students to sit for the Aromatherapy Registration Council’s certification exam and become a Registered Aromatherapist.

Courses

Spring Semester
- Aromatherapy Foundations I: 30
- Aromatherapy Foundations II: 30
- Structures & Functions I: 60

Summer Semester
- Clinical Aromatherapy I: 30
- Clinical Aromatherapy II: 30
- Clinical Aromatherapy Safe Use Practices: 8

Fall Semester
- Clinical Aromatherapy III: 30
- Business & Ethics for the Aromatherapist: 30
- Aromatherapy Clinic: 24
- Case Study: 24
- Integrative Aromatherapy: 4

TOTAL HOURS: 300

Additional Requirements:
1) Completion of 20 case studies
2) Submit a 5-10 page research paper on an approved aromatherapy topic
3) Successful passing of the final exam
4) CPR/First Aid certification by the end of the program
5) Liability insurance obtained prior to Clinic

Aromatherapy Clinic:
Prerequisite: AF II, CA I - Liability insurance must be obtained prior to clinic. Students will work directly with the client through consultation and creation of formulas to help address the client's specific needs. There will be six clinical days in 4-hour increments. Students are required to attend all clinics.

Aromatherapy Foundations I:
This course is a requirement for NAHA Certified Level I Aromatherapists and includes a history of aromatherapy, oil quality, production and methods of extraction and basic chemistry. Physiological effects including absorption methods, olfaction and limbic system, skin and the immune system will be covered while physical and emotional interactions will also be examined. Ten essential oils will be explored with focus on contraindications and safe use.

Aromatherapy Foundations II:
Prerequisite: AF I - A continuation of Foundations I, this course will cover diluents, essential oil blending, application methods and safety issues with ethical, legal and privacy issues included. Case studies will be introduced and ten essential oils will be explored.

Business & Ethics for the Aromatherapist:
This course will prepare the professional aromatherapist for ethically sound business practices while expanding upon marketing and development. A copy of NAHA’s Code of Ethics will be reviewed and Scope of Practice and legal issues will be covered.

Case Study:
During scheduled hours throughout the course, students will meet with the instructor individually via email or phone to discuss progress.

Clinical Aromatherapy I:
Prerequisite: AF I - This course will cover taxonomy, organic chemistry, and interpreting scientific literature. Students will learn how to identify therapeutic outcomes based on the chemical constituent profile of the oil. Ten essential oils will be explored.

Clinical Aromatherapy II:
Prerequisite: AF I&II, CA I - A continuation of Clinical Aromatherapy I, this course will deepen the aromatherapist’s knowledge through advanced blending techniques. Laboratory will include various essential oil preparations with a variety of carriers. Ten essential oil profiles will be covered.

Clinical Aromatherapy III:
Prerequisite: AF I&II, CA I&II - The course is designed to combine foundational and advanced therapeutic tools to prepare the student to interact with clients in a clinical setting. Client/patient intake and safety guidelines will be examined. Safety & toxicology considerations are highlighted as well as client consultations and client education program design. Ten essential oil profiles will be explored.

Clinical Aromatherapy Safe Use Practices:
This course will provide guidelines for the safe and effective use of essential oils in a clinical setting. It has been designed with the existing healthcare professional in mind and is rooted in case studies and current peer reviewed data. Essential oils and vulnerable populations will also be covered.

Integrative Aromatherapy:
Students will present a brief overview (not to exceed ten minutes) of an oil of their choice. We will discuss next steps and wrap up our certification training.

Structures & Functions I:
This course is designed to increase the student's knowledge base in applied human anatomy. This course focuses on the various organ systems of the body individually and studies how they work together to achieve and maintain homeostasis. Students will learn through classroom and online lectures.
**Herbal Medicine Certificate**

**385 Hours**

Blending traditional herbalism with current scientific research, the Herbal Medicine Certificate is uniquely designed to provide comprehensive and rigorous training to those seeking a career in Herbalism. Unique to this program is the integration of field, laboratory and clinical settings, preparing herbalists to enter a diverse number of career paths. Students have the rare opportunity to experience herbal medicine in such a hands on environment from designing and implementing an herbal garden, harvesting an herbal garden, medicine making and finally working with clients in a clinical setting. This robust program exposes students to all facets of herbalism. Sustainability and safety are emphasized throughout the program.

<table>
<thead>
<tr>
<th>Courses</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>*Spring Semester</td>
<td></td>
</tr>
<tr>
<td>Herbalism Foundations I</td>
<td>30</td>
</tr>
<tr>
<td>Herbalism Foundations II</td>
<td>30</td>
</tr>
<tr>
<td>Structures &amp; Functions I</td>
<td>60</td>
</tr>
<tr>
<td>Applied Herbalism I</td>
<td>30</td>
</tr>
<tr>
<td>Herbal Preparations I</td>
<td>30</td>
</tr>
<tr>
<td>Summer Semester</td>
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<tr>
<td>Applied Herbalism II</td>
<td>30</td>
</tr>
<tr>
<td>Herbal Preparations II</td>
<td>30</td>
</tr>
<tr>
<td>Herbal Clinic I</td>
<td>20</td>
</tr>
<tr>
<td>Fall Semester</td>
<td></td>
</tr>
<tr>
<td>Integrated Wellness</td>
<td>30</td>
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<tr>
<td>Herbal Clinic II</td>
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</tr>
<tr>
<td>Case Study</td>
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</tr>
<tr>
<td>Clinical Herbalism</td>
<td>60</td>
</tr>
<tr>
<td>TOTAL HOURS</td>
<td>385</td>
</tr>
</tbody>
</table>

**Additional Requirements:**

1) Completion of 15 case studies
2) Submit a 5-10 page research paper on an approved herbal topic
3) Successful passing of the final exam
4) CPR/First Aid certification by the end of the program

*Upon completion of the spring semester, students will be able to effectively act as a family and/or community herbalist.

**Applied Herbalism II:**
This course includes harvesting and ethically wildcrafting medicinal herbs while focusing on plant identification, proper drying and storage, and sustainability. Field trips are a mandatory and integral part of this course during all weather conditions.

**Case Study:**
During scheduled hours throughout the course, students will meet with the instructor individually via email or phone to discuss progress.

**Clinical Herbalism:**
Prerequisite: HF I&II, HP I, Case Study Completion
Professional topics such as law and ethics, business opportunities, insurance and liability will be discussed. Career paths will also be highlighted and one case study will be presented by each student to fulfill graduation requirements.

**Herbal Clinic I&II:**
Prerequisite: HF I&II, HP I
Students will work directly with clients by consulting and developing plans that meet the client’s needs in a group setting.

**Herbal Preparations I:**
In this hands-on laboratory course, we will explore various medicine making techniques and discuss basic formulation, the role of essential oils, carrier oils and safety. Topical preparations including balms, salves, infused oils, compresses, fomentations and poultices will be prepared. Students will also create an herbal first aid kit upon completion.

**Herbal Preparations II:**
Prerequisite: HP I
In this laboratory course, we will deepen our medicinal making skill set by including advanced formulation, menstruum varieties and herbal selections. Infusions, decoctions, tinctures, syrups, vinegars, glycerites and oxymels will be created with safe practices emphasized.

**Herbalism Foundations I:**
This course will cover the history of herbal medicine with respect to Western and Eastern systems. Basic botany and organic chemistry will also be covered as well as research methodologies. Case studies will be introduced and Materia Medica of 40 botanicals will be studied.

**Herbalism Foundations II:**
Prerequisite: HF I
A continuation of Herbalism Foundations I, the student will be introduced to Ayurvedic and Eastern approaches to herbalism. Traditional Chinese Medical Theory and Ayurveda Tridosha Theory will be covered as well as pulse, tongue and constitutional assessments. Materia Medica of 45 botanicals.

**Integrated Wellness:**
This course will introduce the role of integrated wellness therapies including diet and nutrition, minerals, vitamins, as well as mindfulness and breathing techniques as it relates to the herbal student.

**Structures & Functions I:**
This course is designed to increase the student's knowledge base in applied human anatomy. This course focuses on the various organ systems of the body individually and studies how they work together to achieve and maintain homeostasis. Students will learn through classroom and online lectures.
Yoga Teacher Training - 200 Hour Certificate

200 Hours

Lourdes Institute’s Wholistic Yoga Teacher Training is comprised of classroom instruction, practice and application. Students should have 6 months of regular yoga practice prior to enrolling in this certification program. Students graduating from the 200 hour Yoga Teacher Training program will be eligible to enroll with Yoga Alliance. Although, it is not a requirement for students, it does serve as a measure of credibility for our graduates and we encourage this course of action.

LIWS is a registered Yoga school with Yoga Alliance.

Courses          Hours
Fall Semester
Techniques & Teaching Methodology - Level 1  16
Techniques & Teaching Methodology - Level 2  16
Techniques & Teaching Methodology - Level 3  16
Techniques & Teaching Methodology - Level 4  16

Spring Semester
Techniques & Teaching Methodology - Level 5  15
Techniques & Teaching Methodology - Level 6  15
Techniques & Teaching Methodology - Level 7  15
Techniques & Teaching Methodology - Level 8  15
Techniques & Teaching Methodology - Level 9  15
Techniques & Teaching Methodology - Level 10  15
Anatomy & Physiology  20
Student Practicum  11

Summer Semester
The Science of Ayurveda  15

TOTAL HOURS  200

Philosophy of Yoga
Relaxation Training
Intensive Posture Clinic
Personal Growth & Clearing
Teaching Methodology
Spirituality of Yoga
Deep Breathing Practices
Meditative Practices
Anatomy & Physiology
Visualization
Imaginary
Nutrition
Marketing Skills

Anatomy and Physiology:
This component is designed to give Yoga students an awareness of the body’s anatomical & physiological functions and structure as it relates to yoga postures, movements, breath work and meditation.

The Science of Ayurveda:
This elective will introduce the student to the fundamentals of Ayurveda. It will look at the 5,000 year-old history & philosophy. Students will explore the 5-element theory and the 3 doshas. Also included: strategies for healthy digestion, purification techniques, sensory modulation, and Vedic chanting and toning for health and well being.

Student Practicum:
Students will practice teach under the supervision of the lead instructor of the YTT200 program. Written summaries of observations of classes outside the program will be required and opportunities for supervised assisting in classes will also be presented.

Techniques & Teaching Methodology:
Prerequisite: 6 months of regular yoga practice
This course provides the technical/teaching skills needed to become a beginner’s and all-level teacher. Students learn to execute classical yoga postures and study their benefits and contraindications. Vinyasa, advanced postures, pranayama, yoga nidra, meditation, yoga history and philosophy are explored in relation to teaching methodology and wholistic living. Students will have the opportunity to deepen their own physical and spiritual journey as well as learn how to teach and assist in a variety of clinical settings.
## 300 Hours

Our 300 Hour Yoga Teacher Training program is inspired by the adventurous need to explore consciousness as a life-long journey. A dynamic and transformative experience of study and practice that embraces all of Patanjali’s 8 fold path of yoga. This program is comprised of designated coursework that will assist you in deepening your individual sadhana practice and in enhancing your teaching skills. For those who wish to refine their teaching skills and inspire their students to commit to the path of deeper understanding of the yoga lifestyle and holistic practice as they themselves have committed to their lifelong process of learning, this program is for you.

Our 300 hour yoga program is a series of electives, made up of modules and workshops that will aid you in specializing in specific areas of interest taken at a pace comfortable to your lifestyle, economic need and career goals. It can be completed in a span of two years or longer, if needed. Subjects of study will refine asana, pranayama and meditation, advanced studies in the application of anatomy and physiology and an in-depth immersion into yoga philosophy, ethics and lifestyle.

Electives are available for those who wish to meet the educational requirements for continued registration with Yoga Alliance. We also offer the electives to serious students of yoga who may not be teachers, but who want to go further in their yoga studies to refine teaching skills and expand their knowledge base for personal self-development.

At the completion of the YTT 300 program, graduates will be considered RYT500 registered by Yoga Alliance, after graduates complete 100 hours of additional teaching experience after graduation.

All our lead instructors are Yoga Alliance Continuing Education Providers and LIWS is a registered yoga institution with Yoga Alliance.

### Categories for Yoga Alliance

<table>
<thead>
<tr>
<th>Category</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Techniques, Training and Practice</td>
<td>50</td>
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<tr>
<td>Teaching Methodology</td>
<td>5</td>
</tr>
<tr>
<td>Anatomy and Physiology</td>
<td>15</td>
</tr>
<tr>
<td>Philosophy, Lifestyle and Ethics</td>
<td>30</td>
</tr>
<tr>
<td>Supervised Practicum</td>
<td>30</td>
</tr>
<tr>
<td>Electives</td>
<td>170</td>
</tr>
</tbody>
</table>

**TOTAL HOURS** 300

### Competence and Learning Objectives:

At the end of the program, students will be able to:

- In each module and workshop, return demonstrate through class participation, partner work, lesson planning, journaling and homework assignments the understanding of instruction in the five categories of study, according to Yoga Alliance guidelines for the 300 Hour Yoga Teaching schools, registered with Yoga Alliance.

- To be able to evaluate each module and workshop taken, according to the learning objectives of each particular module and workshop.

- To meet with lead instructors halfway through the program to evaluate their progress and plan for their remaining half of the program.

- Participate in the Yoga Alliance required Yoga Practicum, a supervised teaching requirement of 30 hours in which you will be observed and monitored by a 300 hour teacher trainer. You will take part in a mentoring process in which you will receive feedback in terms of student rapport, lesson construction, teaching techniques, assisting skills, methodology, and knowledge.

### Prerequisite:

200 hour certification from Lourdes Institute of Wholistic Studies or another 200 hour Teacher Training program approved by Yoga Alliance.

### Course Descriptions:

A variety of courses will be offered each semester, many of which will be repeated at a later point in time. Please refer to the semester brochure for course descriptions.
New Jersey Massage Therapy Certification Workshop

Cost: free
Prerequisite: Completion of the Massage Therapy program
Description: Feeling overwhelmed with the NJ certification and MBlex application process and don’t know what to do next? Do you have a few questions or just need some direction? The good news is you are not alone! Join us for a free workshop to assist in guiding and supporting you through the process. No matter what phase of the certification process you are in, we are here to offer support.

Disclosure:
While we will be using reference materials for both the New Jersey Board of Massage and Bodywork Therapy and the Federation of State Massage Therapy Boards, this workshop is not affiliated with the New Jersey Board of Massage and Bodywork Therapy or the New Jersey Division of Consumer Affairs which oversees the New Jersey Board of Massage and Bodywork Therapy. Nor is it affiliated with the Federation of State Massage Therapy Boards (FSMTB), the organization that governs and administers the Massage & Bodywork Licensing Examination (MBLEx).

Student Clinics

Cost: varies between $10 to $30
Services Provided: Massage, Reflexology, Herbal, Aromatherapy and Yoga
Description: Each of our programs at Lourdes Institute of Wholistic Studies requires student's to complete a specific amount of supervised clinical hours. The supervised clinics in an environment monitored by our excellent supervisors are open to the community in which students run the clinic as if it were their own practice or studio, working with multiple clients with different needs. While offering a services to the community, students will expand their skills by learning room setup, time management, client intakes and SOAP notes in a fast paced environment that simulates a busy personal practice.

Come and enjoy a massage, a reflexology treatment, an herbal consultation, an aromatherapy consultation and/or a yoga practice from our students and participate in their education experience. Provide feedback and guidance to help them improve their skills as they work their way to their certifications.

A convenient way to schedule your appointment: go to: http://lourdesinstitute.fullslate.com/.

In-patient Massage

Cost: free
Description:
Lourdes Institute of Wholistic Studies (LIWS) is regarded as one of the finest massage schools in the nation that has been training massage therapists since 1993. Located within Virtua Our Lady of Lourdes Hospital in Camden, New Jersey; Lourdes Institute offers students the opportunity to provide supervised in-patient massage therapy services to patients within the hospital as part of their clinical experience. This service is available in a limited amount of massage schools across the country and we are proud to be one of the leaders doing so.

Supervised in-patient massage therapy is a service that is rewarding to our students and loved by our patients. Nurses often report positive feedback from patients who expresses feeling both physically and mentally better after receiving the service. Offering a service that reduces stress, reduce anxiety and improve overall health is something our staff, faculty, and students take great honor in providing to our patients.

If you are interested in providing massage to your patients, or would like to learn more about the program, please contact Lourdes Institute of Wholistic Studies.
### STAFF MEMBERS

**Angela Austin, BA:**
Coordinator/Assistant to the Dean  
*AustinA@lourdesnet.org*

Angela is the Coordinator and Assistant to the Dean for Lourdes Institute of Wholistic Studies. Angela is an honors graduate of Lourdes Institute with an Associates Degree in Applied Science/Massage Therapy. She also completed the Yoga Teacher Training program and the Reflexology program. She continued her education by receiving her Bachelors degree in Health and Exercise Science with a concentration in health promotion and is currently working towards her graduate degree in Wellness and Lifestyle Management. Angela provides administrative assistance and helps to facilitate the needs of the students, faculty and staff.

**Lourdes Jesukiewicz, MS:**  
Work Life Coordinator & Student Liaison  
(Community Outreach Coordinator)  
*Lourdes.Jesukiewicz@lourdesnet.org*

Lourdes is the Work Life Coordinator and Student Liaison for Lourdes Institute of Wholistic Studies. Lourdes graduated with honors from Peirce College with a Master's Degree in Organizational Leadership Management and a Bachelor's Degree in Business Administration.

**Frank Pileggi, Ph.D., RHP:**
Dean  
PileggiF@lourdesnet.org

Dr. Pileggi is the Dean of Lourdes Institute of Wholistic Studies (LIWS). He received his Masters Degree in Holistic Health Sciences and his Doctorate in Holistic Arts and Practices and is a nationally Registered Holistic Practitioner specializing in Advanced Bodywork and Somatic Therapies. He is the founder of Corrective Muscle Therapy®, holding certificates in over 20 modalities and Athletic Training. In addition to his studies, Dr. Pileggi spent five honored years training with the Shamans of the Abenaki American Indians in Northern Vermont. Along with his duties as Dean of LIWS, Dr. Pileggi has a Corrective Muscle Therapy practice in Burlington County and Cherry Hill as part of Virtua Our Lady of Lourdes Hospital.

### STAFF/FACULTY MEMBERS

**Ralph Casciato, LMT, Medical Massage:**
In-patient Massage Coordinator / LIWS Instructor  
(In-patient Massage Supervisor, Integration & Application, Integrative Workshop, Therapeutic Massage)  
*ralphcasciato@comcast.net*

Ralph is a 2006 graduate of Lourdes Institute of Wholistic Studies and is a NJ licensed massage therapist. He is certified in medical massage and maintains a private practice in Merchantville, specializing in Deep Tissue, Hot Stone, and Seated Chair Massage.

**Andrea Finley, BC LMT:**
Clinic Coordinator / LIWS Instructor  
(Community Outreach Supervisor, Continuing Education Courses, Integrated Myofascial Structural Techniques (Myo II), Massage Clinical Supervisor, Specialized Massage Techniques: Myofascial I)  
*FinleyA@lourdesnet.org*

Andrea is a 2008 graduate of the Lourdes program. She is a Board Certified, Licensed Massage Therapist and Neurosomatic practitioner. In addition to her roles as an instructor for Specialized Massage Techniques: Myofascial I, Integrated Myofascial Structural Techniques (MYO II), Clinic Coordinator and Clinic Supervisor, she currently maintains a private practice in Swedesboro, NJ focusing on chronic pain conditions.
### FACULTY MEMBERS

**Dorothea V. Atkins,**  
Th.D., MA., BSN, LMT, NCBTMB Provider:  
(Work Life Wellness Educator)  
[dmassage1@comcast.net](mailto:dmassage1@comcast.net)

Dr. Atkins is a Self-Care and Pain Management educator who has over 25 years of experience as a nurse, teacher, licensed massage therapist and researcher. She has been certified as a manual lymphatic drainage therapist and has studied over 20 advanced massage, muscle and energy techniques. Dr. Atkins’ exceptional teaching skills have led her to teach various courses at Lourdes Institute of Wholistic Studies since its beginning in 1992. Also as a board officer in the NJ chapter of the American Massage Therapy Association (AMTA) she has been recognized for her outstanding work as chairperson of the organization’s committee for education. Additionally, her doctoral dissertation on the “The Effects of Self-massage on Osteoarthritis of the Knee” proved that self-massage significantly decreases knee pain and increases knee mobility. This revolutionary research on self-care pain relieving techniques’ was published in three national and international magazines. Dr. Atkins has also successfully, taught her technique to massage therapist and healthcare professionals while improving the quality of life for hundreds of people with chronic knee pain. She maintains a private practice in Haddon Heights, NJ which focuses on self-care education and advanced muscle therapy for those with chronic pain. Her website: www.holostouch.com.

**Kathy Baier, LMT:**  
(Community Outreach Supervisor, In-patient Massage Supervisor, Massage Clinical Supervisor)  
[ktbantrree@msn.com](mailto:ktbantrree@msn.com)

Kathy is a 2017 graduate of Lourdes Institute of Wholistic Studies and is a New Jersey licensed massage therapist. She practices at Still Water Stress Center in Ocean City as well as maintaining a private practice in Westmont, NJ. Kathy was a teacher’s assistant for the Therapeutic Massage course and is thrilled to work as a clinic and in-patient massage supervisor.

**Terrance Bennett, RYT200:**  
(Techniques & Teaching Methodology, YTT 300 Courses)  
[terrancebennett35@gmail.com](mailto:terrancebennett35@gmail.com)

Terrance is a certified yoga teacher and a practitioner of Hatha yoga. He is a graduate of Lourdes Institute of Wholistic Studies 200 Hour Yoga Teacher Training program and has entered the 300 Hour Yoga Teacher Training program earning certificates in Inversion Immersion, Creative Vinyasa Flow, Introduction to Herbs, and Yoga Nidra Teacher Training I.

**Michelle Carlino, BA, E-RYT500, YACEP:**  
(Techniques & Teaching Methodology, YTT 300 Courses)  
[MP2JC@aol.com](mailto:MP2JC@aol.com)

Michelle has been studying multiple styles of yoga since 1980 and has been teaching since 1987. She is certified in Hatha, Kripalu, Anusara, Christian, Kundalini, Prana Yoga, Gentle Yoga and Yoga for Cancer/Cardiac patients. She has done extensive studies in working with special needs populations and has developed programs for students with Multiple Sclerosis, Fibromyalgia, brain injuries, visually impaired, cardiac conditions, back pain and other disabilities. Michelle is certified as a Foot Reflexologist, Tai Chi Chih instructor, chair massage therapist and a Reiki Master level. She has spent much time living and staffing programs at the Kripalu Center, various yoga and meditation communities, and holistic health centers. She has been an instructor of the Lourdes 200 hour Yoga Teacher Training program since 2002 and is co-leader of the 300 hour program.

**Aaron Coile, LMT:**  
(Continuing Education Courses, Massage Clinical Supervisor)  
[aaroncoilemassage@gmail.com](mailto:aaroncoilemassage@gmail.com)

Aaron is a NJ licensed Massage Therapist. He is a graduate of Lourdes Institute of Wholistic studies. Since graduating in 2011, Aaron runs a private practice in Marlton, NJ. He specializes in deep tissue/sports massage, pain management, active isolated stretching, meditation and relaxation. Holding multiple certifications and blending modalities, he brings a wide range of massage techniques to his clients and students.
Corinne A. Corcoran, Ed.D., M.Ed, AAEd, NCBTMB, AMTA, LMT:
(Case Study - Feet, Continuing Education Courses, Professional Ethics for the Bodyworker, Reflexology I, II, III, Reflexology Clinic, The Science of Ayurveda, Specialized Massage Techniques: Reflexology)
corinneCAC@Comcast.net

Corinne is certified in massage, Ayurveda, Reiki, Vibrational Healing, and Applied Kinesiology. She is certified by The American Reflexology Certification Board in both foot and hand reflexology. Corinne has studied many styles of Reflexology including The Manzanares Method, Vertical Reflexology Therapy, The Ingham Method, and Ayurvedic Foot Reading. She is a certified Long White Cloud QiGong instructor and is certified in Small Animal Acupressure from Tallgrass Animal Acupressure Institute. She is a member of AMTA and The Reflexology Association of America. Corinne is the author of My Forever Home: A Child’s First Book of Yoga. With a doctorate from Temple University, she has enjoyed teaching at Lourdes Institute for over twenty years.

Monica DeVaughn-Nobling, NCBTMB, LMT:
(Business Management, Business/Marketing/Law, NJ Massage Therapy Certification Workshop)
Mdevaughn-nobling@comcast.net

Monica is a graduate of Immaculata University and hold a BA in Financial Management. She is also a graduate of Lourdes Institute of Wholistic Studies and holds a national certification and NJ State license in Therapeutic Massage and Bodywork. Currently managing a private practice, Monica also enjoys teaching the Business Management course at Lourdes Institute.

Susan DiGregorio, NCBTMB:
(Continuing Education Courses, Reflexology I, II, III, Scalp/Face - Hand/Foot Massage, Structures & Functions I, II)
digregors.liws@aol.com

Sue is a graduate of Lourdes Institute of Wholistic Studies, specializing in Therapeutic, Deep Tissue, Myofascial, Pregnancy and Infant Massage, as well as Foot Reflexology. She has maintained a private practice for 13 years. She is an instructor for the Massage and Reflexology programs at Lourdes Institute.

David A. Egan, BS, CSCS:
(Continuing Education Courses, Environmental Management, Isolated Stretching Techniques, Palpation & Kinesiology)
healthegan@comcast.net

David earned a Bachelor of Science degree in Exercise Science from Temple University. After graduation, he worked in a physical therapy setting for nine years overseeing patient exercise programs. During that time, David returned to school for a certification in massage therapy but he found one of his true passions when he was Introduced to Active Isolated Stretching (AIS). He earned his Certified Strength and Conditioning Specialist Certification in 1990 from National Strength & Conditioning Association. David immediately realized the many benefits of AIS and has been using it in his practice and teaching it for more than 15 years. David has been an instructor at LIWS since 1996 teaching Environmental Management, Active Isolated Stretching, and multiple continuing education courses.

Staci Farmer, LMT, CPT:
(Community Outreach Supervisor, Massage Clinical Supervisor)
Staciellyn16@comcast.net

Staci is a New Jersey licensed massage therapist and ACE certified personal trainer. Since graduating from Lourdes Institute of Wholistic Studies, she has started her own private practice offering massage therapy and fitness training, with a strong emphasis on helping clients achieve their wellness goals through lifestyle balance and behavior change. She is grateful for the opportunity to stay involved at LIWS as a clinic and outreach supervisor.
Xavier Harvey, LMT, CAMT, OBT: (Continuing Education Courses, Eastern Therapeutic Concepts, Infectious Disease, Intro to Tai Chi, Intro to Tui Na, Pathology for Massage Therapists, Specialized Massage Techniques: Deep Tissue) 
X.harvey@comcast.net 
Full Instructor status from the Universal Healing Tao System under Grandmaster Mantak Chia. His unique brand of bodywork is a perfect blending of all the modalities that he is trained in and a hybrid of Eastern & Western Medical Bodywork Theory & Application. He does not put anyone's signs and symptoms into a box, applying a cookie cutter approach to massage/bodywork. He assesses, finds the root cause, and applies the appropriate techniques to alleviate the presenting dysfunction whether physical or energetic.

Sandy Rhoads PTA, ERYT 200, YACEP: (Techniques & Teaching Methodology, YTT 300 Courses) 
SLRhoads@aol.com 
Sandy is a NJ licensed Physical Therapist Assistant and graduate of the Lourdes Institute of Wholistic Studies 200 Hour Yoga Teacher Training program. She has entered the 300 Hour YTT earning certifications in Core Conditioning, Chair Yoga and Sanskrit Studies. In addition to Lourdes Institute, she has also continued to practice and study under various instructors at Kripalu and Omega Institute. Sandy’s knowledge of anatomy and body movement enriches her student’s understanding and improves the functional outcomes of her rehabilitation clients.

Combining science with energetics is at the heart of Tiffany's approach to herbalism and aromatherapy. Drawing from her years of experience in a clinical hospital setting and infusing her yogic perspective, Soska believes that herbal medicines can bridge the gap between folk medicine and pharmaceuticals. Tiffany holds various degrees in both Biological and Chemical sciences as well as alternative modalities such as Reiki and EFT. She has been teaching and training students in yoga for over two decades and brings a mindfulness based approach to the herbs. Soska is the owner of Holistic Soul Coaching, a life coaching program that includes both traditional and alternative modalities. She is the host of Daily Magic, a show on Radio Vision Network TV that empowers viewers to live on purpose and is also a Rutgers Co-Op Master Gardener, currently creating a medicinal educational garden and a member of the Board of Health.

Nita Spielberg, BSN, RN, ERYT500, YACEP: (Techniques & Teaching Methodology, Yoga Anatomy and Physiology, Yoga Practicum, YTT 300 Courses) nitaspiel@aol.com 
Nita is a graduate of Lourdes Institute of Wholistic Studies Yoga Teacher Training program. She has studied in the Iyengar and Kripalu traditions since 1977 and has extensive teaching experience. Through group classes, workshops, and individual sessions, Nita teaches classical Hatha and Vinyasa yoga for beginning to advanced students and has travelled nationally to conduct workshops in anatomy and physiology related to yoga practice. Nita also has experience in teaching prenatal yoga and yoga for special needs. She has been certified to teach yoga related to pelvic floor heath by Leslie Howard and appears on Leslie Howard’s website resource list. She has also been certified in yoga for breast cancer survivors by Camille Kittrell, owner of Exclusive Yoga in Boston, Massachusetts. Her interest in anatomy and physiology and her nursing background aspires to link Eastern and Western approaches to health. Nita has recently completed the level I Training of iRest Yoga Nidra training with Richard Miller's Integrative Restoration Institute at the Integrative School of Medicine at the University of Maryland and has studied Yoga Nidra with Barbara Moeller, MA, ERYT500 for several years.
Absence Due to Religious Observance:

It is the policy of LIWS to excuse without penalty those students who are absent from class because of religious observations. Students will be allowed to make up the missed work because of such absence. Examinations and special required out-of-class activities are not normally scheduled on those days when students refrain from participating in secular activities. If an examination or out-of-class activity is scheduled on a day of religious observance, the student will be given the opportunity to make up that examination or activity without penalty.

Absentee Policy:

- Lourdes Institute of Wholistic Studies expects students to attend classes and conferences on time. Each instructor determines his or her policy for student absences. This written policy is to be distributed to students at the first class meeting.
- If this procedure is overlooked or if a student is absent from the first class, it is the student's responsibility to obtain the attendance policy of the instructor by the end of the first week of class. Students who are absent from class for any reason are expected to make up missed work.
- Excessive absences from class may lead to enforced withdrawal from class. In certain cases of illness and jury duty, students will be permitted to make up the work if it is academically possible.
- Make-up time is determined by the instructor and/or coordinator of LIWS. Make-up time may be fulfilled by completing a tutoring session or by repeating an entire course.
- If a student does not provide 24-hour notice prior to canceling a private tutoring session, he/she will be charged a $40.00 cancellation fee.

Academic Grading Policy:

Two types of grade point averages (GPA) are recorded for every student: a semester GPA and a cumulative GPA. A semester GPA is based upon the credits and class hours earned by a student at any given semester. A cumulative GPA is based upon college level credits only and is used to determine a student's academic standing. Only those students enrolled in the Associate Degree program or the Certificate of Achievement for Camden County College will receive cumulative GPA's.

Attendance Policy for Accredited/Non-accredited Courses:

- Attendance and promptness for all LIWS courses is mandatory.
- Students who arrive ten minutes late for class are considered late. Being late three times will be counted as one absence.
- Students who are 15 or more minutes late for class can be marked as absent by the instructor.
- The 10 and 15-minute lateness policies also apply to the students’ returning from class breaks.
- Absences are only permissible with a physician’s note or legal documentation. NO OTHER EXCUSES WILL BE ACCEPTED.
- Students who are absent from class are expected to make up the work missed.
- Make-up time for LIWS courses are completed by the student coordinating a private tutoring session directly with the instructor. This includes arranging the date, time, place, and subject matter. Lourdes Administration does not schedule tutoring sessions.
- The fee for private tutoring sessions is $40 per hour divided by the amount of students in the tutorial session. Students must pay the instructor directly and prior to the session via check payable to: Lourdes Institute or LIWS.
- Students must sign a Tutorial Agreement form the instructor will provide verifying the purpose and length of the tutorial.
- Financial aid does not cover the cost of private tutoring sessions.
- Students are permitted to make up a MAXIMUM of 8 class hours. Any missed time above 8 hours will be held against the student's final grade. For every additional 4 hours of absence, the student's grade will drop an entire grade level.
- If a student does not provide a 24-hour notice prior to canceling a private tutoring session, he/she will be charged a $40.00 cancellation fee.
- All auditing students must abide to all LIWS policies/procedures in addition to paying a 10% processing fee of the total cost of the individual class.

Audit Policy:

A student may audit a course that he or she may have failed to complete or pass by fulfilling all requirements for such course. A student who has passed the class can complete it for a second time for their own enrichment. Both can only be allowed if there is an open seat available. Tuition will be waived minus a 10% processing fee of the total cost of the individual class. You may not audit a continuing education class.
Camden County College School Code:
006865

Camden County College’s School Closing Number:
When inclement weather causes Camden County College (CCC) to cancel classes, LIWS is also cancelled. Announcements will be made on the CCC website: camdencc.edu. Students can also register for the Camden County College’s emergency notification system, Cougar Call.

Once cancelled or announced of a late start, students will receive an email, text and/or phone message from their instructor.

Cancellation of a Course:
LIWS reserves the right to cancel any course or course selection where the enrollment does not warrant the offering of that course.

Classroom Participation Policy for Massage Students:
- Students are expected to be attentive and participatory in all classes. If a student declines to practice massage in the Therapeutic Massage course for whatever reason, he/she is still expected to actively observe and remain an active part of the learning experience as directed by the instructor. Students who refuse will be asked to leave and will be marked absent for the day.
- Students are permitted to excuse themselves from practicing massage in the Therapeutic Massage course a MAXIMUM OF TWO TIMES. Students who excuse themselves must adhere to the above-stated participatory guidelines. Those who excuse themselves more than two times will be marked as absent for every additional occurrence.
- Students are not permitted to excuse themselves from practicing massage in any massage course other than Therapeutic Massage. Any student who does will be marked absent and must adhere to absentee guidelines for all massage courses (except Therapeutic Massage).

Credit By Portfolio:
Students seeking credit by portfolio must present an extensive report to the dean and/or faculty member to review.

The fee is determined by the hour amount of the course with $10 per credit in addition to a $40 fee. 15 class hours equals one credit.

Credit for Previous Training:
- Students seeking credit for coursework must present a student portfolio that includes documentation of all previous training: transcripts, course descriptions/syllabi, and certificates of completion. Students must also provide a copy of the course catalog from the school where they received their training.
- Transfer credits for anatomy and physiology will not be considered unless the student has completed the prior training within the last 5 years. However, credits for the anatomy and physiology introductory course may be granted.
- Transfer credits for massage, bodywork, and related education courses must have been completed within the last 3 years unless the student can verify that he/she has been utilizing these skills and knowledge on a regular basis.

Department of Labor and Workforce Development:
In the event of an unannounced school closure, students enrolled at the time of the closure must contact the Department of Labor and Workforce Development’s Training Evaluation Unit within ninety (90) calendar days of the closure. Failure to do so within the ninety (90) days may exclude the student from any available form of assistance. The contact number to call is (609) 292-4287 or email at trainingevaluationunit@dol.nj.gov.

Dismissal Policy:
LIWS reserves the right to dismiss any student for violation of any of the policies and procedures or the Student Code of Ethics. Dismissal policy standards are in accordance with the ABMP and the AMTA Code of Ethics, and the mission and philosophy of Our Lady of Lourdes Medical Center. Any student dismissed for disciplinary reasons will not be readmitted.
Draping Policy and Contract:
As a student of Lourdes Institute of Wholistic Studies (LIWS) and as an intended massage/bodywork practitioner, I agree to uphold the following professional and ethical standards regarding draping:

- Draping is an important part of the massage/bodywork experience. It provides comfort, warmth, and privacy for both the practitioner and the client.
- Draping demonstrates a solid respect for and understanding of boundaries.
- The draping skills taught at LIWS will be followed for all bodywork procedures performed at or sponsored by Lourdes Institute.
- Prior to applying the draping, the student/practitioner will offer informed consent to the client.
- Draping will be performed with clean and neat sheets, towels, pillowcases, and blankets.
- Entire body nudity at any time, for any reason, is prohibited at Lourdes Institute.
- Body parts will be draped in an appropriate manner to perform specific bodywork procedures (student will follow instructor’s guidelines and protocols).

The following guidelines MUST be adhered to at all times:

- Genitalia must always be draped.
- When performing leg, back and/or hip massage or ROM stretches, students will take great care to drape properly under the lower limb and above the hip joints. The gluteal crease is to remain covered. The student may request permission from their client to secure the drape tucked into the client’s underwear.
- When treating sciatica, hip and/or low back pain, the buttocks will be draped, one side at a time, with the sheet tucked at the client’s waist and under their leg. An extra towel is recommended to ensure the client’s modesty.
- Female breasts are to remain covered, except in Breast Massage—Continuing Education Course, where appropriate draping techniques and procedures are addressed.
- Female abdominal massage must be performed with a towel secured over the client’s breasts to allow proper draping of the abdomen.
- When the abdominal area is draped to perform full body massage or other specific massage techniques, the drape must be secured bilaterally at a level above the pubic region.

Dress Code:
All massage students are required to wear scrubs for all bodywork sessions and the massage clinic. The color assigned to LIWS is medium blue scrub pants with a print scrub top.

Field Trips:
Faculty members who are planning a field trip with their students must provide all information to the Coordinator before leaving. Waivers must be drafted and signed by all students partaking in the event before attending. Faculty members are not permitted to ride as a passenger of a student.

Filing for Graduation:
The graduation packet must include:
- Application for graduation
- Current college transcript
- NJ State Exit form
- Graduation recommendation form

Filing For Graduation - Procedure:
1. The application for graduation packet may be obtained from the LIWS main office located at 1600 Haddon Avenue, 5th Floor Pavillion, Camden, NJ 08103.
2. Students must schedule an exit interview with the Dean.
3. The Dean must sign the graduation recommendation form.
4. This complete application for graduation must be submitted via email to a LIWS staff member. Deadlines are April 1, July 1, and December 1.
5. The Dean will contact the student if there is a question regarding the student’s eligibility to graduate.
6. Those students whose application for graduation has been denied may appeal the decision through the Dean’s office.

Flu Vaccination:
All students registered for a program are required to complete their flu vaccination annually. If you opt out of receiving the flu shot, a declination form must be completed and signed by your primary health provider or religious leader and submitted to the office.
Grade Letter:
The following identifies letter grades used by faculty and a brief explanation of what the grades stand for:

- **A** - Indicates superior achievement and mastery of subject. (100-90)
- **B** - Indicates consistent achievement that demonstrates an understanding of the subject sufficient for continued study in the discipline. (89-80)
- **C** - Indicates satisfactory achievement that demonstrates an understanding of the subject sufficient for continued study in the discipline. (79-70)
- **D** - Indicates performance that suggests little aptitude or application on the part of the student in that particular course. This grade will not transfer. (69-60)
- **F** - Failure indicates an insufficient understanding of the basic elements of the course. (60-0)

The following designations may also appear on the transcript:

- **NA** - Student stopped attending class
- **W** - Withdrawal
- **I** - Incomplete work. The grade “I” can be assigned only if the student still has work to complete. It is assumed that the student who receives an “I” has satisfied the instructor's attendance requirements during the semester. If the “I” is to be changed to a letter grade, it should be made up during the succeeding semester and may be changed only on recommendation of the appropriate faculty member. The grade of “I” will have no effect on the student’s grade point average. To change the “I” to a letter grade, the student should complete the course requirement in the succeeding semester. If the faculty member does not indicate a date for the completion of the incomplete work or submit an alternate grade, an incomplete grade will automatically be changed to a failing grade (F) at the end of the next 15-week term.
- **XA** - Never Attended indicates that the student never attended class. The XA will be recorded on the student's transcript, but it is not computed in the grade point average.

Students wishing to increase their grade in a course may repeat the course. Although both the original grade and the repeat grade will appear on the transcript, only the higher grade will be averaged into the cumulative grade point average.

Graduation Eligibility:
To graduate from Lourdes Institute of Wholistic Studies with a Certification, a student must first satisfy the following requirements:

- Earn a minimum of the class hours assigned to the healing modality of choice.
- Complete required clinical hours.
- Have a grade point average of 2.0 or higher.
- Demonstrate proficiency in bodywork technique.
- Satisfactorily completed all subjects in an approved curriculum.
- Complete the total number of hours required in the certification program. Each student is personally responsible for knowing and meeting all program requirements and keeping in contact with LIWS in doing so.

Indebtedness to the Institute:
Final grades and transcripts will not be issued to students who are indebted to Lourdes Institute, nor will such students be permitted to register for the following semester. No student is permitted to graduate before meeting all financial obligations to LIWS. LIWS reserves the right to pursue the collection of obligations through the employment of a professional collection agency. A $30.00 collection fee will be assessed for accounts sent to collection.

Insurance Coverage for Bodywork/Massage Classes:
Student insurance (ex. ABMP, AMTA) is mandatory for participation in all bodywork/massage classes. All massage students must apply and submit proof of student insurance or will not be permitted to participate in class.

Late Registration:
A registration post the first day of the semester is considering late registration. A processing fee of $50.00 will be applied to the current tuition statement.

Leave of Absence Policy:
A request for a leave of absence must be submitted to the Dean in writing. A leave of absence may be granted for medical or family leave. Each request will be evaluated on an individual basis. If you choose to return to a program, refer to the Re-entry procedures.

Make up Assignments/Exams
Faculty members of LIWS create their own policy in their syllabus with regards to students who miss an exam.
Partnership With Camden County College:

Our Lady of Lourdes Institute of Wholistic Studies and Camden County College are in partnership to offer a degree and certification in Massage Therapy. This course of study will lead to an Associate Degree in Applied Science in Massage Therapy or a Certificate of Achievement. The graduate of this program will earn a certificate in Massage Therapy from Lourdes Institute of Wholistic Studies. In addition, the graduate will also meet the qualifications necessary to sit for the State Certification Examination. Financial aid for the Associates Degree Program is available for qualified students. Please contact the financial aid office at Camden County College for any questions regarding the application process for financial assistance: (856) 968-1340 (Camden) or (856) 374-4985 (Blackwood).

Payments for Individual Offerings:

Students registering for individual/continuing education classes must register through the student portal found on the LIWS website at www.LourdesInstitute.org. Payment is due in full one week prior to the start date of class.

Payment of Tuition and Fees:

Semester invoices with payment dates indicated will be sent to all students who pre-register for in-house programs not affiliated with Camden County College. Personal check, money order, Visa, MasterCard and Discover, are acceptable methods of payment for tuition and fees. Students are not officially registered until payment or authorization for payment has been received.

Students seeking certifications in bodywork with LIWS can discuss payment options with LIWS according to the LIWS payment schedule.

A fee of $30.00 is charged for each check returned to Lourdes Institute due to insufficient funds.

Continuing Education Classes:

Registration and tuition must be submitted and paid in full one week prior to the start date of the class. Those students enrolled in a Camden County College program must adhere to their payment options.

Payment Plan (LIWS):

For all certification programs: a payment plan with an initial 20% down payment and monthly payments are due on the 1st of each month during the semester. Payment plans do not apply to individual/continuing education classes.

Photo Consent:

Student grants Lourdes Institute of Wholistic Studies (LIWS) permission to use photo likeness in promotional and advertising venues without cost or any future remuneration. All such use will be done tastefully and in compliance with Our Lady of Lourdes Health System policies. LIWS will not sell names or any photos to a third-party vendor.

Professional Image Policy:

All students are expected to adhere to the professional image policies of Our Lady of Lourdes Medical Center. To participate in courses at LIWS, students must present a professional image by following these guidelines:

- Dress conservative, clean and neat. Students participating in courses that require hands-on participation and practice must wear clean and neat hospital scrubs.
- Scrubs (required to be worn for all bodywork sessions) - Medium blue scrub pants with a print scrub top.
- Shoes are to be clean and polished. Sneakers and supportive clogs are acceptable as long as they are clean and polished when applicable.
- Avoid inappropriate jewelry. Earrings are acceptable as long as they do not hang ½ inch below the earlobe. Facial piercings and exposed body piercings must be removed and the pierced opening concealed with a Band-Aid. Bracelets and long, dangling necklaces are prohibited due to their potential interference with bodywork techniques.
- Avoid extreme hairstyles and excessive amounts of facial make-up. This is not just to promote a professional image, but also because bodywork usually involves massaging the face and scalp.
- Artificial fingernails are prohibited in all courses that involve hands-on activity and participation.
- Natural fingernails must be cut very short and filed very smooth at all times to participate in hands-on massage and bodywork courses.
- Students who have a large display of body art on exposed body parts are required to conceal them by wearing ¾ length or long sleeve scrub shirts.
- Maintain good personal hygiene.
- Be careful what you say and where you say it. Client confidentiality is a priority!
- Remember that your actions may speak louder than words; be professional in word and action. Avoid negative body language or facial expressions.

Re-entry Into Program:

Students who have been on sabbatical for 18 months or more must pass a practical exam prior to returning to attend classes for the program of their choice. Students who pass may move forward in the curriculum. Students not receiving a C or better must audit the class in question. Refer to the auditing policy for details.

Recording Devices:

Any recording of the course or course material by way of electronic devices is not permitted unless given a signed or verbal consent of approval by the instructor.
Refund/Reimbursement Policy:
Should the student’s enrollment be terminated or should the student withdraw for any reason, all refunds will be made according to the following refund schedule. Students who wish to cancel their enrollment in a program or at the school must do so in writing. The request must include the date of withdrawal and must be dated and signed by the student. This letter must be received within one week of the withdrawal (five business days) to receive tuition reimbursement for that week. Tuition reimbursement will begin the week the notification is received. It is best to hand deliver the withdrawal letter and have a copy signed by the admissions officer or mail the letter by Certified Mail. All monies will be refunded if the applicant is not accepted by the school or if the student cancels within three (3) business days after the enrollment agreement is signed by both parties, even if instruction has begun. Cancellation after the third (3rd) business day, but before the first class, will result in a refund of all monies paid, with the exception of the application and registration fees. Withdrawal after attendance has begun is based on the following refund policy for all programs of 200 instructional hours or more. An instructional hour is defined as 60 consecutive minutes of which a minimum of 60 minutes is dedicated to instruction. Programs that are less than 200 hours will be evaluated on an individual basis. Refund will be based on percentage of course taken.

Reimbursement Scale for Programs of 200 Hours or More:

<table>
<thead>
<tr>
<th>If withdrawal or cancellation occurs:</th>
<th>LIWS Will Retain:</th>
</tr>
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<tbody>
<tr>
<td>During the first week</td>
<td>10% of the tuition</td>
</tr>
<tr>
<td>During the second or third week</td>
<td>20% of the tuition</td>
</tr>
<tr>
<td>After the third week, but prior to completion of 25 percent of the course</td>
<td>45% of the tuition</td>
</tr>
<tr>
<td>After 25 percent, but not more than 50 percent of the course</td>
<td>70% of the tuition</td>
</tr>
<tr>
<td>After completion of more than 50 percent of the course</td>
<td>100% of the tuition</td>
</tr>
</tbody>
</table>

A student who has a student loan and withdrawals from the program is responsible for notifying the loan institution of withdrawal from the school. This notification should be done in writing. It should include the date of withdrawal, the student’s social security number and signature. Students should maintain a copy of this letter for their files. LIWS encourages the development of good business practices in their students. It is to this extent that we remind the withdrawing student that the date of withdrawal on the letter to the dean must be the same date as on the letter to the loan institution.

Semester Schedule:
Fall Semester: September to December
Spring Semester: January to May
Summer Semester: June to August

Student Code of Ethics:
Students of Our Lady of Lourdes Institute of Wholistic Studies are expected to follow the American Bar Association’s “Code of Student Conduct.” The following conduct code is the policy of Lourdes Institute of Wholistic Studies. Violation of such is considered to be in conflict with school policy and is such grounds for dismissal.

- All types of dishonesty, including cheating, plagiarism, knowingly furnishing false information to the Institution and forgery, alteration or use of the documents or identification with intent to defraud.
- Intentional disruption or obstruction of teaching, research, administration, disciplinary proceedings, public meetings and programs, or other school activities.
- Physical abuse, sexual harassment, inappropriate sexual behavior and remarks toward any person on school premises or at functions sponsored or supervised by the school.
- Theft or damage to the school premises, equipment, or damage of the property of a member of the school community on the school premises.
- Failure to comply with directions of Institutional officials acting in the performance of their duties.
- Violation of the law on school premises in a way that affects the school community’s pursuit of its proper educational objectives. This includes, but is not limited to, the use of alcoholic beverages and/or controlled dangerous substances on school premises.

Source/Acknowledgments:
“Model Code for Student’s Rights, Responsibilities and Conduct,” prepared by the Law Students Division of the American Bar Association.
Student Complaint/Appeal Process:
Under due process entitlement, students may register their concerns regarding the academic experience (e.g., grades, instructor methodology, course assignments/requirements) through the academic appeals process. Appeals should be initiated within 10 days of the occurrence of the occasion for the concern in accordance with the following procedure:

Step 1.
The students must make an appointment and meet with the instructor/faculty member involved to attempt to resolve the matter. Bring any relevant materials including course outline, originals or copies of papers, lab reports, and examination grades.

Step 2.
If the matter is not resolved with the instructor/faculty member, the student should write a statement describing the exact nature of the appeal and make an appointment to meet with the Dean. The Dean will then make every attempt to resolve the matter. Once the Dean has had an opportunity to research the matter, the student will be informed of the findings. The research process may take up to two weeks before a decision is rendered.

Student Pledge:
I pledge to maintain high moral standards as a student of Lourdes Institute of Wholistic Studies (LIWS) and I will:

- Conform to the LIWS and OLLMC policies on smoking, alcohol and drug abuse
- Take precautions to protect both classmates and the public from the transmission of communicable disease
- Agree to maintain personal cleanliness and professional office tidiness both in the classroom and in my practice
- Uphold the principles of student moral ethics while in school and during any off-site locations representing the school
- Uphold the principles of the Lourdes Institute of Wholistic Studies Code of Ethics
- Agree to the LIWS Policy on Draping
  * No exposure of genitals, gluteal cleavage, or female breasts
  * No classroom nudity
  * No classroom behavior that causes embarrassment or public exposure
- Understand that all forms of energy work may cause an emotional release with me or my fellow classmates, which will be handled with respect and sensitivity
- Agree not to demonstrate any manner of disruptive behavior to a student, instructor, and/or employee of OLLMC in the classroom, within the facility of OLLMC or while representing LIWS
- Agree not to attempt to instruct my classmates unless invited by the school
- Agree to uphold the integrity of a holistic healthcare provider both while a student and as a professional
- Conduct myself and my business at all times so that I may be respected by those whom I may contact
Student Portal:
The online registration is located on the Lourdes Institute website or https://secure.webconnectgradpro.com/lourdesinstitute/.

Within this site, you have the option to view the following:

- Class Calendar
- Course Registration
- Final Grades
- Account Profile
- Account Balance

In-house program students:
If you have a balance on your account, you will not be able to use the feature of online course registration nor be able to view your final grades until all outstanding financial obligations have been satisfied. This does not pertain to CCC, CEU or YTT 300 students.

CCC students:
You must register with Camden County College unless you are taking a course directly with LIWS or a continuing education course. Although, you will be capable of utilizing the student portal features for the massage courses only.

Student Records:
Each student's file includes their application form, letters of reference, physician's note, grade reports, tuition payment documentation, and copies of all correspondence between the school and the student only. Parents and legal guardians are only allowed access to student files upon signed release by the student. Records are maintained and kept confidential by the Dean/Main Office/Registrar.

Transcript Request:
Former students can request a transcript by submitting a transcript request form found on the website. An official transcript will be sent directly to the organization requested on the form and the student will receive one official transcript and one student copy for their records.

Tutorials:
The fee for private tutoring sessions is $40 per hour divided by the amount of students in the tutorial session. Students must submit payment to the instructor directly via check or money order payable to: Lourdes Institute of Wholistic Studies (LIWS) immediately after services rendered. If a student is paying by credit card, contact the Coordinator to charge the student's card immediately after services have been rendered. If a student does not provide 24 hours' notice prior to canceling a private tutoring session; he/she will be charged a $40 cancellation fee. A form must be completed and signed by the faculty member and also by the students involved.

All make up work including missed tests, assignments, and classes must be completed within ten days. The instructor and student will be responsible for arranging material and time for these occurrences with the understanding that LIWS will provide facilities for re-testing should it be necessary.
Amenities:
LIWS has access to the entire fifth floor of the Pavilion building. This area contains the following: computer lab, student lounge (refrigerator, television, microwave, filtered water, etc), vending machines, etc.
Within the hospital, there is access to the chapel, coffee cart, cafeteria, gift shop, etc.

Cafeteria:
The cafeteria in the Medical Center is located on the Ground floor (Basement) of the North building. A discount is provided when a badge is presented. There are also vending machines next door to the cafeteria.

Cafeteria Hours of Operation:
Weekdays
Breakfast
6:30am – 10am
Lunch
11am – 2:30pm
Dinner
4:30pm – 7pm
Weekends
Breakfast
7:30am – 10am
Lunch
11am – 2pm
Dinner
3:30pm – 6pm

Chapel:
There is a chapel upon entrance to the main lobby. Mass is held daily at noon. Special schedules for holidays are posted outside the chapel.

Coffee Cart:
The Franciscan Cafe is a full service coffee cart located just past the main elevators offering an assortment of coffee, tea, lattes, cappuccino and food. Hours of operation are:
- Monday through Friday: 7am – 12am
- Saturday and Sunday 8am – 3pm

Identification Badges:
I.D. badges are necessary and must be worn at all times when in the Medical Center. Students will be questioned by the security officers if attempting to enter the Medical Center without having their authorized ID badge visible for inspection.
If the ID badge is lost or unrecoverable another one must be obtained at a cost of $5.00. Contact the LIWS office immediately.

Library:
All health and wellness textbooks, magazines and resources are located in the LIWS Room on the 1st Floor North building. An honor system of borrowing and supplying resources is established.

Parking:
LIWS faculty and students have been assigned to use the Employee Lots behind Osborn, located across the street from the hospital and the lot off of Copewood Street.
For the lot behind Osborn, turn left when entering the parking lot area at Vesper Blvd, drive to the rear of the lot and approach the access arm. Enter the passcode supplied to new students at New Student Orientation.
For the lot off of Copewood Street, if driving on Haddon Avenue from the Collingswood area, make a left onto Copewood Street. The entrance to the parking lot is on the right and before the underpass. Enter the passcode supplied to new students at New Student Orientation.
On weekends, the Visitor’s Lot is available and located directly across from the hospital. On weekends, parking is free. Turn right when you enter the parking lot area and follow the signs for Visitor’s Lot. The access arms will be up throughout the entire weekend.

Shuttle Transportation:
Shuttle transportation is provided 24 hours.
Pick-up and Drop-off Stops: the side of the Medical Center on Vesper Blvd, East parking lot, Medical Arts parking lot and from Patco station (at tunnel in rear of Ferry Avenue station).
Call (856)365-4000 if using Patco station and advise where you are located. During peak times: shuttle runs every 5 -10 minutes. After 9pm, shuttles stops running and security picks up students in a van.

Student Lounge:
The Student Lounge located on the 5th Floor of the Pavilion building is available to all LIWS students. It contains a refrigerator, microwave, television, filtered water, etc.

Vending Machines:
Vending machines are located outside of the cafeteria (basement) and student lounge on the 5th Floor Pavilion building. They are accessible 24 hours a day.

Wireless Internet Access:
Lourdes offers complimentary wireless internet access. Be assured that the new networks have the highest security standards and are separate from the hospital network. In no way will guest users be able to access the hospital data network, hospital information systems or confidential patient information.
APPLICATION PROCEDURE

To All Program Applicants:

- The ‘Application for Admission’ is found on the LIWS website at www.LourdesInstitute.org.
- Once the application is submitted, you will receive an email from a LIWS representative requesting an essay, a non-refundable $25 application fee, and instructions on scheduling an interview with the Dean of LIWS.
- Three (3) letters of recommendation sent directly to LIWS from:
  1. Academic or employment supervisor
  2. Professional colleague or associate
  3. Personal reference
- Submit a physician’s note to LIWS stating that you are in suitable condition to give/receive bodywork or perform yoga postures.
- Complete a Personal Health Form (form provided by LIWS).
- Complete a NJ State Questionnaire Form (form provided by LIWS).

Camden County (Massage Program) Applicants Only:

Complete all of the above procedures along with the following:

- Complete a Camden County College online application – www.camdencc.edu. Be sure to mark massage therapy as your major.
- Take the CCC Basic Skills Test if you have not completed a college level Math or English course and/or are not a transfer student. Call the testing center to set up a date to take the placement test (856) 227-7200 ext. 4710.
- Call (856) 227-7200 ext.4210 with any financial questions.
- Select courses for which you are eligible and register at CCC (LIWS acceptance paperwork required).

To All Continuing Education Applicants:

- Submit a completed application.
- Once the application is submitted, you will receive a welcome email from a LIWS representative with instructions on the registration process.

ONLINE REGISTRATION AND PROCEDURE INFORMATION

Registration Process:

- To register for a course, click on "Student Portal" on the Lourdes Institute website at www.LourdesInstitute.org or the direct link is: https://secure.webconnectgradpro.com/lourdesinstitute/.
- To register for a course, click on: "Classes", "Course Registration", then the bottom right hand box, "Find & Select Course".
- Scroll through the courses and add the course (s) of your choice.
- Once added, you will receive an email confirming your pending registration status. Once it is approved by the office, it will be confirmed and placed in the "Current Courses" location.
- Depending on the volume, the approval process can take a few business days to complete.
- Since you must register for a course at least one week prior to the start date of the class, online registration will not be available for a course after that time period.
- One week prior to the first day of class, you will receive a registration confirmation email.
- If the enrollment is low, a course may be canceled one week prior to the first day of class.
- If you have an outstanding balance from a previous semester, you will not be able to register until it has been satisfied.

New students:

- New students must fill out an “Application for Admission” found on the LIWS website at www.LourdesInstitute.org.

Continuing Education and YTT 300 Hour Students:

- Once you receive a Registration Confirmation email, payment is due in full immediately after.

Acceptable Payment Forms:

- Check made payable to: (LIWS) or Lourdes Institute of Wholistic Studies, Money Order, Visa, MasterCard or Discover.
SPREAD THE WORD

Holistic Healthcare

PROGRAMS AFFILIATED WITH CAMDEN COUNTY COLLEGE:
Associate Degree in Applied Science in Massage Therapy
• Massage Therapy Certificate of Achievement

IN-HOUSE PROGRAMS:
Wholistic Massage Therapy Certificate
200-hour Yoga Teacher Training Certificate
300-hour Yoga Teacher Training Certificate
Wholistic Massage/Reflex Certificate - Dual Program
Reflexology Certificate
Herbal Medicine Certificate
Aromatherapy Certificate

APPLICATION FEE WAIVED WHEN YOU APPLY AT THE OPEN HOUSE

OPEN HOUSE
Call the office for the next event date and time.

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(856) 580-6448 (Fax)
www.LourdesInstitute.org