



THE COMPLETE GUIDE TO BECOMING A

# CLINICAL MASSAGE THERAPIST

*through the*



THE SOMA  
INSTITUTE

## **Step 1: Apply**

Applying to The Soma Institute is easy!

Fill out our online application online at [www.soma.edu](http://www.soma.edu), or call 1.800.694.5314.

## **Step 2: Meet with a Financial Aid Advisor**

Our Financial Aid Office will work with you to develop a financial aid program that is specifically tailored to your unique needs.

The Soma Institute works alongside the U.S. Department of Education to provide you with a full range of financial aid tools. As a Soma student, you may qualify for a number of the following options:

- Monthly tuition payment plans
- Tuition discount programs
- The Federal Pell Grant Program
- The Federal Direct Loan Program
- Department of Veterans' Affairs Educational Benefits
- Vocational Rehabilitation
- Department of Defense Tuition Assistance Program (Army)
- Americorps Vouchers
- Employer-sponsored tuition-reimbursement

## **Step 3: Choose your Class Schedule**

Decide what class schedule best fits your lifestyle! We understand the demands our students face. Many students are working and/or raising families. That's why we tailor our program to fit the needs of busy adult learners. Choose the schedule that best fits your lifestyle.

- Daytime program: Can be completed in 11 months (choose to have classes on Monday/Wednesday or Tuesday/Thursday) – classes will meet from 9am-5:10pm each day
- Evening/Saturday program: Can be completed in 15 months (classes are held on Saturday from 9am-5:10pm and one evening a week from 6pm-9:40pm)

## **Step 4: Start your Classes**

During the 11 to 15 months that you are a clinical massage therapy student, you will take classes that are interactive and led by skillful massage professionals with years of experience. You will receive personal attention and expert guidance through the major elements of proper massage practice, including bodywork, hydrotherapy and sports massage.

You will gain real-world experience in our on-campus teaching clinic where you work directly with the public under the guidance of faculty supervisors. Students also have the unique opportunity to perform sports massage with NCAA Division I athletes at Loyola University. This fast-paced environment will provide you with invaluable field experience.

Below you will find a list of courses that you will be taking in the Clinical Massage Therapy Program at The Soma Institute:

### Clinical Anatomy 1 (ANAT1)

This course provides an overview of the basic tissues that compose the body as well as the integumentary, nervous, and endocrine systems as they relate to the practice of clinical massage therapy. (20 clock hours, all lecture)

### Clinical Anatomy 2 (ANAT2)

This course provides an overview of the cardiovascular, lymphatic, digestive, urinary, respiratory and reproductive systems as they relate to the practice of clinical massage therapy. (20 clock hours, all lecture)

### Clinical Education 1 (CLED1) Competency Clinic

In this course, students apply the knowledge, skills, and attitudes learned in the didactic courses and demonstrate their ability to perform the common set of clinical skills required of an entry-level massage therapist in a competency clinic. Attendance is required at the time of the competency clinic test. (20 clock hours, 2 lecture & 18 lab)

### Clinical Education 2 (CLED2) Clinic Orientation

This course prepares students to work with the public in a faculty-supervised clinical environment by making sure students are familiar with the policies and procedures relevant to Teaching Clinic and Externship sites. Documenting treatment protocols, developing a treatment plan and communicating professionally with clients, medical personnel and colleagues will be reviewed. (20 clock hours, all internship/externship hours)

### Clinical Education 3 (CLED3) – Supervised Clinic

The on-campus Teaching Clinic provides students with an opportunity to apply knowledge, skills and attitudes as they work with the public in a faculty-supervised clinical environment. Through a clinical affiliation agreement established with Loyola University's Norville Center for Intercollegiate Athletics, students participate in externships in which they interact with student athletes and medical teams under faculty supervision. (70 clock hours, all internship/externship hours)

### Clinical Integration 1 (CLIN1)

This course introduces client intake forms, client history documentation and posture analysis. (10 clock hours, 5 lecture & 5 lab)

### Clinical Integration 2 (CLIN2)

This course introduces cervical joint range of motion and orthopedic tests related to the practice of clinical massage therapy. Students study the clinical significance of palpatory findings. (20 clock hours, 8 lecture & 12 lab)

### Clinical Integration 3 (CLIN3)

This course introduces joint range of motion, palpatory findings and orthopedic tests for the upper extremity and lumbosacral spine, related to the practice of clinical massage therapy. (20 clock hours, 8 lecture & 12 lab)

### Clinical Integration 4 (CLIN4)

This course introduces joint range of motion, palpatory findings and orthopedic tests for the hip & knee, related to the practice of clinical massage therapy. (20 clock hours, 8 lecture & 12 lab)

### Clinical Massage Techniques and Protocols (CMTP)

Building on the skills learned in Clinical Massage Therapy 1, this course introduces trigger point therapy, fascial techniques, lymphatic drainage, neuromuscular techniques, sports massage techniques and the general protocol that guides clinical massage therapy treatments. The principles and applications of therapeutic hydrotherapy and thermotherapy modalities are also introduced. Students apply thermal agents commonly used in a clinical setting and observe their physiological effects on the human body. (60 clock hours, 18 lecture & 42 lab)

### Kinesiology 1 (KIN1)

This course introduces students to the principles of movement. The relationship between the anatomy and the kinesiology of joints and muscles is studied, as are complications, precautions and contraindications when applying basic therapeutic movement protocols. The muscles of the upper extremity and trunk will be presented in this class. (30 clock hours, 8 lecture & 22 lab)

### Kinesiology 2 (KIN2)

This course builds on skills from Kinesiology 1. The relationship between the anatomy and the kinesiology of joints and muscles is studied, as are complications, precautions and contraindications when applying basic therapeutic movement protocols. The muscles of the lower extremity will be presented in this class. (20 clock hours, 5 lecture & 15 lab)

### Musculoskeletal Anatomy 1 (MSA1)

This course provides a detailed overview of muscles of the upper body and the skeletal and articular systems as they relate to the practice of clinical massage therapy. There is a strong emphasis on precise palpation of muscles, tendons, bones, and ligaments in order to locate and assess tissues of the human body. (40 clock hours, 20 lecture & 20 lab)

### Musculoskeletal Anatomy 2 (MSA2)

This course provides a detailed overview of muscles of the trunk as they relate to the practice of clinical massage therapy. There is a strong emphasis on precise palpation of muscles, tendons, bones, and ligaments in order to locate and assess tissues of the human body. (40 clock hours, 20 lecture & 20 lab)

### Musculoskeletal Anatomy 3 (MSA3)

This course provides a detailed overview of muscles of the lower body as they relate to the practice of clinical massage therapy. There is a strong emphasis on precise palpation of muscles, tendons, bones, and ligaments in order to locate and assess tissues of the human body. (30 clock hours, 15 lecture & 15 lab)

### Pathology 1 (PATH1)

In this course students are taught to identify etiology, signs and symptoms, as well as massage indications and contraindications for various commonly occurring pathological conditions relating to the integumentary, skeletal and cardiovascular systems. This course also includes a brief description of basic CPR/First Aid concepts. (30 clock hours, all lecture)

### Pathology 2 (PATH2)

In this course students are taught to identify etiology, signs and symptoms, as well as massage indications and contraindications for various commonly occurring pathological conditions relating to the endocrine, immune, lymphatic, respiratory, digestive and reproductive systems. (20 clock hours, all lecture)

### Physiology 1 (PHYS1)

This course introduces students to the basic processes that underlie the functions of the major anatomical systems of the human body such as cell structure, integumentary, skeletal, muscular, and nervous systems so that the clinical massage therapist understands the effects of specific massage treatments and is able to determine the most effective techniques. (20 clock hours, all lecture)

### Physiology 2 (PHYS2)

This course introduces students to the basic processes that underlie the functions of the major anatomical systems of the human body, such as the endocrine, lymphatic, digestive and respiratory systems so that the clinical massage therapist understands the effects of specific massage treatments and is able to determine the most effective techniques. (40 clock hours, all lecture)

### Professional Development 1 (PROD1)

This course focuses on the professional development of massage therapists and the issues affecting contemporary massage therapy practice. Key ethical issues, including scope of practice, informed consent, confidentiality, boundaries, and dual relationships are also introduced. (10 clock hours, all lecture)

### Professional Development 2 (PROD2)

This course examines the fundamentals of building a successful clinical massage therapy career. Students are introduced to a variety of career development topics including: resume writing, interviewing, basic marketing, state licensure, professional insurance and credentialing requirements. A final written comprehensive examination offers preparation for the Massage and Bodywork Licensing Exam (MBLEX) from the FSMTB. (10 clock hours, all lecture)

### **Step 5: Graduate**

After all of your courses are successfully completed, it's time to graduate! Graduation ceremonies are held twice per year. Caps and gowns are provided by Soma at no additional charge.

### **Step 6: Take and pass the MBLEx, then get licensed**

In order to be licensed in the State of Illinois, graduates must pass the Massage and Bodywork Licensing Examination conducted by the Federation of State Massage Therapy Boards (FSMTB) and then make an application to the Illinois Department of Financial and Professional Regulation. Cost of an initial application, including fingerprinting costs, are included in your tuition fees. Soma helps make this process as easy as possible by helping you complete all of your paperwork for testing and licensing before you graduate.

### **Step 7: Beginning your Career**

Massage training is about more than a certificate to hang on the wall – it's about getting a career you love. The Soma Institute is dedicated to supporting you throughout your career. Experienced Career Services professionals are happy to offer support and help you pursue employment opportunities. There is no fee for career services. Plus, as a graduate you'll have access to our extensive employer database. Building a successful career is a process that requires careful planning and strategic action. Many graduates have established their own thriving private practices.

Soma's Career Services Office actively assists our graduates by

- maintaining a comprehensive listing of job opportunities
- identifying career goals and preferences
- developing effective job search methods
- critiquing and proofreading resumés
- offering interview coaching and feedback
- assisting in the development of effective marketing strategies to help build clientele
- assisting with local, state and nation-wide regulations and licensing

Soma cannot, however, guarantee placement.

**Ready to start  
your new career?**

**Schedule a Visit**

