CROUSE HOSPITAL

Massage for Veterans

Continuing Education Program

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Program Description

The Crouse Hospital Massage for Veterans Certification program provides a comprehensive professional development program for massage therapists and allied health professionals who work with United States Veterans and active duty military personnel in an outpatient setting. The certification program is made available by the collaboration of Crouse Hospital and the National Certification Board for Therapeutic Massage and Bodywork. The educational program is made available by the collaboration of Crouse Hospital, Syracuse Veteran's Administration, Upstate Medical University, Clear Path for Veterans, American Massage Therapy Association, and the National Center for Therapeutic Massage & Bodywork. Through these collaborations we embrace an inclusive approach to education, one that fosters community outreach and awareness.

Program Objectives

The Crouse Hospital Massage Therapy Continuing Education Program strives to provide massage therapists, physical therapists and allied health professionals access to inclusive professional education. Our program is designed to foster professional development supported by formal education methods and authentic patient experiences. We believe our community will be served better by therapists who have attended quality education programs instructed by amply prepared trainers. In support of our pursuit, our program objectives include:

- Provide thorough and comprehensive massage therapy training for massage therapists and allied practitioners, addressing needs and considerations common to United States Veterans. We appreciate the importance of clinical based professional education. We appreciate the expertise of local health care practitioners in our community who provide specialty services or work with Veterans.
• Deliver instructional, experience-based learning and community outreach opportunities that correlate with the diverse health care and therapeutic massage needs of U.S. Veterans. The curriculum design includes the advisement and suggestions provided by our professional partners in health including representatives of the Syracuse VA, local veterans support services, and local orthopedic and mental health therapeutic practitioners. Many classes and topics offer adaptive methods that can be applied when working with other patient populations with similar therapeutic needs.

• Provide a flexible education program offering various options for education and certification. Therapists can opt to participate at a level that corresponds with their professional development goals and interests. Therapists are welcome to choose one class, some classes, or all classes in the education program.

• Foster the Integrative Health Professional Development Program attributes including:
  o Authentic Learning Experience – the program includes clinical hours working directly with Veterans in an outpatient setting at Clear Path for Veterans in Chittenango, New York and in private practice through referrals from the Syracuse Veterans Administration.
  o Community Integration – instructional support is provided by current community health & wellness providers who have an extensive history working with Veterans and a thorough understanding of military culture. Instructors include hospital staff from the Syracuse Veteran’s Administration, Crouse Hospital, and Upstate Medical University. Staff instructors also include United States Veterans as well as massage therapists with extensive experience working in orthopedic massage and/or with United States Veterans.
Community Participation – the clinical component provides massage therapy services to Veterans in our Central New York community, providing an opportunity for them to experience massage therapy as an option that complements their health and wellness goals.

- Post Educational Support – Veterans who visit clinical and wish to include massage therapy in support of their treatment and wellness goals are referred to therapists who have been trained in the program. We also work closely with the Syracuse VA to help assist with referrals to former students in our program.

Program Certification Eligibility Requirements

The Massage for Veterans Certification Program is open to all practitioners licensed to provide massage therapy as defined and regulated by the New York State Office of Professions. Licensees must be currently licensed and registered to practice in fields including but not limited to massage therapy, physical therapy, nursing, and chiropractic care.

*Note: We have appreciated the many inquiries from massage therapists across the nation. If you are not a NYS licensed massage therapist (or other NYS licensed professional authorized to provide massage therapy) and are interested in additional Veterans Massage training/certification please contact NCBTMB directly.
The application process requires qualified professionals to attend and complete all classes in the program. Those who wish to complete certification must submit to Nicole Miller at NicoleMiller@Crouse.org:

i) **A Letter of Intent** declaring your intent to complete all the required courses and participate in the NCBTMB exam.

ii) A copy of your license and corresponding certifications

iii) Your resume or other work history document

iv) An essay on the reason for your interest in working with Veterans and how you plan to implement your education into professional practice. The essay is not an evaluation tool, it is meant to help us learn more about you.

v) Note: There is no fee or other obligation for declaring your intentions. Upon your declaration we will provide a student transcript that will highlight the program requirements. If you have questions about approval for courses/content already achieved please feel free to contact us.

vi) Once students declare their intent they have one year to complete the program. Extensions are available in cases of emergencies or if classes are not available due to capacity, or similar circumstances.

**Accreditation**

All approved classes are accredited by the National Certification Board for Therapeutic Massage & Bodywork and the American
Massage Therapy Association. Upon completion of all approved classes in the program, students will receive a certificate of education completion from Crouse Hospital. This certificate is necessary to qualify for testing provided by the National Certification Board for Therapeutic Massage & Bodywork and to achieve certification. Students who have completed the educational requirements and passed the NCBTMB exam will earn the title Certified Professional Veterans Massage Therapist.

**Required Classes**

The complete certification program encompasses an 80-hour curriculum canvassing instruction in the areas of Integrative health sciences, professional development, skills development, and clinical science. To learn more these development areas please review our [Integrative Health Professional Development Program](#).

**Class Offerings include:**

1. **CH 100 Caring Hands & Hearts: Massage for Veterans**
   
   (a) This introductory course offers a foundation of information covering methodology and professional issues while working with Veterans of the United States Armed Forces. It serves as a foundation for continued practice and/or other classes for students who wish to pursue the certification program.

   (b) This class offers 28 CEUs. **Note:** Of the 28 CEUs, 12 hours are devoted to clinical experience.
(2) **TR 100 Invisible Service Wounds: Massage Therapy Considerations & Adaptations 8 CEUs**

(a) In this class we will discuss common U.S. Military Service trauma and invisible service wounds along with their signs and symptoms. Ideas for treatment adaptations and professional skill development will be presented for therapists working with patients who live with traumatic brain injuries, post traumatic stress disorder, military sexual trauma, and more.

(b) This class offers 8 CEUs.

(3) **GA 200A Gross Anatomy Dissection Lab: Upper Body 8 CEUs**

(a) Through the careful palpation of dissected cadavers, this class will offer massage therapists the ability to enhance their understanding of the human body and anatomy, especially the skeletal system. For this class we will focus on the upper body, especially the neck shoulder and upper extremity.

(b) This class is co-sponsored by the American Massage Therapy Association and offers 8 CEUs. To register please visit [http://www.amtany.org/events](http://www.amtany.org/events).

(c) Note: We will accept 8 CEUs from former Crouse Hospital Massage Therapy Gross Anatomy Labs including the Shoulder or Cervical Spine labs to meet this
requirement. We will also consider granting credit for other gross anatomy courses taken at accredited institutions of higher education. Please contact Nicole Miller for more details.

(4) GA 200B Gross Anatomy Dissection Lab: Lower Body 8 CEUs
(a) Through the careful palpation of dissected cadavers, this class will offer massage therapists the ability to enhance their understanding of the human body and anatomy, especially the skeletal system. For this class we will focus on the lower body, especially the lumbar area, hip, and lower extremity.
(b) This class is co-sponsored by the American Massage Therapy Association and offers 8 CEUs. To register please visit http://www.amtany.org/events
(c) Note: We will accept 8 CEUs from former Crouse Hospital Massage Therapy Gross Anatomy Labs including the Lumbar, Hip, and Knee labs to meet this requirement. We will also consider granting credit for other gross anatomy courses taken at accredited institutions of higher education. Please contact Nicole Miller for more details.

(5) OM 200A Clinical Massage for Veterans I instructed by Lauren Felice, LMT, NCBTMB. (NOTE: this class is formally
known as Orthopedic Massage Upper Body Treatments and Assessment instructed by Lauren Felice).

(a) This class is designed to coordinate with the Gross Anatomy & Physical Therapy lectures through Crouse Hospital and the AMTA. Participants will learn how to apply assessment and massage therapy skills for common service-related upper body injuries and dysfunctions.

(b) This class is co-sponsored by the American Massage Therapy Association and offers 8 CEUs. To register please visit http://www.amtany.org/events. This class offers 8 CEUs.

(c) We will also consider granting credit in lieu of the above class for other NCBTMB or AMTA approved orthopedic courses that focus on upper body assessments and treatments. Examples include classes offered by OMERI and James Waslaski. Please contact Nicole Miller for more details.

(d) OM 200B Clinical Massage for Veterans II instructed by Lauren Felice. (NOTE: this class is formally known as Orthopedic Massage Lower Body Treatments and Assessment instructed by Lauren Felice).

(i) This Orthopedic Massage Therapy and Assessment class is designed to coordinate with the Gross Anatomy & Physical Therapy lectures through Crouse Hospital
and the AMTA. Participants will learn how to apply assessment and massage therapy skills for common service-related lower body injuries and dysfunctions.

(e) This class is co-sponsored by the American Massage Therapy Association and offers 8 CEUs. To register please visit http://www.amtany.org/events. This class offers 8 CEUs.

(f) We will also consider granting credit in lieu of the above class for other NCBTMB or AMTA approved orthopedic courses that focus on lower body assessments and treatments. Examples include classes offered by OMERI and James Waslaski. Please contact Nicole Miller for more details.

(6) CL 300 Clinical Independent Case Study 8 CEUs

(a) This class provides practitioners with direct case study experience. Practitioners will be paired with 1-2 Veterans and will engage in direct clinical experience with those Veterans over multiple sessions. Both Veterans and practitioners will engage in treatment assessment and evaluations. Case study summaries and information collected by the practitioner will be presented in the Case Summary Group Learning Engagement.

(b) This class offers 8 CEUs
(7) SU 300 Case Summary Group Learning Engagement 4 CEUs

(a) This class serves as the capstone class for the program. It is designed to offer collaborative learning, allowing students to discuss case study information collected during clinical experiences in the CL 300 Clinical Independent Case Study class.

(b) This class offers 4 CEUs.


Q: Are there on-line courses available?
A: We appreciate many massage therapists from across the country are interested in this program and that on-line courses would reduce the need for travel. Our program does not offer online courses at this time. The program is based on an authentic learning style with 18+ hours devoted to clinical experience. We chose this style of learning to match similar styles offered in other health and medical programs such as nursing, physical therapy, etc.

Q: If I am not New York State Licensed can I attend the program?
A: Currently, as set forth by the New York State Office of Professions, you must be a NYS licensed massage therapist or NYS licensed professional authorized to provide massage therapy in order to participate in the program. The NYS laws regarding massage
therapy require anyone providing hands-on massage therapy, whether in a therapeutic practice setting or education setting, meet their licensing standards. At this time we are not aware of any exemptions for education purposes. If the laws are amended, allowing LMTs from other states to attend the program, we will be sure to announce the change on our website and corresponding communications.

Q: If NYS restrictions do not allow therapists from other states to participate in the program why is the program hosted in New York?

A: This very popular and valid question is appreciated. The Crouse Hospital program began as a 28 Hour clinical course titled Caring Hands & Hearts Massage for Veterans. The course is hosted at Clear Path for Veterans, an independent organization in Chittenango, NY devoted to helping Veterans with transition back to civilian life. Clear Path offers a wellness program that supports an Integrative Model and includes services such as acupuncture and massage therapy. The class was intended to provide therapists authentic experience working with real-life clients and to provide Veterans with exposure to massage therapy as an integral component to their health management. Our design choice has worked well in supporting the therapists, the Veterans, and Clear Path for Veterans. Through this program massage therapy is offered to Veterans every other Monday at Clear Path. The Syracuse VA has referred patients from their Women’s Wellness Center and Physical Therapy departments to our
program and to Clear Path. The Syracuse VA offers an independent referral program to therapists who have completed the course allowing Veterans to receive outpatient care. The original class has been expanded to a curriculum that reflects the expectations and our partners in health. We are thrilled that bridges between various health providers and LMTs have been built in the Central New York area and will continue to grow as our curriculum expands.

A: Do places other than New York offer this type of certification?

Q: After having researched for other programs, we have not found any to date. We are grateful that so many therapists from across the United States want to support Veterans and want to further their education. NCBTMB also appreciates the national interest. We suggest you contact them about the potential for future programs.

Q: What is the size of the program?

A: This program is designed to be intimate in size to support the clinical nature of the program. We currently have capacity for 16-24 therapists per a year.

Q: Where can I register for classes?

A: For all the classes offered directly by Crouse and NCBTMB please visit our class registration page here

https://crouse.enrollware.com/schedule. For classes sponsored by
AMTA including the orthopedic treatments and anatomy classes please visit here http://amtany.site-ym.com/

Q: What are the costs of the program?
A: There are two types of costs associated with the program. The first cost is the total costs all the classes. Each class incurs a specific price ranging from $8.50 - $15.50 per a CEU or instructional hour. As of July, 2016 the prices of all the classes for the 80 hour curriculum averages $990.00. Please note the class prices are set by the hosts whether Crouse Hospital or AMTA and are subject to change. Also, some students may pay less for the program if they are granted credit for some of the courses mentioned above. The second cost is the cost of the Certification Exam as set by NCBTMB. As of July, 2016 the cost is $200.00.

We at Crouse Hospital want to thank you for your interest. If you have other questions regarding the program or how to get started please contact Nicole Miller at NicoleMiller@Crouse.org.

Revised 8/18/16