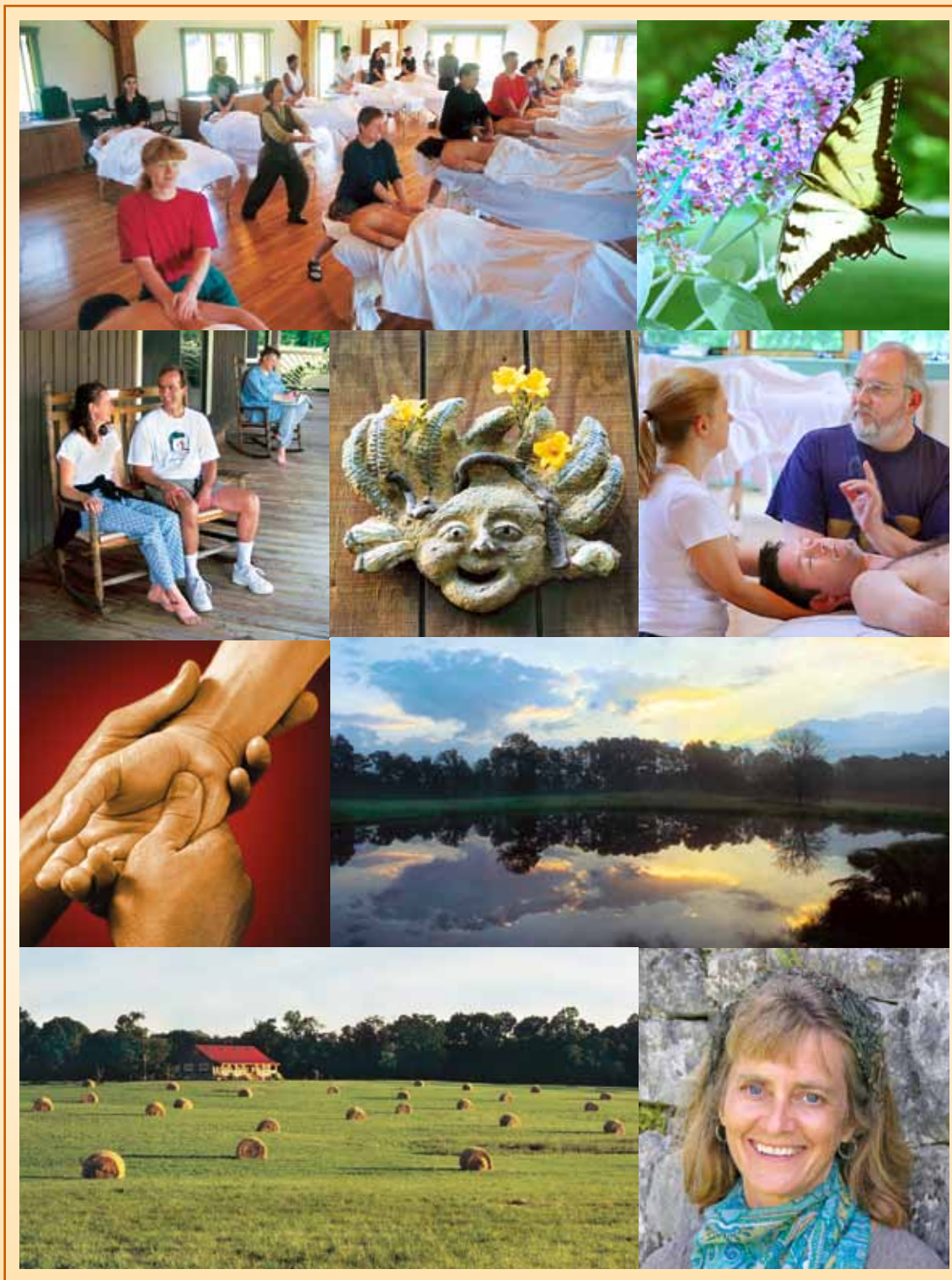


Body Therapy Institute

LEARNING THAT CHANGES LIVES



MASSAGE THERAPY DIPLOMA PROGRAM

A Personal Welcome from the Directors



Dear Prospective Student:

On behalf of our entire faculty and staff, we want to welcome you to the Body Therapy Institute – where we offer *Learning that Changes Lives*.

Through our renowned **Massage Therapy Diploma Program**, you can become a highly sought-after massage therapist, and have a career that you truly love! This catalog will provide you with a wealth of information about the program and the many benefits it will bring you.

As one of the most respected massage therapy schools in the country, BTI is both unique and wonderful. Our master teachers will give you solid training in the fundamentals of massage therapy practice, within an inspirational model of education that embraces body, mind, heart and spirit.

BTI's country campus at **South Wind Farm** provides a spectacular natural environment for learning. As a student here, you will enjoy the beauty, peace and spaciousness of this setting – which will make your time in school more relaxed and productive.

Here are the 5 Easy Steps to Enrolling at BTI:

1. Let us know you're interested

You've already done that, by contacting us with your catalog request!

2. Free Campus Tour and Interview

It all begins with scheduling a time to visit BTI and meet with one of our Admissions Representatives. You'll get a tour of the beautiful school campus, learn more about the Diploma Program, and have an interview. This is an interactive conversation designed to help you identify where you are in your life, where you'd like to go, and determine whether the field of massage therapy is a great match for you. During this visit, you'll also have the opportunity to ask questions.

3. **Submit your Application**

The next step is to complete your **Application for Admission** and pay the \$25 Application Fee. *(You may also do this on our website, either before or after your Campus Tour.)*

4. **Create a Personalized Financial Plan**

You'll meet with our Financial Aid Department to determine the best funding options, based on your individual situation. Federal Student Aid is available for those who qualify, as well as VA Benefits. To determine your eligibility to receive Pell Grants and Direct Student Loans from the US Department of Education – we'll help you complete a two-step process.

5. **Review by Admissions Committee**

Following the completion of all requirements in the admissions process, your application is reviewed by the school's Admissions Committee to determine acceptance into the Diploma Program.

The BTI Introductory Massage Workshop

This enjoyable hands-on class is designed especially for those who are considering professional career training at BTI. It's highly recommended – but not required for admission. In this one-day class, you'll learn fun and effective massage techniques from our master teachers, and you'll practice the optimal body mechanics and quality of touch exercises that allow BTI graduates to excel in their work.

This relaxing and inspiring event will allow you to experience just what it's like to be a student in our unique school. The cost is just \$50: preregistration is required through the BTI Website, or by calling the school.

Schedule your free tour today! Call BTI at **919-663-3111 ext.11** to speak with one of our Admissions Representatives.

We invite you to join our students and successful graduates for a learning experience that will change your life – and the lives of those you touch!

Sincerely yours,



Rick Rosen and Carey Smith
Co-directors

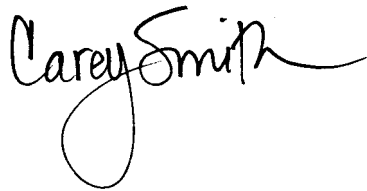


Table of Contents

Professional Recognition for BTI5

Introduction; School History6

Philosophy and Mission6

Program Objectives7

School Environment 8

Job Opportunities in the Massage Therapy Profession.....9

About the Student Body9

What Makes Our Program Special.....10

Curriculum Overview and Course Descriptions 11-12

Graduation Requirements and State Licensure Requirements 14

Student Services14

Faculty 15

Admission Process and Requirements.....16

School Administration..... 17

Continuing Education Opportunities at BTI18

About the BTI Website19

Contact information 20



COMMISSION on MASSAGE THERAPY ACCREDITATION

BTI is accredited by COMTA – and was the first school in the Carolinas to achieve this status. This voluntary process requires a school to demonstrate its compliance with a rigorous set of standards that represent a high level of accountability. BTI's ongoing compliance with these standards assures that students receive quality education and the public receives quality services. As an accrediting agency, COMTA itself is recognized by the United States Department of Education. Contact COMTA by mail: 5335 Wisconsin Avenue NW, Suite 440 Washington D.C. 20015; by phone 202-888-6790.

Professional Recognition



NORTH CAROLINA BOARD of MASSAGE & BODYWORK THERAPY

This state agency, which regulates schools of massage and bodywork therapy in North Carolina, has granted approval status to the Body Therapy Institute. This status allows BTI graduates to take the national licensing examination, and to apply for state licensure as a massage and bodywork therapist.



UNITED STATES DEPARTMENT of EDUCATION

BTI is approved by the Department of Education for participation in Federal Student Aid Programs under Title IV of the Higher Education Act. This includes Pell Grants, Stafford (Direct) Loans, and PLUS (Parent) Loans. Financial Aid is available for those who qualify.



PROGRAM APPROVED for VETERANS BENEFITS

The Massage Therapy Diploma Program at BTI is approved by the North Carolina State Approving Agency for the enrollment of persons eligible for education assistance benefits from the US Department of Veterans Affairs.



NATIONAL CERTIFICATION BOARD for THERAPEUTIC MASSAGE & BODYWORK

NCBTMB has designated BTI as an Approved Provider for Continuing Education. This status means that continuing education workshops at BTI may be utilized for renewal of state licensure with the NC Board of Massage & Bodywork Therapy, and recertification with NCBTMB.



ALLIANCE for MASSAGE THERAPY EDUCATION

BTI is a Founding Member of the Alliance, the national organization that serves as the voice, advocate and resource for the entire massage education community.



ASSOCIATED BODYWORK & MASSAGE PROFESSIONALS

BTI is a member of the ABMP Massage School Network, which provides support and services for both massage students and their schools.



BTI School Catalog | Volume 33, Number 1. This catalog is designed to give the potential student information about the programs and policies of the Body Therapy Institute; its contents are subject to change without notice. Provisions in this catalog supercede all previously published materials and do not constitute an irrevocable contract between the student and the school. All material and photographs © 2016 Body Therapy Institute. No portion of this catalog may be reproduced without written permission.



Celebrating Three Decades
of Educational Excellence

Philosophy and Mission

*Let the beauty we love be what we do
There are hundreds of ways
to kneel and kiss the ground*

– Rumi, a 13th century poet

INTRODUCTION

This catalog is designed to give you essential information about the school and its training programs. Over a history spanning more than three decades, BTI has distinguished itself through dedication to excellence on all levels. The school provides:

- *A tradition of leadership and educational achievement*
- *A beautiful natural environment for learning and healing*
- *A wonderful place to realize your goals and dreams*

BTI serves its students and the community by producing highly skilled practitioners of the healing arts, and by offering continuing education for professionals. The school's faculty and staff bring a personal, "hand-crafted" approach to the training process, to create an optimal experience for each student.

HISTORY

The Body Therapy Institute was founded in Chapel Hill, North Carolina in 1983 by Rick Rosen. BTI was the first institution in the Carolinas to provide professional massage training, and became the first massage school to be licensed by the NC Community College System in 1988. In 1999, BTI became the first massage school in the Carolinas to earn national accreditation from the Commission on Massage Therapy Accreditation. In 2000, BTI was granted approval status by the North Carolina Board of Massage & Bodywork Therapy. The school was granted eligibility for Federal Student Aid programs by the US Department of Education in 2010.

The school moved to its current location at South Wind Farm in Chatham County in 1995. BTI is owned by South Wind, Inc., whose shareholders are Rick Rosen and Carey Smith.

At BTI, we believe that touch is essential for well-being. Throughout the ages, human touch has been revered as a source of healing, with the power to affect all levels of the person – physical, emotional, mental and spiritual. In today's stressful world, there is a great need for healing ... of individuals, families, communities, and the planet itself. Massage therapy relieves stress, reduces pain and provides the nourishing benefits of touch, thus bringing people to a greater sense of wholeness and into a stronger connection with the world around them.

MISSION STATEMENT

BTI provides opportunities for *Learning that Changes Lives*.

In pursuit of this goal, we teach people how to touch in a caring and professional manner, and how to utilize those healing skills to increase the health and well-being of all they reach. We are committed to assisting our students in *achieving excellence in the therapeutic knowledge, sensitivity and personal awareness necessary for the effective and successful practice of massage therapy*.

Our staff and faculty acknowledge that learning is a living process and that living is a learning process. Through a wealth of clinical, educational and personal experience, we encourage all our students to achieve their highest potential during and after the program.

We view the practice of body-oriented therapy as both an application of clinical techniques as well as a means of creative expression. Therefore, our curriculum and teaching methods integrate the scientific aspects of massage with the intuitive; we approach the therapeutic process with a profound respect for each person's innate intelligence and self-healing capabilities.

The Massage Therapy Diploma Program is designed to allow the student to:

- Develop confidence, knowledge and practical skills in the fundamental application of hands-on techniques
- Build a strong foundation in the use of optimal body mechanics, breathing and movement to maximize practitioner performance
- Understand the dynamics and responsibilities of client/therapist relationships, and enhance interpersonal communication skills
- Develop a working knowledge of bodily function, structure and energetic patterns, and apply that to massage theory and practice
- Learn basic concepts of self-care and wellness, and the skills necessary to interface with other health care professionals
- Clarify career goals, and apply business and marketing skills to create a successful job placement
- Promote the ethical, safe and professional practice of massage therapy

PERSONAL DEVELOPMENT

Studying massage therapy at BTI is a powerful opportunity for transformation – a unique process for each student. In this way, we view the training experience as more than a career change. It is a time to answer the soul’s calling – to bring more fulfillment, understanding, success and joy to living.

The development of one’s skills and inner resources provides a wonderful vehicle for self-exploration. This process is supported by the careful supervision and guidance of the faculty and staff. In addition to doing work they love, BTI students discover that the knowledge and awareness gained through the training experience enriches other aspects of their lives and relationships.

OPTIMAL LEARNING ENVIRONMENT

The Greek physician Hippocrates and other healers throughout history have emphasized the principle of *Vis Medicatrix Naturae* – The Healing Power of Nature. Our choice to locate the school amidst the meadows and woodlands of South Wind Farm brings students into contact with the inherent wisdom and wholeness of the natural world.



Program Objectives

Words From Our Graduates:

Throughout this catalog, we have included some of the thoughts and feelings our graduates have shared with us over the years. Their words so eloquently express what the BTI experience has meant to each of them.

Because body therapists work with the whole person, their training should embrace that perspective. BTI does this in an atmosphere which promotes learning, challenge and growth with gifted teachers in a supportive environment – all enhanced by the natural beauty of South Wind Farm.

Mary Elizabeth Saga
NASHVILLE, TN



School Environment at South Wind Farm

The Body Therapy Institute is located in Silk Hope, a historic farming community in the heart of North Carolina's Piedmont region. Ideally situated in Chatham County, between the Raleigh/Durham/Chapel Hill Triangle and the Greensboro/Winston-Salem/High Point Triad, the school is close to major universities and medical centers, cultural events and an abundance of community and recreational resources. The Atlantic Ocean is just a few hours to the East, and the Blue Ridge Mountains are to the West.

ABOUT THE CAMPUS

South Wind Farm encompasses acres of rolling meadows, woodlands and abundant native wildlife. We feel fortunate to offer our students, faculty and staff one of the most ideal settings in the country for the study of the healing arts. This environment provides relaxation and replenishment on essential levels – qualities which greatly enhance each person's learning experience.

Fresh air, clean water and sunlight are basic nutrients we need to maintain optimal health. Research studies have confirmed our instinctual knowing that humans have a deep biological need for regular contact with the natural world; isolation from nature can depress the immune system and even cause illness. In a world with increasing levels of noise, pollution and stress, South Wind Farm is an oasis of beauty, tranquility and healing energy.

EDUCATIONAL FACILITIES

Our education building was designed from the ground up to serve the needs of our students and faculty. It is a breathtaking timberframe structure with country-style porches which look out over an expansive meadow and serene pond. Colorful gardens surround the building and delight the senses. The classroom features hardwood floors, a cathedral ceiling and natural light everywhere. The library provides a quiet place to read or study. Both levels of the building are handicapped-accessible.

The school is well equipped for the learning process with adjustable massage tables and massage chairs, anatomy charts, audiovisual equipment and skeletal models. In the library, students can access a wide selection of books, periodicals and videotapes on massage therapy and other health-related subjects.

In support of well-being, BTI is a tobacco, alcohol and drug-free campus.

In my nationwide search for a school of bodywork, I felt very drawn to BTI. When I visited the campus for the first time, experienced the incredibly beautiful natural setting and met some of the faculty and staff members, I sensed that this was the right choice. I knew at an instinctual level that I had found the next step towards my new career.

Amy Moore
HOT SPRINGS, NC





Your Career Opportunities in the Massage Therapy Profession

The more high technology around us, the more the need for human touch.

- author John Naisbitt, in *MEGATRENDS*

Massage therapy provides a much-needed health care service to people from all walks of life in today's high-stress culture. An integral part of the national interest in wellness and alternative medicine, massage therapy is the most rapidly growing health care profession in the country. A recent study published by the American Massage Therapy Association indicated that massage therapists are delivering more than 300 million massage sessions annually!

Over the past two decades, massage therapy has achieved an unprecedented level of public awareness through extensive coverage in the national media, inclusion in world-class sporting events, acceptance by leading athletes and performing artists, and from growing recognition in the medical community.

Massage therapy has a wide variety of applications, including preventive health care, health maintenance, rehabilitation, stress management, performance optimization and personal growth/development.

Your Future as a Massage Therapist

This profession allows the practitioner a high degree of flexibility in choice of workplace, scheduling, and the potential for financial independence. The work itself is meaningful, challenging and personally rewarding, for you are touching people's lives in a tangible and profound way.

With a solid foundation of comprehensive training and the motivation to work in this special field, graduates can create the kind of professional situation that meets their goals and dreams. Career opportunities for the massage therapist range from fitness centers, day spas, massage franchise locations and resorts – to a wide variety of private practice settings. A significant number of massage therapists are maintaining independent practices in professional offices, or are working in group practices with chiropractors, medical doctors, physical therapists, psychologists and other health care providers. Other possibilities include home visits and on-site massage services in the workplace.

At BTI, we focus on preparing students for successful careers. We are proud of the fact that a high percentage of our graduates are employed in the professional practice of massage therapy. As such, they are making a valuable contribution to their communities.

Body Therapy Institute attracts a student body diverse in both personal and professional backgrounds, including: nurses, psychologists, carpenters, teachers, former military personnel, homemakers, medical doctors, salespersons, computer programmers, lab technicians, engineers, artists ... Students enroll in our program to prepare for a full- or part-time career in massage therapy, to enhance an existing professional practice or to gain valuable skills for helping family and friends.

People come to BTI because they have: a readiness to take a positive step in their lives, a quest for more rewarding and meaningful work, a desire to be of service in their communities, an interest in natural healing, a sense of caring about others, and a commitment to the time, energy and focus necessary for the training process.

Each class at BTI has its own character and spirit. Many students find that the support and camaraderie they experience during their training continues on in deep and lasting friendships after graduation.



BTI graduates have successful professional practices in a wide variety of settings

The Student Body at BTI

THE INTEGRATIVE APPROACH TO MASSAGE THERAPY

Our model acknowledges the inner wisdom, or innate intelligence, of every individual. This deep level of knowing is stored within the body along with all our life experiences – physical, mental, emotional and spiritual. The integrative approach presented at BTI unlocks the potential for healing on all these levels as we work directly with the physical body.

In this way, massage therapy is much more than the treatment of symptoms or relief of discomfort – it is an opportunity to bring both life-enhancing and life-negating patterns to conscious awareness for the purpose of transformation. This healing process requires dedication, authenticity, and a respect for the natural rhythm of change.

BTI's finely-crafted curriculum allows students to gain a comprehensive understanding of the therapeutic experience as they develop a high degree of technical skill and sensitivity. Our approach embraces a synthesis of both Western and Eastern bodywork traditions and is founded on these core attributes:

- **Optimal Body Mechanics** – teaching students to use the principles of structural alignment, centering and grounding to create the most relaxed and efficient way of doing massage; enabling students to reduce strain on their own bodies while maximizing therapeutic outcomes
- **Development of Inner Resources** – bringing essential qualities such as presence, mindfulness, unconditional positive regard and self-awareness to the client/therapist relationship
- **Excellent Hands-on Skills** – working with time-honored methods of massage in carefully organized sequences of practice and therapeutic application
- **Mind-Body Connection** – exploring the dynamic relationship between the *psychological* level of thoughts, feelings, emotions – and their corresponding patterns of muscular, sensory and physiological expression on the *somatic* level
- **Energetics** – recognizing the flow of *vital energy*, or life force in the body, and the corresponding states of balance/imbalance; exploring the link between the five primal elements of the natural world – earth, water, fire, air and ether – and their energetic basis in human behavior
- **Movement, Rhythm and Creative Expression** – opening the channels of self-expression through a variety of methods designed to bring more creativity, enjoyment and vitality to the massage experience
- **Community Service** – offering massage therapy to the public through our Student Clinic and each student's Externship Project.

**What Makes
Our Program
Special**



Students receive personalized instruction from dedicated faculty members at BTI

OUR LEARNING COMMUNITY

To ensure a high level of personal attention and feedback from the instructors and teaching assistants, the school offers just two classes per year with limited enrollment. In each program, students stay together from beginning to end, forming a supportive and close-knit community of learners.

We provide an educational experience for our students that is both challenging and enjoyable. The teaching format combines lectures, discussions, practical demonstrations, interactive exercises and supervised massage practice. In the technique classes, students learn through giving as well as receiving hands-on work. The curriculum is designed to meet a wide range of learning styles, as students are encouraged to identify and strengthen their strategies for success.

My massage therapy practice is a complete success! I love my self-employed status, and it feels good to have my financial destiny in my hands.

Nicki C. Cox
COLUMBIA, SC

The Professional Curriculum

Our curriculum is organized sequentially, and is designed so that the courses integrate with one another. In the first half of the program, we establish a solid foundation in fundamental hands-on skills, optimal body mechanics, knowledge of the musculoskeletal system, and awareness of the mind-body connection. In the second half, we present additional hands-on modalities, deepen the understanding of the client/therapist relationship, and explore the elements necessary for creating a successful professional practice.

The program contains **660 clock hours**; the curriculum is presented in the same sequence for both the two-semester daytime schedule and our three-semester evening/weekend schedule. Classroom time is calculated on the basis of a 50-minute clock hour.

MASSAGE THERAPY I (163 hours)

Course Descriptions

Introduction to Embodied Touch (23 hours) Presents the foundation for the entire program – a whole-person approach that blends: 1) somatic awareness, focusing on the core somatic functions of breath cycle, center, ground and contact, 2) optimal body mechanics and principles of effortless movement, 3) the healing attitudes of presence, intention and unconditional positive regard, and 4) development of skills for attention and mindfulness. Includes experiential exercises to develop touch sensitivity and awareness; introduces a general energy balancing treatment, along with the model of the five elements and the seven vital energy centers (chakras).



Theory and Practice of Classical Swedish Massage (140 hours) Introduces the system of Classical Swedish Massage by working from basic strokes, to regional sequences, to a full-body massage treatment. Emphasis on utilizing optimal body mechanics and self-care principles with the delivery of hands-on techniques. Presents client intake procedures, indications and contra-indications for massage, standard hygiene practices, clinical effects of massage, treatment of special populations, history of massage, and the therapeutic value of touch.

MASSAGE THERAPY II (139 hours; prerequisite – Massage Therapy I)

Myofascial Massage (113 hours) Introduces a comprehensive system for assessment and treatment of musculoskeletal tension patterns – emphasizes the postural and energetic relationships of the body, and covers the role of fascia in structural patterns of strain and compensation; discussion of case studies. Assessment models focus on the Anatomy Trains Myofascial Meridians system developed by Thomas Myers, along with Functional Mobility and Trigger Point approaches.

Integration of Clinical Skills (26 hours) Completes the hands-on curriculum, and involves the integration of treatment methods and observation skills to form a strategic approach to working with the whole person, both in an individual session format and in developing a comprehensive therapeutic plan.

ANATOMY, PHYSIOLOGY, KINESIOLOGY and PATHOLOGY

(133 hours) Presents the basic structure and function of the human body in a “living systems” model. Places special emphasis on the muscular and skeletal systems with hands-on palpation and kinesiology of muscles; introduces standard medical terminology and common pathologies of each body system; provides an overview of research and strategies for accessing and evaluating research information.

PERSONAL & PROFESSIONAL DEVELOPMENT (95 hours)

Business and Marketing Practices (26 hours) Introduces a range of innovative strategies for achieving personal fulfillment through the professional practice of massage therapy. Discusses methods for managing and promoting a successful business; provides goal-setting for post-graduate career plans; examines a variety of potential massage therapy employment settings and structures.

I had wanted to get into massage therapy for 20 years and finally took the step. The school has a well-rounded program with excellent instructors who are willing to go all out to help the students. This program and this opportunity has changed my life.

Mary Chariker
Burlington, NC

Professional Ethics and Massage Laws (23 hours) Outlines legal and political considerations for the massage therapist, focusing on NC laws and rules. Discusses ethical issues, standards of practice and professional responsibilities for massage therapists; procedures for interfacing with other health care providers; the role and function of professional membership associations; preparation for national licensing examinations.

Therapist Self-Development (23 hours) Introduces an integrative model for well-being that supports students in the program and into their professional careers. Focuses on experiential practices to awaken and nourish body, mind, emotions and spirit.

Group Dynamics and Learning Styles (23 hours) Provides opportunities for students to review and discuss both in-class and out-of-class experiences of the learning process in a supportive group setting; includes an orientation to school policies and guidelines contained in the *BTI Student Handbook*.

SOMATIC PSYCHOLOGY and THERAPEUTIC COMMUNICATION (39 hours) Develops the skills to establish and maintain effective client/therapist relationships, with an emphasis on the mind-body connection. Includes therapeutic communication, professional scope, and boundaries. Further explores the core somatic functions and vital energy centers of the body; use of mindfulness for deepening client and therapist awareness. Integrates theory and assessment of tensional holding patterns for practical application in massage therapy.

HYDROTHERAPY and SPA MODALITIES (20 hours) Introduces the theory and practical application of hydrotherapy and popular spa modalities as an adjunct to massage for rehabilitation and restoration. Discussions include the therapeutic effects of water, along with heat, cold and herbal preparations.

STUDENT MASSAGE CLINIC (25 hours) Consists of student massage work performed on clients under faculty supervision at the school's clinic environment; includes a thorough in-class orientation to clinic protocols. This course builds self-confidence through hands-on experience with a range of clients from the community.

COMMUNITY SERVICE EXTERNSHIP PROJECT (46 hours; prerequisite – Massage Therapy I) Consists of an outreach project conducted by each student involving the application of massage therapy to specific populations at designated sites in the community. An in-class presentation will be given to fellow students at the end of the training program. Includes training in seated massage, using the adjustable massage chair.

In all my years of education, I have never been so well-taught as here at BTI. The curriculum and teaching methods are clearly designed, and they definitely allow a wide variety of learners to absorb, retain and utilize new information in a short period of time.

Susan Ehrlich, MD
GREENVILLE, NC

It is an absolutely beautiful feeling to touch another's life in a positive and meaningful way. The massage therapy work I'm doing with my clients is very special.

Leslie Musselwhite, L.Ac.
VENICE, CA

I felt like every class touched on every other class and was linked in a vital way. There is a sense of intention – that nothing goes by chance at BTI. This contributes much safety and peace to the transformational learning process I experienced during my time there.

Stephen Brooks
ASHEVILLE, NC



In hands-on classes, the Student-Teacher Ratio will range from 8:1 to 12:1.
In lecture classes, the Student-Teacher Ratio will range from 16:1 to 32:1.

Graduation Requirements, Certification and Licensure

As I have talked with people about my time at BTI, I have consistently stated that it was the best educational experience I have ever had. In addition to my own college studies in theology, divinity and counseling, I have worked at universities for the past 15 years. But none of those programs compare to the healthy, nurturing, transforming educational experience I had at BTI.

Beth Hoagland
GREENSBORO, NC

Body Therapy Institute will grant a diploma to those students who satisfactorily complete all course requirements in the program with passing grades, and pay all tuition and fees in full.

Our graduates are eligible to sit for the entry-level credentialing exam in the field: the Massage and Bodywork Licensing Examination (MBLEx) administered by the Federation of State Massage Therapy Boards. This test is required for licensure in most states that regulate the practice of massage therapy.

Under the North Carolina Massage and Bodywork Therapy Practice Act, licensure is a legal requirement. The regulatory program is administered by the NC Board of Massage and Bodywork Therapy for the protection of the public – it reviews qualifications, grants licenses to therapists, approves schools and oversees the profession. Licensure information can be obtained from the Board website at www.bmbt.org.

To become a North Carolina Licensed Massage and Bodywork Therapist, you are required to: 1) graduate from a Board-approved school, 2) pass the MBLEx, 3) have a high school diploma or GED, 4) be of good moral character, and 5) pass a criminal background check.

Those who are interested in obtaining licensure in other states after graduation will need to research all other state or local laws that apply in the place where they intend to practice after graduation. Contact the appropriate state board or local governmental agency for this information.

BTI graduates are eligible for professional-level membership in Associated Massage and Bodywork Professionals (ABMP), as well as the American Massage Therapy Association (AMTA).

Student Services



Job Placement: BTI maintains a referral listing of available job opportunities in the massage therapy field. BTI also hosts an annual **Job Fair** with area employers for our students and graduates. Because of our reputation in the field, we regularly receive requests from individuals and businesses seeking qualified practitioners. We make every effort to assist graduates in finding appropriate work; however, we are unable to guarantee employment.

Academic Advisement: Academic advising and assistance with post-graduate career planning are available to students and graduates. If a student experiences serious emotional, psychological or physical difficulties during the training, he or she will be advised to seek appropriate professional resources for assistance.

Audit Privileges: Graduates may audit selected classes on a space-available basis, with the permission of the administration. There is no charge for this privilege.

Housing and Transportation: Although BTI does not provide housing to students, a wide range of housing options exists within commuting distance of the school. We also encourage and assist students with carpool arrangements.

BTI Website: The school's website, at www.bti.edu, includes the **BTI Resource Bank**, a live searchable database containing job listings, treatment spaces for rent, equipment for sale, volunteer opportunities and housing.

Note: More complete faculty biographies may be found on the BTI Website.

Theresa Brown. Bachelor's degree in English and theatre from Fontbonne University (St. Louis). BTI graduate, NC LMBT, AMTA member, private practice in Durham, NC. *(Lead instructor, Business & Marketing Practices; Massage Therapy; Hydrotherapy & Spa Modalities; Community Externship Supervisor)*

Lisa Chickos. Master's degree in international relations from Tufts University (Boston), bachelor's degree in history from University of Notre Dame. BTI graduate, NC Licensed Massage & Bodywork Therapist, ABMP member *(Lead Instructor: A&P)*

Julia Corley. Bachelor's degree in psychology from University of North Carolina at Chapel Hill, NC LMBT, ABMP member, Certified Hakomi Therapist, private practice in Hillsborough, NC. *(Lead Instructor: Somatic Psychology & Therapeutic Communication)*

Sarah DeBarardinis. Bachelor's degree in recreation administration from the University of North Carolina at Chapel Hill. BTI graduate, NC LMBT, ABMP member, private practice in Hillsborough, NC. *(Lead Instructor: Massage Therapy, A&P, Hydrotherapy & Spa Modalities)*

Karen Delahunty. Bachelor's degree in philosophy from St. John's College (New Mexico), BTI graduate, NC LMBT, ABMP member, Certified Somatic Coach through Strozzi Institute, private practice in Raleigh, NC. *(Lead Instructor: Hydrotherapy & Spa Modalities; Therapist Self-Development)*

David Hamilton. Bachelor's degree in Spanish and political science from the University of North Carolina at Chapel Hill. BTI graduate, NC LMBT, ABMP member, private practice in Pittsboro, NC. *(Teaching Assistant: Massage Therapy)*

Rosemary Hill. Bachelor's degree in animal science from North Carolina State University, NC LMBT, AMTA member, certified in Neuromuscular Therapy, former member of NC Board of Massage & Bodywork Therapy. Private practice in Raleigh, NC. *(Teaching Assistant: Professional Ethics & Laws)*

Beverly Johnson. BTI graduate, NC LMBT, ABMP member, attended University of North Carolina at Chapel Hill. Private practice in Pittsboro, NC. *(Lead Instructor: Massage Therapy; Professional Ethics & Laws)*

Keyu Kulla. BTI graduate, from the Republic of Estonia. NC LMBT, ABMP member, private practice in Burlington, NC. *(Teaching Assistant: Massage Therapy)*

John McKelvey. Master's degree in geology from University of North Carolina at Chapel Hill and bachelor's degree in natural resources from the University of the South (Tennessee). BTI graduate, NC LMBT, ABMP member, certified in structural integration. *(Senior Lead Instructor: Massage Therapy; Hydrotherapy & Spa Modalities)*

Michelle McLaughlin. Master's degree in social work from Rutgers University, bachelor's degree in psychology from Montclair State University. BTI graduate, NC LMBT, ABMP member, private practice in Sanford, NC. *(Teaching Assistant: Massage Therapy)*

Matt Steere. Bachelor's degree in psychology from Guilford College (NC). BTI graduate, NC LMBT, ABMP member, private practice in Chapel Hill, NC. *(Clinic Supervisor; Teaching Assistant: Massage Therapy; Somatic Psychology)*

Carol Verner. Bachelor's degree in holistic studies from Vermont College, NC LMBT, ABMP Member; Registered Craniosacral Therapist, teacher of movement and hatha yoga, training in Body-Mind Centering, Authentic Movement and counseling, Certified Somatic Coach through Strozzi Institute. *(Senior Lead Instructor: Anatomy, Physiology, Kinesiology & Pathology)*



Faculty

*Our faculty members are **the heart and soul** of this school. Their dedication to the process of training massage therapy professionals shines through everything they do.*

Each instructor embodies the BTI core philosophy and educational model, and shares that with students in their own unique way.

As they are all specialists in the areas they teach, they bring their years of clinical experience, academic training and professional credentials to the classroom environment.

*Our lead instructors have completed one of the most extensive teacher training processes in the massage profession. This includes our **Spirit of Learning Teacher Certification Program**, as well as a 2-3 year teaching assistantship.*

I came to BTI to study massage therapy, and left with more than I could ever imagine. The staff and faculty are always positive and actually make learning fun!

Linda Warnat
COLUMBUS, MS

Admissions Process

ADMISSIONS POLICY

Admission to the Massage Therapy Diploma Program is entirely at the discretion of the school. Class size is limited in order to maximize the quality of training and personal interaction. BTI does not discriminate on the basis of race, gender, marital status, health status, disability, age, sexual orientation, religion or national origin.

ENTRANCE REQUIREMENTS

All applicants shall:

- Be at least 18 years old and have a high school diploma or G.E.D.
- Be in good health, and have the physical, mental and emotional resources necessary for the safe and effective practice of massage therapy
- Be able to make the commitments necessary to complete all course requirements, both in-class and out-of-class.
- Be willing to uphold the ethical standards of the school and of the massage therapy profession
- Have the means to uphold their financial agreements
- Complete all requirements in the admissions process

ENROLLMENT STEPS

- You'll begin by coming to the school for a **Free Tour and Interview** with one of our Admissions Representatives. As part of this visit, you'll receive information on program tuition and other costs, financial arrangements, and the school calendar for upcoming programs.
- You will then submit the **Application for Admission** with all required documentation and application fee. *(This can also be done online in advance.)*
- You'll meet with the Financial Aid Director to discuss the plan for financing your training, and if needed, will complete the application process for **Federal Student Aid**.
- Within 30 days after all admissions requirements are completed, BTI will inform you of the decision of the Admissions Committee.
- Upon notification of acceptance, you'll sign and return the **Student Enrollment Contract** along with a **\$200 Deposit** to confirm your space in the Program.

As a registered nurse, it's my desire to bring the therapeutic benefits of touch back into our health care system. Through the knowledge and skills gained at BTI, I have re-entered the medical field with new insights, new vision and new hope for healing and for health.

Deborah Larrimore
WINSTON-SALEM, NC

What impressed me most from the first week of classes at BTI was that I was witnessing the journeys of a group of people who were living their vision. I am in admiration and awe of your intention and outcome. In living your vision you help me live mine.

Karen Ruby
CARY, NC

My experience of learning a completely new skill during my year at BTI showed me the true meaning of community for the first time. I found myself consistently in an environment of safety, in which I was inspired to transform my perspective of myself and my life as a healing arts professional.

Amy Elinoff
CHAPEL HILL, NC



Note: More complete staff biographies may be found on the BTI Website.

Rick Rosen is Founder and Co-director of the Body Therapy Institute. He serves as a leader and advocate for the massage therapy profession, is a 2010 inductee into the Massage Therapy Hall of Fame, and received AMTA's 2013 President's Award – their highest honor given in recognition of contributions to the profession. From a background in visual communications, He began his work in the field of natural health in 1978. His training and experience – which span a wide range of therapeutic systems – form the basis for the integrative approach to massage therapy taught at BTI today. Rick developed *The Way of Ease®*, a system of optimal body mechanics that allows therapists to perform massage therapy with minimum effort and maximum efficiency.

He has a bachelor's degree in advertising from the University of Florida, and a masters degree in psychology from West Georgia College. He is a graduate of the Florida School of Massage, and earned certifications in Structural Integration and Hakomi Therapy. Rick was the founding chairman of the NC Board of Massage & Bodywork Therapy; he also served as the co-founder and first Executive Director of both the Federation of State Massage Therapy Boards, and the Alliance for Massage Therapy Education. He lives at South Wind Farm with his wife Carey Smith.

Carey Smith is Co-director of BTI, and Director of the Center for Embodied Teacher Education at BTI. She began her work in the education field in 1978 with the Montessori Method of Childhood Education, and has provided teacher training and inspirational programs for both public and private schools. She received the 2009 National Teacher of the Year Award from the AMTA Council of Schools, and is a 2011 inductee into the Massage Therapy Hall of Fame. Carey specializes in curriculum design and in the creation of optimal educational environments.

She has a bachelors degree in romance languages and literature from the University of Michigan, a teaching certificate from the American Montessori Society, and is certified as a Master Somatic Coach through Strozzi Institute. At BTI, Carey developed *The Spirit of Learning® – a Teacher Certification Program for Massage, Somatic & Healthcare Educators*. Through her work with both teachers and students, she holds a vision of the inherent worth, dignity and originality of each person as they manifest their life's purpose. In addition, Carey brings her great love of gardening and landscape design to the campus at South Wind Farm – her way of nurturing the soul through the healing elements of nature.

Carey and Rick are contributing authors to the textbook: *Teaching Massage: Fundamental Principles in Adult Education for Massage Program Instructors* (Lippincott, Wilkins & Wilkins, 2008).

KEY ADMINISTRATIVE STAFF

School Administrator	Teresa Flora
Director of Admissions	Dotty Foley
Financial Aid Director	Amanda Wehrwein
Director of Student Services.....	Dotty Foley

School Administration

It is very rare to encounter an institution with such integrity and authenticity. My experience with the faculty and staff of BTI was transformational -- and it still is transforming me. The faculty embodied what they taught. Each of them helped me see who I could be, and in that teaching, I graduated a better, more integrated human being and a rather successful massage therapist as well.

Deborah Lynn
NASHVILLE, TN

My experience at BTI has brought about deepened awareness in many areas of my life. The beautiful environment, diversity, compassion, and intuitive instructors and staff made the experience one I will never forget. Thank you for helping me discover my life's work and direction – alas – my purpose!

Laura Seymore
CHAPEL HILL, NC

Attending BTI has given me a strong foundation for a beautiful new career – and an opportunity for a new sense of myself to emerge.

Wanda Sealy
ATLANTA, GA

(PHOTOS CLOCKWISE FROM UPPER LEFT:)

Working with the public in the BTI Student Massage Clinic

T'ai Chi movements support optimal body mechanics for massage practice

Discussion is an important aspect of the learning process in all courses

Exchanging stories about the day's educational activities



Since graduating from BTI, my life has been forever changed. I knew I would enjoy being a massage therapist – but I had no idea that I would love it so much. It is a joy to go to work and touch so many lives.

The time I spent at BTI taught me to be a really good massage therapist... but more, I learned to be a better person. I want to thank all the staff and faculty for sharing your knowledge and your hearts.

Tamara "Tag" Woods
WINSTON-SALEM, NC



Continuing Education at BTI

Our Massage Therapy Diploma Program prepares graduates to enter into the world of health care practice. That is only the first step. We believe that ongoing studies in areas of specific interest are vital to the practitioner's long-term success.

To fulfill that professional need, BTI offers a comprehensive schedule of continuing education seminars and advanced training programs, which are designed to build onto the foundation created in our entry-level training. Subjects include: structural and energetic approaches to bodywork, somatic psychology, professional ethics, movement repatterning, reflexology, etc. Current offerings and class schedules may be found on the BTI Website at www.bti.edu.

As an Approved Provider of Continuing Education, courses taken at BTI meet the requirements for North Carolina licensure renewal, as well as recertification through NCBTMB.

The BTI Website, at www.bti.edu, is a valuable resource for prospective students, health care professionals, and anyone who is interested in the field of touch therapies.

The site includes a wealth of information on all BTI educational offerings, along with articles, slide shows, video, the BTI Blog, and Field Guide to South Wind Farm. The BTI Resource Bank section features a live searchable database of job postings and treatment spaces for rent.



We also invite you to join BTI on



Financial Aid is available for those who qualify.

BTI is approved by the United States Department of Education for participation in Federal Student Aid Programs under Title IV of the Higher Education Act. This includes Pell Grants, Stafford (Direct) Loans, and PLUS (Parent) Loans.





Take your next step towards enrolling at BTI...
Call today to speak with our Admissions Representatives

Come to the campus for a Free Tour
and Personal Exploration Session

You **can** have the life and career you've
always dreamed of!

Body Therapy Institute | 300 Southwind Road, Siler City NC 27344

INTERNET: www.bti.edu | EMAIL: enroll@bti.edu

PHONE: 919-663-3111 | FAX: 919-663-0369