

650 Hours Transcript Analysis Form

Applicant Name: _____

Address: _____

City/Town: _____ State: _____ Zip Code: _____

DIRECTIONS FOR APPLICANT:

The Board of Registration of Massage Therapy (“Board”) approved a course of study of 650 hours for individual licensure effective May 1, 2010, which is posted on the Board’s website and detailed below. Please complete this form and provide the following documentation for the Board to review for approval of your application:

- 1) **All Course syllabi and/or School Catalogue, which should include a course description and outline of class dates and subject matter covered.**

Educational Requirements

The minimum educational qualifications for licensure as a massage therapist include:

- (1) A high school diploma or GED;
- (2) Graduation from a state licensed massage school; and
- (3) Completion of a course of study of at least 650 hours which shall comply with the requirements specified in the following table:

Curriculum

Subject	Hours
Section A: Anatomy & Physiology	100 Hours
Section B: Pathology	45 Hours
Section C: Kinesiology	45 Hours
Section D: Massage Theory and Technique	300 Hours
Section E: Ethics and Professionalism	60 Hours
Section F: Unpaid and supervised clinical or internship experience	100 Hours

SECTION A: 100 Hours: Anatomy & Physiology

Please list all the courses specific to Section A: Anatomy & Physiology to be considered towards the Massachusetts Massage Therapy Educational Requirements for Licensure.

Course/Training Description	Hours Completed	Date Started	Date Completed
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1. _____

2. _____

3. _____

4. _____

TOTAL HOURS:

SECTION B: 45 Hours: Pathology

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Please list all the courses specific to Section B: Pathology to be considered towards the Massachusetts Massage Therapy Educational Requirements for Licensure.

Course/Training Description	Hours Completed	Date Started	Date Completed
1. _____			
2. _____			
3. _____			
4. _____			

TOTAL HOURS:

SECTION C: 45 Hours: Kinesiology

Please list all the courses specific to Section C: Kinesiology to be considered towards the Massachusetts Massage Therapy Educational Requirements for Licensure.

Course/Training Description	Hours Completed	Date Started	Date Completed
1. _____			
2. _____			
3. _____			
4. _____			

TOTAL HOURS:

SECTION D: 300 Hours Massage Theory and Technique

Please list all the courses specific to Section D: Massage Theory and Technique to be considered towards the Massachusetts Massage Therapy Educational Requirements for Licensure.

Course/Training Description	Hours Completed	Date Started	Date Completed
1. _____			
2. _____			
3. _____			
4. _____			

TOTAL HOURS:

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SECTION E: 60 Hours Ethics and Professionalism

Please list all of the courses specific to Section E: Ethics and Professionalism to be considered towards the Massachusetts Massage Therapy Educational Requirements for Licensure.

Course/Training Description	Hours Completed	Date Started	Date Completed
1. _____			
2. _____			
3. _____			
4. _____			

TOTAL HOURS:

SECTION F: 100 Hours Unpaid and supervised clinical or internship experience;

Please list all the courses specific to Section F: Unpaid and Supervised Clinical or Internship Experience to be considered towards the Massachusetts Massage Therapy Educational Requirements for Licensure.

Course/Training Description	Hours Completed	Date Started	Date Completed
1. _____			
2. _____			
3. _____			
4. _____			

TOTAL HOURS:

Certification of Applicant:

I, _____, certify under the pain and penalty of perjury that I have personally completed the courses shown above and that the information provided is true and accurate.

Signature

Date



MASSAGE TRAINING REQUIREMENTS FOR LICENSURE

- **100 hours in the Anatomy and Physiology of the Body;**
- **45 hours in Pathology;**
- **45 hours in Kinesiology;**
- **300 hours in supervised in classroom Massage Theory and Technique;**

Please note that, pursuant to the advisory ruling adopted by the Board on August 20, 2010, the Board will not accept training in modalities that do not fit the regulatory definition of massage in 269 CMR 2.0. Training in Reiki, Reflexology, Acupressure, Polarity Therapy, Asian Bodywork, Cranial Sacral, etc. may not be applied to this requirement. See the link below:

[http://www.mass.gov/?pageID=ocaterminal&L=6&L0=Home&L1=Licensee&L2=Division+of+Professional+Licensure+Boards&L3=Board+of+Registration+of+Massage+Therapy&L4=Statutes+and+Regulations&L5=Board+Policies+and+Guidelines+\(MT\)&sid=Eoca&b=terminalcontent&f=dpl_boards_mt_adv_rul_300_hours&csid=Eoca](http://www.mass.gov/?pageID=ocaterminal&L=6&L0=Home&L1=Licensee&L2=Division+of+Professional+Licensure+Boards&L3=Board+of+Registration+of+Massage+Therapy&L4=Statutes+and+Regulations&L5=Board+Policies+and+Guidelines+(MT)&sid=Eoca&b=terminalcontent&f=dpl_boards_mt_adv_rul_300_hours&csid=Eoca)

- **60 hours in Ethics, Professionalism and Business Practices.**
- **100 hours of unpaid and supervised clinical internship or externship experience;**

The hours are further defined so that the curriculum of an approved massage school shall include:

100 hours of Anatomy and Physiology including the structure and function of the following body systems:

- **Integumentary System,**
- **Musculoskeletal System**
- **Cardiovascular System**
- **Blood Lymphatic and Immune systems**
- **Nervous system**
- **Endocrine system**
- **Respiratory system**
- **Digestive system**
- **Urinary system**
- **Reproductive system**

45 Hours of Pathology:

The study of common pathologies encountered in the practice of massage and how they impact the application of massage, specific indications, contraindications and precautions to the application of massage in the presence of these pathologies.

45 Hours of Kinesiology:

Location, identification and palpation of the bellies and attachments of the major muscles of external movement of the body.

MASSAGE TRAINING REQUIREMENTS FOR LICENSURE

300 Hours of Massage Theory and Technique:

To include the following learning objectives in the areas of:

Effects of touch and massage techniques:

- Identify and describe the physiological effects of touch and specific massage.
- Identify and describe potential emotional effects of touch and specific massage techniques.
- Define and describe the interpersonal and physical components of a therapeutic environment
- Develop competency in musculoskeletal palpation and pain assessment skills relating to the appropriate application of massage techniques.
- Develop a safe and effective treatment plan, based on client goals, assessment findings, and understanding of effects of massage.
- Write clear, concise and accurate notes of client treatment sessions.
- Demonstrate commonly recognized techniques that are within the scope of practice and training for massage therapy disciplines. Demonstrate techniques that are appropriate for each body area, including endangerment sites.
- Demonstrate the use of draping during treatment as a professional boundary
- Identify and practice appropriate methods of sanitation and personal hygiene in the performance of massage sessions.

Self-care:

- Identify and describe the effect of physical fitness and life style habits on the performance of massage techniques.
- Identify and demonstrate biomechanical skills necessary for the safe and effective performance of massage techniques.

60 Hours of Ethics and Professionalism:

Professionalism and Communication:

- Define and demonstrate active listening, rapport, empathy and feedback.
- Identify strategies to effectively deal with emotional and behavioral client responses to massage therapy treatment.
- Describe the principles of conflict resolution and apply conflict resolution skills effectively in the client-therapist relationship.
- Define and discuss the differences between a personal and a professional relationship
- Discuss the importance of professional boundaries Describe techniques for establishing and maintaining safe and respectful boundaries with clients.
- Identify and describe the purpose of a code of ethics. Identify and describe the purpose of Standards of Practice specific to massage therapy.
- Identify confidentiality principles related to massage therapy
- Identify common ethical situations in massage therapy and strategies to effectively resolve ethical issues.
- Identify and design effective methods for time management, client scheduling, and maintenance of the work environment.

MASSAGE TRAINING REQUIREMENTS FOR LICENSURE

- Outline an employment strategy, including short and long-term professional goals
- Create, maintain and identify legal requirements for retaining client, financial and tax records.
- Demonstrate knowledge of federal, state and local regulations as they pertain to massage therapy practice.
- Identify the elements of effective job search and marketing materials (such as resumes, brochures, business cards).
- Identify and discuss common methods of marketing for massage therapy.
- Identify strategies to develop and maintain a client base.
- Discuss the value of ongoing education and skill development as a professional
- Describe methods for identifying advanced training programs to enhance performance, knowledge and skills.
- Identify the role of professional associations for massage therapists.

100 hours of unpaid and supervised clinical or internship experience:

A minimum of **60 hours** of which must be dedicated to the actual hands on practice of massage therapy, supervised by a licensed massage or qualified health care professional. The other clinic or internship hours may be dedicated to assessment and treatment planning, treatment note preparation, clinic management and or externship practice supervised by a school approved on-site supervisor and evaluated by a school faculty member. The 100 hours may be dedicated entirely to hands on practice.