

CROUSE HEALTH

# 2018 Massage for Veterans

Continuing Education &  
Specialty Certificate Program



736 Irving Avenue • Syracuse, NY 13210

Phone: 315-470-6418 • E-Mail: [NicoleMiller@Crouse.org](mailto:NicoleMiller@Crouse.org)

Web: <http://crouse.org/services/integrative-medicine/massage-veterans/>

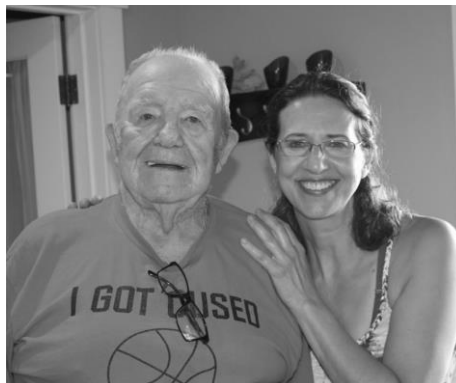


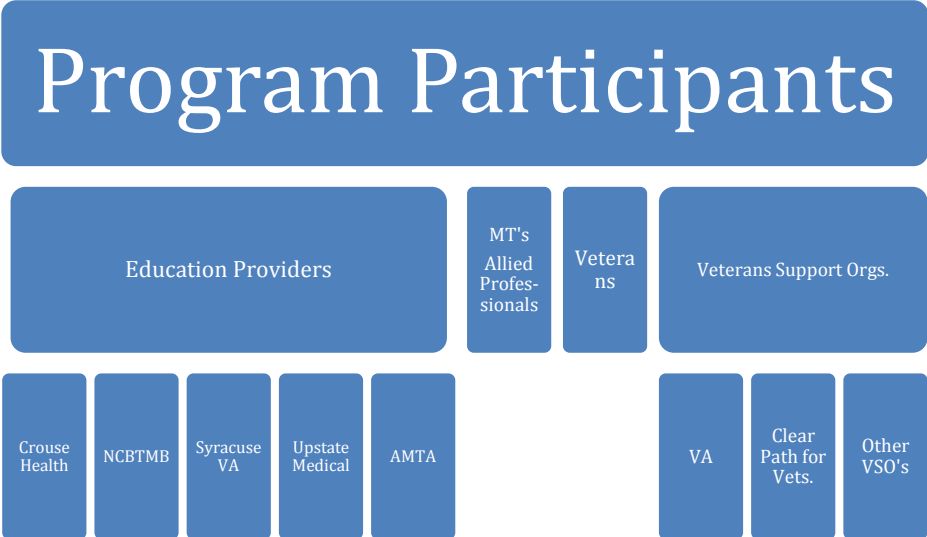
©2018 Crouse Health. All rights reserved.

## Program Description

The 2018 Crouse Health Massage for Veterans Certification program provides a comprehensive professional development program for massage therapists and allied health professionals who want to work with United States Veterans and active duty military personnel in clinical, volunteer, and service-organization, or outpatient settings. The certification program is made available through the collaboration between Crouse Health and the National Certification Board for Therapeutic Massage and Bodywork. The educational program is made available through the collaboration between Crouse Health, Syracuse Veteran's Administration, Upstate Medical University, Clear Path for Veterans, American Massage Therapy Association, and the National Certification Board for Therapeutic Massage & Bodywork. These collaborations allow us to embrace an inclusive approach to education, one that fosters community outreach and augments massage therapy awareness.

The program objectives are designed to provide massage therapists with an authentic educational experience while working with United States Veterans, introduce Massage Therapy to Veterans as an integral part of their health management, and support organizations dedicated to serving Veterans of the U.S. Armed Forces.





## History

The program began after a meeting with Crouse Health and Clear Path for Veterans in Chittenango, New York. Crouse reached out to Clear Path to see how we could support their mission of "Supporting the Journey Home." Clear Path is an independent organization that strives to provide Holistic Warrior Care to Veterans transitioning to Civilian life, focusing on the areas of wellness, employment, housing, education, and more. They offer specific programs under their large umbrella, including Dogs to Vets, Clear Path Kids, Wingman Program, Integrative Medicine, and Warrior Resets.

Clear Path had desired a more sustainable massage therapy program for their Veteran guests provided by massage therapists specially trained and prepared to provide services to

Veterans. That led to the start of a community education based massage therapy program that provided authentic education to therapists and services to Veterans. We originally designed a 28 Massage Therapy CE class referred to as Caring Hands & Hearts Massage for Veterans that included a 12 hour clinical component. Due to the positive response from Clear Path and their Veterans, we began offering the class 4 times a year offering continuous on-site clinical services.

It became clear students needed further education to support their endeavors. NCBTMB reached out to Crouse with the idea of expanding the core class into a Certification Program. Based on their suggestion and the feedback from students, we created an 80-hour curriculum.

## Program Objectives

The Crouse Health Integrative Medicine Professional Education Program strives to provide massage therapists, physical therapists and allied health professionals



access to inclusive professional education. Using progressive educational methods, our program is designed to foster the attributes of our Integrative Health Professional Development Program, including authentic learning experiences, public community integration, and medical community participation. 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:

- **To provide thorough and comprehensive massage therapy training for massage therapists and allied practitioners, addressing health needs and cultural considerations common to United States Veterans.** We appreciate the expertise of local health care practitioners in our community who work with Veterans who helped to shape our curriculum and instruct our classes. 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, local orthopedic massage professionals, and mental health practitioners.
- **To deliver experience-based learning and community outreach opportunities that correlate with the diverse health care and therapeutic massage needs of U.S. Veterans.** We appreciate the importance of clinical-based professional education and believe authentic clients are the best teachers. Clinical exchanges not only teach the therapist, they teach the client about the contributions of massage therapy to their health and wellness.
- **To offer 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. Many classes and topics offer adaptive methods that can be applied when working with other client populations with similar therapeutic needs.

- **To support massage therapists who are U.S. Veterans –** Through the creation of a scholarship program, we have pledged to offer to 4 LMT Veterans a year, a complimentary core class in the program.
- **To offer post class support to former students and allied Veteran health providers and programs. –** 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 out-patient referrals to massage therapists trained in our program. Trained massage therapists are also referred to Clear Path for Veterans as part of a referral program supported by Massage Research Foundation’s 2017 Community Service Grant. For more information please visit:  
<http://massagetherapyfoundation.org/rec-year/2016/>
- **To prepare students to test for the National Certification Board for Therapeutic Massage and Bodywork Specialty Certificate in Military Veteran’s Massage.** NCBTMB, a leading massage therapy education provider in the United States, offers Specialty Certificates for therapists who have participated in advanced study of health topics and successfully complete their specialty

certification examination requirements. They have partnered with Crouse Health to offer the nation's only Specialty Certificate in Military Veteran's Massage. For more information please visit:

<http://www.ncbtmb.org/specialty-certificates/specialty-certificate-military-veteran-massage>

### 2018 Program Updates

We are excited to announce our program is available to massage therapists outside of New York State. We are currently offering classes in other areas such as Chicago, Boston, and Lancaster (PA). We are investigating other sites including Florida and California.

Another exciting update is the option of acquiring credit for clinical massage education from the Academy of Clinical Massage on-line program facilitated by Whitney Lowe. The program satisfies our clinical massage/orthopedic methods requirements and offers many classes, available to all massage therapists across the country. Details are located in the Required Classes section.



For New York Students who prefer live-study style classes, we still offer gross anatomy courses designed to complement our treatment courses and offer the experience of studying with human cadavers in a clinical setting, the same setting of study used by Upstate Medical MD and DPT students.

We modified our current program to be more 'travel friendly', for students who travel from across New York State. We have now created a 16-hour base class and a separate 8 hour Community-Based Learning Experience (class with clinical hours) which will allow massage therapists to achieve their clinical hours local to their area supervised by a Crouse-approved clinical supervisor. For more information please contact Nicole Miller at [NicoleMiller@crouse.org](mailto:NicoleMiller@crouse.org).

### Eligibility

We are pleased to announce the program is now available for massage therapists outside of New York State. Historically, the program was available for NY licensed massage therapists only in support of NYS Law requiring that anyone providing massage therapy on another person must be licensed by New York State Office of Professions. Given some of our classes included hands-on participation by students (especially clinical classes) this limited eligibility for some of the NY classes.



In order to make the program available to massage therapists outside of New York we have made the following changes:

- We expanded the location of classes to other areas including Chicago, Lancaster, PA and Worcester, MA. We are currently considering locations in CA and FL.
- We segmented the core class into two classes, allowing non-NY LMTS to engage in a clinical experience in their area through a Crouse approved Clinical Supervisor. Students can take the main 16-hour CE class in Syracuse or the other locations listed above and complete the Community Based Learning Experience (clinical) 8-hour CE class in their own state under the supervision of a Crouse Health approved supervisor.
- Students who visit NY for the main class can observe and receive hands-on massage as part of the instruction while in class. Although they cannot provide massage therapy in NY they can engage in the practice in their own state after the completion of the class. Hands-on instruction constitutes a small portion of class time and students will still receive CE credit for observation or by experiencing the techniques provided by a NY licensed therapist.

## Professional Level

Adaptive Focused

Beginner Level

Appropriate for all massage therapists

Prepares for volunteerism at a service organization or for independent work with Veterans who have transitioned well back to Civilian life.

Classes include:

- Massage Therapy for U.S. Veterans: Therapeutic Considerations and Adaptations formerly known as Caring Hands & Hearts: Massage for Veterans.

## Specialist Level

Treatment Focused

Advanced Level

Appropriate for MTs who want to specialize working with Veterans or advanced study on content related to trauma. 80 Hour Program - all classes in the program

Prepares massage therapists to be active participants in a formal health care delivery system and receive for referrals from the VA or Veteran service organization. Prepares MTs for the NCBTMB Specialty Certificate examination

Classes constitute a total of 80 hours and listed in a following section.

Comment [NM1]:

---



---

# Veteran's Massage Program

## Continuing Education Program Checklist

---

### Required Classes

---

- Massage Therapy for U.S. Veterans: Therapeutic Considerations and Adaptations – 16 CEs
- Invisible Service Wounds - 16 CEs
- Therapeutic Massage Clinical Guidelines and Professional Practices – 8 CEs (prior credit or in-lieu credit available and must be approved by Crouse Health)
- 32 hours of Anatomy, Clinical Assessment, and Clinical/Orthopedic Massage Methods – 32 CEs (prior credit or in-lieu credit available and must be approved by Crouse Health)  
\*we will accept the Academy of Clinical Massage classes for credit. Please see below for more information.
- Community-Based Learning Experience – 8 supervised hours (non-CE hours)
- Total Hours = 80 (72 CE hours and 8 community based learning experience hours)

### Student Eligibility

---

- Licensed and/or register massage therapists. Out-of state students attending NY classes may attend all classes and receive credit while observing hands-on demonstrations or receiving massage from NY therapists.
- Nurses, doctors, physical therapists or other profession licensed to provide massage therapy.
- Allied Health Professional with eligibility to provide massage in their state.

### Certification Eligibility

---

- Completion of student welcome & information packet
- Completion of required classes identified above
- Transcript from Crouse Health authenticating eligibility to take the NCBTMB exam
- Completion and successful passing of the NCBTMB Massage for Veteran's Specialty Certification examination.

### Certification Eligibility

To ensure students are eligible to test for the NCBTMB certificate examination: [NicoleMiller@Crouse.org](mailto:NicoleMiller@Crouse.org):

- i) Students should complete a welcome and information packet available by email request to Nicole Miller at [NicoleMiller@crouse.org](mailto:NicoleMiller@crouse.org)
- ii) Completion of required classes identified above
- iii) Transcript from Crouse Health authenticating eligibility to take the NCBTMB exam
- iv) Completion and successful passing of the NCBTMB Massage for Veteran's Specialty Certification examination.

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.

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

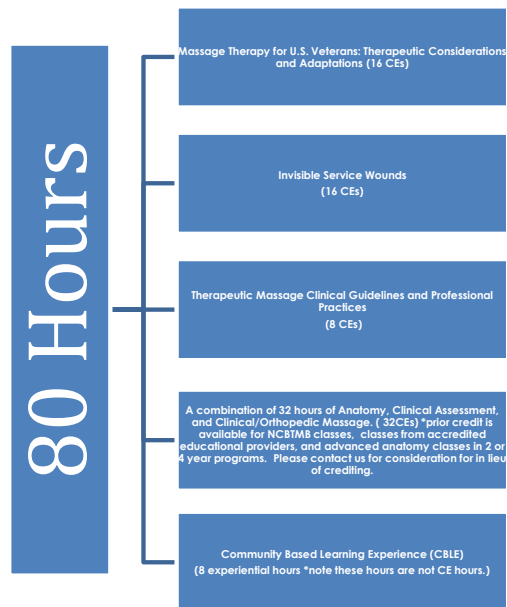
### Accreditation

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 transcript of education completion from Crouse Hospital. This record is necessary to qualify for testing provided by the National Certification Board for Therapeutic Massage & Bodywork and to complete the Specialty Certificate provided by NCBTMB. 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 covering instruction in the areas of Integrative health sciences, professional development, skills development, and clinical science. Following is an overview of the curriculum.



**Class Offerings include:**

**1) Massage Therapy for U.S. Veterans: Therapeutic Considerations and Adaptations**

- a) This introductory course offers a foundation of information covering methodology and professional issues while working with Veterans of the United States Armed Forces. This class prepares therapists in all settings to accommodate the Veteran client who has transitioned well to Civilian Life. It also serves as a foundation for other classes in the program for students who wish to specialize in working with Veterans with moderate to significant Veteran-specific healthcare and

wellness needs, or who want to complete the certification program.

- b) This class is only offered by Crouse Health and offers 16 CEs approved by NCBTMB.
- c) This class is currently offered in New York State, Pennsylvania, Illinois, and Massachusetts.
- d) Note: massage therapists who attend the NY class and are not licensed in New York State may attend class and earn CE's. In support of New York State's regulations, they cannot apply massage therapy to others in class. This constitutes a small portion of class time and during this portion the students can observe and receive massage therapy from the instructor or NYS licensed therapists.
- e) This class was formerly referred to as Caring Hands & Hearts Massage for Veterans.

## **2) Invisible Service Wounds**

- a) This class covers information about common U.S. military service-related 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 clients who live with traumatic brain injuries, post-

traumatic stress disorder, military sexual trauma, and more.

- b) This class is only offered by Croues Health and offers 16 CEs approved by NCBTMB.
- c) This class is currently offered in New York and Illinois with intent to offer in Massachusetts and Pennsylvania.
- d) Note: massage therapists who attend the NY class and are not licensed in New York State may attend class and earn CE's. In support of New York State's regulations, they cannot apply massage therapy to others in class. This constitutes a small portion of class time and during this portion the students can observe and receive massage therapy from the instructor or NYS licensed therapists.

### **3) Therapeutic Massage Clinical Guidelines and Professional Practices**

- a)** This course is designed to support massage therapists as clinical health professionals, preparing them to be a contributing health service provider in an Integrative Health Model of Care. Students will be better prepared to function as a member of a Team-Based Care Model, supporting referrals from mid to upper level health care providers, identified in the U.S. Health Care System.



Special attention will be provided to treatment planning and documentation in support of inter-professional communications among a health care team

- b) This class is only offered by Crouse Health and offers 8 CEs approved by NCBTMB.
- c) This class is currently offered in New York and Chicago, with plans to offer in Massachusetts and Pennsylvania.

**4) 32 hours of Anatomy, Clinical Assessment, and Clinical/Orthopedic Massage Methods.**

- a) Many Veterans experience skeletal muscular injuries during boot camp training, fitness exercise, or as a result of deployment. We believe clinical massage training is imperative in order to work with the Veteran client. This training is essential in preparing massage therapists to accommodate referrals from Veteran service providers such as the Veterans Administration.
- b) Our program requires massage therapists to achieve 32 continuing education hours from an NCBTMB approved provider or an accredited higher education provider in the areas of manual therapy or clinical massage therapy.
- c) For students who are not eligible for in-lieu of or past class credit they are encouraged to take NY classes or 32 hours of classes from the Academy of Clinical

Massage on-line program. The Academy has agreed to furnish proof of class completion. For more information please visit:

<https://www.academyofclinicalmassage.net/>

- d) Note: the purpose of this requirement is to ensure therapists are prepared well for VA referrals that include significant service-related injuries and trauma. Students should maintain skills and methods should include Clinical Massage, Orthopedic Massage, Scar Tissue Massage, Myofascial Massage or similar therapeutic technique. Massage therapists who develop a relationship with their local VA upon completion of the program and used in lieu of credit based on prior classes should articulate their specific skills and training with the VA to ensure appropriate and conducive patient referrals.
- e) The hour requirements are:
- i) A minimum of 16 of the 32 hours must be devoted to clinical methods (clinical massage, orthopedic massage, myofascial massage, or similar method of manual therapy)
  - ii) Students can opt to complete all 32 hours concentrating on clinical methods if:

- (1) They have completed the 32 hours as part of the Academy of Clinical Massage's (Whitney Lowe) on-line certification program, or
- (2) They have already completed advanced anatomy instruction through:
  - (a) An approved NCBTMB-approved instructor or educational program; or
  - (b) An accredited higher education program such as a community college; or
  - (c) An anatomy & physiology class in another health professional program such as nursing, physical therapy, chiropractic care, or similar health profession.

**f) Classes available for New York students affiliated with our program and that meet the above requirements include:**

**i) Gross Anatomy Lab: Upper Body**

- (1) 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.

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

(3) Note: Prior credit is available for;

(a) students who have attended gross anatomy classes at accredited institutes of higher education, or

(b) students who have attended Crouse Hospital or AMTA gross anatomy classes within the past 4 years.

(4) Please contact Nicole Miller for more details.

**ii)Gross Anatomy Lab: Lower Body 8 CEUs**

(1) 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.

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

(3) Note: Prior credit is available for;

(a) students who have attended gross anatomy classes at accredited institutes of higher education, or

(b) students who have attended Crouse Hospital or AMTA gross anatomy classes within the past 4 years.

(4) Please contact Nicole Miller for more details.

iii) **Clinical Massage for Veterans I Upper Body -**

instructed by Lauren Felice, MS, LMT, NCBTMB.

(**NOTE:** this class is formally known as Orthopedic Massage Upper Body Treatments and Assessment instructed by Lauren Felice).

(1) 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.

- (2) 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.

iv) **OM 200B Clinical Massage for Veterans I**

**Lower Body** - instructed by Lauren Felice. (NOTE: this class is formally known as Orthopedic Massage Lower Body Treatments and Assessment instructed by Lauren Felice).

- (1) 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.

(2) 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.

**g) Important note about prior credits:** for students intending on participating in the NCBTMB Specialty Certificate Examination, test questions reflect the material and information provided by the classes named above. **Students who are approved for prior credit are responsible for self-study of material relating to anatomy, assessment, and method.**

#### **5) Therapeutic Massage Community Based Learning Experience**

**a)** This authentic learning style course will complement coursework and instruction provided in the classroom. Implementing information gained from previous classes, students will practice critical thinking skills while engaging directly with clients in an outpatient setting and/or support program. Sessions will be supervised by a clinical supervisor and include observation and student reflection.

- b)** This class must be supervised by a state-licensed health professional such as clinical social worker, doctor, physical therapist, or other mid-level or upper-level health care provider. The supervisor must be approved by Crouse Health prior to the start of class.
- c)** This class requires 8 hours of experience and does not offer CE's.
- d)** Students may include the following activities (under supervision):
  - i)** Attending a Veteran and family support group.
  - ii)** Interviewing a Veteran health care provider.
  - iii)** Providing community service massage at a Veteran or Active Duty event.
  - iv)** Providing massage in private practice for a Veteran or family member.
  - v)** Other experience approved by Crouse Health.
- e) Note:** For New York Students participating in the Caring Hands and Hearts Program with Clinical experiences at Clear Path for Veterans: the 28 Hour Caring Hands & Hearts class is the equivalent to taking this course





along with Massage Therapy for U.S. Veterans:  
Therapeutic Considerations and Adaptations.

**Common Questions & Answers as of August, 2018:**

**Q:** Are there on-line courses available?

**A:** We appreciate that 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 several hours devoted to clinical/authentic 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 during classes. 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.

Massage therapists who attend the NY class and are not licensed in New York State may attend class and earn CE's. In support of New York State's regulations, they cannot apply massage therapy to others in class. This constitutes a small portion of class time and during this portion the students can observe and receive massage therapy from the instructor or NYS licensed therapists.

We are currently developing plans to offer classes in other areas such as Chicago, Boston, and Lancaster (PA). We are hoping to offer classes in 2-3 other cities in the United States in 2018. Our visits to these areas will at the least offer classes for those who want to learn more about working the Veterans. We have not at this time formalized plans to offer a full certification program in those areas. We are exploring and considering resources, access to clinical hosts, and other program factors. We will update those interested in the certification program of our progress.

**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:** Class prices are set by the hosts whether Crouse Hospital, NCBTMB approved provider, 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. Students wishing to achieve the Specialty Certificate are responsible for the examination fee as set forth by NCBTMB.

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](mailto:NicoleMiller@Crouse.org).

Revised 7/31/18