

## **Mentorship - Integrating Advanced Techniques for Holistic Therapeutic Outcomes**

This mentorship is a series of four experiential courses designed to explore the interplay between body, mind, and spirit with advanced therapeutic interventions. Small class size (minimum 3 students - maximum 4 students) ensures high level of instructional support. Participants will:

- Integrate a variety of techniques primarily neuro /myo /fascial, visceral, unwinding, craniosacral, structural decompression and energetic techniques with the intention of achieving holistic therapeutic outcomes.
- Advance their palpation and observation skills being attentive to the body's communications.
- Explore bio-psycho-social concepts of pain, perceptions of intuition, how to work smart not hard and much more.
- Address required Ethics and Health Equity hours as well as exploring somato-emotional, energetic issues that arise.
- Apply critical thinking skills coupled with thoughtful curiosity throughout the courses.

Each course will focus on a particular region of the body. Layout of course hours is intended to:

- Support focused learning in manageable segments
- Provide opportunity for integration and application of learned skills into daily practice between class meetings
- Time to share/discuss experiences and address questions with the instructor and peers
- Encourage curiosity and respectful exploration in a low stress learning environment

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Location: 6869 Woodlawn Ave. NE, Suite 120, Seattle, WA (*NOT the mailing address*)

Space is limited. I am hosting two class groups (#1 & #2). To enroll, complete the application and send it along with the non-refundable deposit to hold your space. Copies of required documents must be received no later than a week before the first class (unless arrangements are made with the instructor in advance). The deposit is applied towards payment of series fee. Applications are prioritized first for those enrolling in the entire series of courses. After that, individual course enrollment on a first come first serve basis.

*Please note: Schedule may be subject to change.*

*Should changes be necessary they will be negotiated with enrolled students to minimize adverse impact.*

Each course includes 1 hours of ethics and .5 hours of health equity addressing roles, boundaries, adverse impact of implicit bias and other practice considerations relative to the practice/business of massage and specific body regions. All hours are applicable to meet Washington State ethics, health equity and hands on continuing education requirements for license renewal.

Certificate of Participation and detailed transcript are issued upon completion of courses. All documents will identify completed courses, delineating and totaling the distribution of hands on, lecture ethics and health equity specific hours. After completing the Head, Neck, Face and Intraoral course, WA state required form will be provided in order to obtain their state license endorsement for Intraoral work.

Make-ups for excessive absences may be arranged with the instructor. The make-up fee is \$30 per hour. Shared make-up time is allowable for the same fee with a maximum of 4 participants.

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**Pelvis to Toes - 24 hours = 1 x 8-hour + 4 x 4-hour class meetings**

Participants will explore the relationship between the pelvis, hip, thigh, knee, leg, and feet. These structures provide stabilization as well as forceful movement for overcoming inertia. They are impacted by gravity, body weight and the constant compression as well as shearing forces based on our movement patterns. Students will explore ways to encourage movement, stabilization, energize and decompress these structures engaging superficial to deep fascia, muscles, tendons, ligaments, joints and interosseous membranes. We will also discuss commonly encountered injuries and conditions. Additionally, we will address safety, hygiene, ethics, health equity and informed consent issues.

Group 1 = Saturday, Oct. 24, 2026 (9am–6pm) then Tuesday mornings (9am-1pm) Oct. 27 – Nov. 17, 2026  
Group 2 = Sunday, Oct. 25, 2026 (9am–6pm) then Wednesday mornings (9am-1pm) Oct. 28–Nov. 18, 2026

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**The Trunk - Spine, Thoracic Cage and Abdomen - 24 hours = 1 x 8-hour + 4 x 4-hour class meetings**

Participants will examine and engage the dynamic relationship between the spine, thoracic cage and abdomen. Students will explore the spine, diaphragm, sternum and ribs, enhancing breath and related organ function. Students will discover ways to access, activate, stabilize and decompress structures of the trunk to enhance function. Abdominal work will include some visceral techniques intended to enhance the relationship between organs and structural function. Additionally, we will address safety, hygiene, ethics, health equity and informed consent issues.

Group 1 = Saturday, Jan. 9, 2027 (9am–6pm) then Tuesday mornings (9am-1pm) Jan. 12 – Feb. 2, 2027  
Group 2 = Sunday, Jan. 10, 2027 (9am–6pm) then Wednesday mornings (9am-1pm) Jan. 13 – Feb. 3, 2027

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**Shoulders to Fingers – 24 hours = 1 x 8-hour + 4 x 4-hour class meetings**

Participants will investigate the dynamic arms including specifics of the shoulder, axilla, upper arm, elbow, forearm, wrist, hand and digits. These highly mobile and expressive structures present a variety of treatment opportunities related to stress, pain and dysfunction. In this segment, we will utilize techniques introduced in earlier segments while expanding unwinding techniques. We will also address the relationship with the neck, thoracic cage and pelvis. Additionally, we will address safety, hygiene, ethics, health equity and informed consent issues.

Group 1 = Saturday, Mar. 6, 2027 (9am–6pm) then Tuesday mornings (9am-1pm) Mar. 9 – Mar. 30, 2027  
Group 2 = Sunday, Mar. 7, 2027 (9am–6pm) then Wednesday mornings (9am-1pm) Mar. 10 – Mar. 31, 2027

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**Head, Neck, Face and Intra-oral (meets state requirements for intra-oral endorsement) -**

24 hours = 1 x 8-hour + 4 x 4-hour class meetings

This course focuses on the Head, Neck, Face and Intra-oral structures as they relate to each other and the function of the whole body. It exceeds the requirements necessary to obtain your Washington state intra-oral endorsement. Students will explore structures, function and dynamics of the neck, head, face and mouth using both external and intra-oral treatment applications. The ears, tongue and eyes will be engaged relative to their connections to myofascial related considerations and common conditions encountered in massage practice. We will also address specific concerns and considerations relating to working in the mouth and front of the neck. Additionally, we will address safety, hygiene, ethics, health equity and informed consent issues.

Group 1 = Saturday, May 1, 2027 (9am–6pm) then Tuesday mornings (9am-1pm) May 4 – May 25, 2027  
Group 2 = Sunday, May 2, 2027 (9am–6pm) then Wednesday mornings (9am-1pm) May 5– May 26, 2027

Minimum of three enrollees are necessary for a group to go forward.