

## **Massage Therapy Program Mission**

### **Mission Statement**

The Massage Therapy Program at Southwestern Illinois College is committed to preparing students in the principles and techniques of massage, as well as how to create a safe and professional environment in which to work. Students appreciate client diversity and manage their clients' needs in a holistic fashion to improve overall health and wellness. Assessment of student learning is an integral aspect of instruction and is ongoing, as it allows instructors to examine and refine the courses to best meet the needs of the student population served.

### **Program Goals**

The Massage Therapy Program at Southwestern Illinois College will graduate students that can:

- A. Demonstrate competency in client assessment to determine if massage is indicated and refer clients to appropriate healthcare professionals when appropriate.
- B. Explain basic human anatomy, physiology, and development and how it is relevant to providing massage therapy interventions.
- C. Develop a plan of care that will promote the client's overall health and well-being.
- D. Utilize massage therapy equipment correctly.
- E. Demonstrate competency in basic and advanced massage techniques in a professional, safe, and effective manner.
- F. Develop and utilize strategies for maintaining professional boundaries with clients.
- G. Monitor client response to interventions and make adaptations/modifications as indicated.
- H. Utilize appropriate body mechanics during massage to enhance the effectiveness of the massage and reduce the stress on the body worker.
- I. Demonstrate competency in the application of alternative therapies utilized in massage therapy.
- J. Utilize appropriate and effective communication skills during interactions with clients demonstrating understanding and respect for diversity.
- K. Document interactions with clients and maintain client records.

L. Practice massage therapy within the limits of applicable laws and in an ethical manner.

The Massage Therapy Program at Southwestern Illinois College provides students with a variety of experiences and opportunities to develop the skills required of the entry-level massage therapist. The program continually assesses student learning and makes necessary modifications in teaching methods as indicated to best prepare students for practice as a massage therapist.

*Division: AH/PS/IT*

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