



AMBI

AMERICAN MASSAGE &
BODYWORK INSTITUTE

School Catalog

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American Massage & Bodywork Institute

Welcome to the American Massage & Bodywork Institute!

Why Massage Therapy?

According to the United States Department of Labor, Bureau of Labor Statistics, the employment of massage therapists is projected to grow 22 percent from 2018 to 2028, **much faster than the average** for all occupations. Continued growth in the demand for massage services will lead to new openings for massage therapists”.

What do Massage Therapists do?

Massage therapists treat clients by using touch to manipulate the soft-tissue muscles of the body. Through the power of their touch, massage therapists relieve chronic pain, help to rehabilitate injuries, improve blood circulation, relieve stress, promote relaxation, and aid in the overall wellness of clients.

Where do Massage Therapists Work?

Today massage therapists work in spas, wellness centers, medical and chiropractic facilities, private offices, fitness centers, and some choose to see their clients in the privacy of either the client or therapists' home.

Why come to the American Massage & Bodywork Institute?

The American Massage & Bodywork Institute was founded to provide an elite introduction and education to those individuals who express a great interest in helping others feel better through the power of touch. With many years of combined massage experience, the ownership team at the AMBI shares the same vision: to enhance the student and alumni experience to provide the most talented and work-ready therapists in the country. The American Massage & Bodywork Institute will be establishing its education based upon the findings from the Coalition of national Massage Therapy Organizations announced in the publication of their Entry-Level Analysis Project (ELAP). The coalition collected and analyzed survey data from massage profession projects and documents to make an informed recommendation of core content and training hours. The group's members used accepted and successful instructional design methods to create an outline based on the most current and up-to-date topics that need to be included in the training of new therapists. The coalition is comprised of some of the most well-known and respected authorities, including:

- Alliance for Massage Therapy Education (AFMTE)
- American Massage Therapy Association (AMTA)
- Associated Bodywork & Massage Professionals (ABMP)
- Commission on Massage Therapy Accreditation (COMTA)
- Federation of State Massage Therapy Boards (FSMTB)
- Massage Therapy Foundation (MTF)
- National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)

With the recommendations of this panel, combined with the experience of our ownership team, it is our goal to provide the best educational experience for each of our students, and to keep our alumni engaged to new developments in this dynamic industry.

At the American Massage & Bodywork Institute, we are truly committed to your success, as when you graduate and join the profession you are not only ambassadors of our school, but also ambassadors of massage therapy and all of the wonderful health and wellness benefits that are available because of the meaningful power of touch.

You really can love what you do, and your journey to becoming a massage therapist starts here at the American Massage & Bodywork Institute!



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Disclaimer

The American Massage & Bodywork Institute fully reserves the right to change policies, fees, regulations, and calendar and to revise massage curriculum as deemed necessary and desirable. The information contained in this catalog is subject to change, and therefore, should not be considered as a contract between the school and the student. When there are changes to information in the catalog, AMBI will issue an Addendum for use until new and updated catalogs have been printed.

General Information

History/Ownership/Governing Body

The American Massage & Bodywork Institute (AMBI) school is owned by the American Massage & Bodywork Institute, LLC, formed under the laws of the Commonwealth of Virginia. The owners of AMBI are Lester Zuckerman, MD, Marc Loev, MD, Henry Kim, Stephen Vereb, and Scott Deidun, MBA. Together this ownership team has over 50 years of education and massage business experience combined. The American Massage & Bodywork Institute was founded in 2015.

The campus contact information is as follows:

American Massage & Bodywork Institute

1593 Spring Hill Road, Suite 210

Vienna, VA 22182

571-620-7170

AMBI normal hours of operation for administrative personnel are Monday through Friday from 9:00 – 6:00, and from 9:00 – 1:00 on Saturday. All business will be conducted from this campus, and an answering service will be provided to receive calls outside of normal business hours.

Mission Statement

The American Massage & Bodywork Institute will attract and offer educational opportunities to individuals expressing interest in massage as a career. We will become active proponents in each of the communities in which we operate schools to educate the public on the benefits of massage therapy, both for the reduction of pain and stress relief as well as the overall health and wellness benefits it can provide.

The American Massage & Bodywork Institute will provide an elite introduction and education to those individuals who express a great interest in helping others feel better through the power of touch. The school will also offer continuing education opportunities to licensed massage therapists that wish to expand their education and improve their skillset and knowledge in this industry.

The American Massage & Bodywork Institute will keep current on new developments in this ever-changing industry. The American Massage & Bodywork Institute will provide a safe, nurturing environment and each of our new massage therapists will be able to build a strong foundation, so that each student will have the opportunity to thrive.

The American Massage & Bodywork Institute will remain compliant and up to date with all state requirements ensuring our students and alumni the resources required to build and maintain their professional careers.

Purpose and Institutional Objectives

The American Massage & Bodywork Institute was founded to address a growing, nationwide concern: as Americans are becoming more health-conscious and receiving regular massage therapy, how do we meet the demands of the public at large in inviting and training qualified individuals to enter the profession as massage therapists. The programs at AMBI are designed for those individuals who seek to help others through the power of meaningful touch achieve a career in the massage therapy profession. As massage therapy continues to grow in demand, many other professionals are also adding massage therapy to their chosen profession.

With this in mind, AMBI is committed to being a change leader in the training of new therapists, providing continuing education for the existing therapist, and to work with the public to increase awareness of the benefits of massage therapy. AMBI is dedicated in their desire to provide a meaningful introduction to the massage therapy profession as well as to assist our graduates in finding meaningful employment upon the successful completion of our program.

School Licensure, Accreditation and Memberships



AMBI is certified to operate by the State Council of Higher Education for Virginia (SCHEV). AMBI is located at 1593 Spring Hill Road Suite 210, Vienna, VA 22182. AMBI is Institutionally Accredited by the Commission on Massage Therapy Accreditation (COMTA). In addition, COMTA endorsed our curriculum, recognizing us as one of the best programs in the country! COMTA's mailing address is 5335 Wisconsin Ave NW, Suite 440, Washington, DC 20015, and phone number is 202-888-6790.



AMBI is an NCBTMB Assigned School, a Board-Certified Continuing Education Provider, and a School Member in good standing with ABMP and AMTA.

Description of School Facilities

The American Massage & Bodywork Institute is located at 1593 Spring Hill Road, Suite 210, Vienna, VA 22182. It is conveniently located in the Tyson's Corner area with access to public transportation as well as ample parking for its students.

The campus features 6 total classrooms outfitted with the necessary and appropriate teaching tools for the program, to include: whiteboards; muscle and skeletal posters; skeletons; anatomy posters; and massage tables. Included in the campus is a student-operated massage clinic that is open to the public and is supervised by the faculty. There is an internal student break area that includes a refrigerator, and microwaves. There are administrative offices for staff to include Admissions, Faculty Office, Financial Aid, and Reception area.

AMBI has provided computers and a reference library for its students. AMBI will maintain and ensure that students have access to the library with a collection of additional massage resources, equipment, and facilities that are adequate and appropriate for a massage therapy school.

Program

Massage Therapy – Diploma Program (Full-time)

Program Description & Objective: The AMBI massage therapy program consists of 20 hours per week of supervised training and 5 hours per week in online independent study. The program consists of seven, 100-hour courses for a total of 700 hours of training. The massage therapy program is taught in a linear fashion meaning every student will progress through the program in the same fashion to ensure that components are taught in a logical and orderly fashion. Upon graduation, the students will have a thorough understanding of the major muscle groups of the body, be able to identify the origin, insertion, and action of all major muscle groups, name anatomical structures in all body systems, define and discuss basic physiology, and define and

discuss common pathologies of the body. In addition, students will be able to perform full 60 and 90-minute Swedish massage sessions, learn different massage techniques and modalities, and will be prepared to take the MBLEx state licensing examination, offered by the Federation of State Massage Therapy Boards (FSMTB).

In addition to the successful completion of the MBLEx examination, to apply for a state license the applicant must also:

- 1) In the Commonwealth of Virginia: a student must graduate from a minimum 500-hour massage therapy program and submit an application and payment for licensure to the Virginia Board of Nursing.
- 2) In the District of Columbia: a student must graduate from a minimum 500-hour massage therapy program and submit an application, payment, and proof of CPR/First Aid certification to the DC Department of Health.
- 3) In the State of Maryland: a student must graduate from an accredited institution and submit an application, payment, and proof of CPR/First Aid certification to the MD Board of Chiropractors. Applicants must also successfully complete the MD Jurisprudence exam prior to licensure.

For questions regarding any other state where you may wish to consider licensure/certification, please visit:

<https://www.abmp.com/practitioners/state-requirements>

AMBI's 700-hour massage program is taught in two versions, (day or night/weekend), and is approximately 7 months in total length, depending on holiday schedule. At AMBI, we use the following clock-hour standard: a clock hour is defined as a 60-minute block of time consisting of 50 minutes of instruction with appropriate breaks.

The Massage Therapy Day Program meets Monday through Thursday from 9:15 – 3:00. Students are given 45 minutes for lunch each weekday. Each student is required to complete 25 hours of instruction each week.

The Massage Therapy Night/Weekend Program meets Tuesday through Thursday 6:00 – 10:30, and Saturday from 9:00 – 6:00. Students are given 30 minutes for dinner each weeknight, and 60 minutes for lunch on Saturday. Each student is required to complete 25 hours of instruction each week.

Total Program Length: *700 hours*

Required Courses

Course #	Course Description	Clock Hours
<u>MT 100</u>	Foundations of Massage	100
<u>MT 200</u>	Orientation of the Human Body	100
<u>MT 220</u>	Elements of Anatomy & Physiology and Massage Applications I100	

<u>MT 240</u>	Elements of Anatomy & Physiology and Massage Applications II	100
<u>MT 260</u>	Elements of Anatomy & Physiology and Massage Applications III	100
<u>MT 300</u>	Pathologies and Adaptive Massage	100
<u>MT 350</u>	Clinic and Clinical Reasoning	100

***A detailed description of the curriculum can be found starting on page 16.**



AMBI School Calendar/Holidays Observed by the School

AMBI’s academic year is hereby defined as July 1, 2021 – June 30, 2022, and next year is July 1, 2022 – June 30, 2023. For a class start schedule, please contact AMBI. We observe the following holidays and are closed on each day listed below.

Month	Holiday
January	Closed January 1st
January	Closed in observance of MLK Day (Monday)
March / April	Closed for Spring Break the week prior to Easter
May	Closed in observance of Memorial Day (Monday)
July	Closed July 4 th in observance of Independence Day
September	Closed in observance of Labor Day (Monday)
November	Closed in observance of Veterans Day
November	Closed in observance of Thanksgiving (Thursday)
December	Closed from 12/24 through 12/31

If AMBI needs to close for an additional day due to building issues, weather, or other reason, students will be notified, and makeup days will be announced when class resumes.

Admissions and Entrance Requirements

General Admissions Requirements

All applicants for the Massage Therapy Diploma program must certify that they have a high school diploma, GED or equivalent prior to enrollment.

If a student is applying with a foreign diploma, it must be sent to a reputable and approved evaluation service, at the students' expense. The equivalency certification from an approved service must be received to be deemed acceptable.

All programs are conducted in English, and students must be proficient in verbal and written English to begin the AMBI Massage Therapy Diploma program. In addition, each student must be able to display the physical ability to lift and position clients and display the ability to walk and stand for extended periods of time for their occupation. AMBI reserves the right to determine if applicants can meet these requirements. Applicants must be beyond the age of compulsory school attendance recognized in the Commonwealth of Virginia.

The Admissions process consists of the following:

- Meeting with an AMBI Admissions representative
- Completing all admissions documents
- Participating in New Student Orientation
- A financial assistance appointment may also be conducted at the campus, or online depending on how the student wishes to pay the tuition. AMBI accepts credit cards and checks for enrollment. In addition, AMBI offers in-school payment plans.

Additional Admissions Requirements

The Massage Therapy Diploma Program offered by the American Massage & Bodywork Institute is being taught in a hybrid fashion. What this means is that each week, you will be required to complete 5 hours of online independent study in addition to your normal scheduled class time. Before registering for a hybrid course, it is important to make sure that you meet the following minimum requirements. All online coursework can be completed on campus.

Registering for a hybrid program requires access to technology such as a computer, laptop, or tablet as well as a set of technical skills, and certain personal behaviors that may be different from those required in a traditional classroom.

Technology Requirements

Minimum technology requirements: Internet access and a modern browser such as Mozilla Firefox, Google Chrome or Internet Explorer 7 or later. Access to Microsoft Office 2007 or later. All of the above are met by the computers made available to students in the campus library.

Skill Requirements

- Sending and receiving emails
- Attaching and retrieving documents to emails
- Using search engines such as Google or Bing
- Navigating websites
- Ability to construct a document using Microsoft Word
- Saving and retrieving documents and files on your computer

Learning Requirements

- Good at written communication
- Self-motivated
- Organized
- Ability to study independently

AMBI does have a computer laboratory for the students, so the online portion (online independent study) could be completed at the campus outside of the students' normal class schedule.

Credit for Previous Training

Transferability of AMBI Credits

AMBI cannot and does not imply or guarantee that any credits earned at AMBI are transferable to another institution. The institution you choose to attend after AMBI controls the acceptance of any such credits earned. It is the student's responsibility to confirm whether or not another institution will accept credits earned from AMBI.

Academic Transfer Credit for Postsecondary General Education from Outside Institutions

At AMBI, in order to graduate, you must successfully complete our 700-hour massage therapy program in its entirety. As such, we do not offer credit for previous education completed at other institutions or for experiential learning. No tuition discounts will be awarded based on previous education or experience.

Statement of Non-Discrimination

The American Massage & Bodywork Institute does not discriminate on the basis of race, religion, color, ancestry, national origin, age, non-disqualifying disability, sexual orientation, gender, marital status, or veteran status in the recruitment of students or for the purposes of implementing one of its policies, procedures, or activities.

Disability Services

In accordance with the Rehabilitation Act of 1973 (Section 504) and the 1990 Americans with Disability Act (ADA), AMBI will provide reasonable and individualized accommodations for students who have provided proper documentation outlining their disabilities and have requested reasonable and appropriate accommodations. It is the responsibility of persons with disabilities to seek available assistance and make their needs known at the time of enrollment or as the need arises due to disability.

Documentation to support a disability request must be provided to AMBI at the time of the request. This information is voluntary and confidential. The information provided is used by AMBI to identify reasonable and necessary accommodations in an attempt to overcome the effect of conditions that limit the participation of qualified disabled students.

Student Disclosure Information

Grading Systems

Students of AMBI are tested, both via examinations as well as with practical demonstrations (to include formative assessments of learned material) and must successfully complete each course with a passing grade, or the course must be repeated. Students are not able to re-take individual exams.

Grading for all Courses

Letter Grade	Description	Percentage	CGPA
A	Outstanding	89.5 – 100	4.0
B	Above Average	79.5 – 89.49	3.0
C	Average	69.5 – 79.49	2.0
F	Failure	Below 69.5	0.0
I	Incomplete	N/A	N/A

I = Incomplete. This grade is assigned if a student withdraws or is dropped from a course. The grade is considered attempted but not earned when calculating maximum timeframe (MTF) for determination of satisfactory academic progress (SAP). All attendance earned for an “Incomplete” course will be used when calculating SAP.

All coursework is due by the final day of each course. A student may be granted an extension of up to 7 calendar days from the last scheduled day of a course to complete all course requirements. If the student fails to complete the necessary coursework and meet SAP within 7 calendar days, the earned grade will be assigned for the course and be a part of the students’ permanent academic record.

Successful Completion of All Programs

A student has successfully completed a course when they have earned a passing grade of “C” or better (a 2.0 GPA or higher) and has successfully met the required attendance of 90% attended for a course.

Once a student begins, they must be able to complete the program within 16.5 months: this is 150% of scheduled time (10.5 months) to complete, plus 180 days (6 months). Any student not able to complete program within that timeframe will be withdrawn. Any student wishing to re-enroll must complete the entire program again, and must wait a minimum of twelve months prior to re-enrolling from withdrawal date.

Satisfactory Academic Progress (SAP)

All students must meet established minimum standards of attendance and achievement with regard to GPA and successful course completion while enrolled at AMBI. For our current SAP Policy, please visit our website, or see an AMBI administrative staff member.

Student Records

Student / Graduate Records

The American Massage & Bodywork Institute strives to provide privacy and security of personally identifiable information in accordance with the Family Educational Rights and Privacy Act (FERPA). Our FERPA Notification of Rights can be found on our website.

Student records are permanently retained by AMBI and are available to students/graduates on request. Student education files are kept on campus for a period of 3 years of leaving AMBI, though transcripts will be housed electronically. Students wishing to receive a copy of their transcripts are encouraged to call the campus and request a copy of their record. Academic transcripts shall be provided upon request if the student is in good financial standing with AMBI.

Tuition, Fees and Refunds

Massage Therapy – Diploma Program

Tuition

\$10,600

Books & Supplies

\$895 to include books, student insurance, and student uniforms.

The total cost of the 700-hour Massage Therapy Diploma program is \$11,495. AMBI will provide all books, student insurance, and student uniforms. AMBI does not charge a registration fee or an enrollment fee.

Financial Aid

Financial aid is available to those that qualify. AMBI accepts financial aid, grants, credit cards and checks for enrollment. Our Federal School Code is 042763, and applications for financial aid can be found at <https://fafsa.ed.gov/>.

Refund Policy – Massage Therapy Program

For new students, AMBI offers a 3-day cancellation period, in which all tuition and fees will be returned to the student if they cancel their enrollment within the first 3 scheduled class days, including weekends and holidays.

AMBI's program is broken down into two payment periods. Payment Period (PP) 1 covers the first 350 hours of the program, and PP 2 covers the second 350 hours of the 700-hour program. In addition, one half of the books & supplies charge will be added to each payment period.

A student who enters the school but withdraws or is dismissed during the first quartile (25%) of the payment period shall be entitled to a refund of 75% of the cost of the program.

A student who enters the school but withdraws or is dismissed during the second quartile (more than 25% but less than 50%) of the payment period shall be entitled to a refund amounting to 50% of the cost of the program.

A student who enters the school but withdraws or is dismissed during the third quartile (more than 50% but less than 75%) of the payment period shall be entitled to a refund amounting to 25% of the cost of the program.

A student who enters the school but withdraws or is dismissed during the fourth quartile (more than 75%) of the payment period shall not be entitled to a refund.

Return of Unearned Title IV Funds (R2T4) Policy can be found on our website.

Program Curriculum

The educational objective of our 700-hour Massage Therapy Diploma Program is to provide an elite introduction to massage therapy and prepare our students to successfully complete their state licensing examination (MBLEx), offered by FSMTB. After successfully completing our diploma program and passing the state exam, students will be allowed to apply for their massage license. The AMBI Massage Therapy Program is taught in a linear fashion, meaning that the successful completion of each course is the prerequisite to taking the next course.

Massage Therapy Diploma Program Curriculum

MT 100 – Foundations of Massage

During MT 100, Foundations of Massage, the student will learn about the history and evolution of massage, preventing disease transmission, laws and regulations, and ethics of massage. Students will also learn the benefits and effects of massage, massage cautions and contraindications, and the therapeutic relationship. In addition, the student will learn about the massage equipment, body mechanics principles, core concepts for massage and bodywork application, and several common massage strokes.

60 lecture hours / 40 laboratory hours

MT 200 – Orientation of the Human Body

In MT 200, Orientation of the Human Body, the students will receive an overview of the Integumentary System, the Skeletal System, and the Fascial System. In addition, the students will receive an Orientation to the Human Body, and the Muscular System. In massage application, the students will learn the rest of the basic massage strokes, and how to plan a session. *Pre-requisite is course MT 100.*

60 lecture hours / 40 laboratory hours

MT 220 – Elements of Anatomy & Physiology and Massage Applications I

In MT 220, Elements of Anatomy & Physiology and Massage Applications I, students will learn several body systems, to include: Lymphatic; Immune; Digestive; Respiratory; Endocrine; Reproductive; and Urinary Systems. Students will also learn the muscles of the head, neck, jaw, spine, and thorax. In addition, students will learn about the nervous system. *Pre-requisite is course MT 200.*

60 lecture hours / 40 laboratory hours

MT 240 – Elements of Anatomy & Physiology and Massage Applications II

In MT 240, Elements of Anatomy & Physiology and Massage Applications II, students will learn about the Cardiovascular and Urinary System, Traditional Chinese Medicine, and take a Mid-term Evaluation. In addition, the students will learn about the muscles of the elbow, forearm, wrist, hand, shoulder, and arm. Finally, the student will be introduced to client assessment and session planning to achieve massage session goals. *Pre-requisite is course MT 220.*

60 lecture hours / 40 laboratory hours

MT 260 – Elements of Anatomy & Physiology and Massage Applications III

In MT 260, Elements of Anatomy & Physiology and Massage Applications III, students will learn about a career in massage therapy, and all the options available to the therapist for employment. In addition, students will learn additional client assessment techniques. During this course, students will learn about the muscles of the pelvis, hip, thigh, knee, leg, ankle, and foot. *Pre-requisite is course MT 240.*

60 lecture hours / 40 laboratory hours

MT 300 – Pathologies and Adaptive Massage Techniques

In MT 300, Pathologies and Adaptive Massage Techniques, students will learn about documentation and client files, adapting sessions for clients with common pathologies, and special populations. In addition, students will learn professional communication skills and prepare for work in the student clinic. CPR and First Aid is also taught in MT 300. *Pre-requisite is course MT 260.*

60 lecture hours / 40 laboratory hours

MT 350 – Clinic and Clinical Reasoning

In MT 350, Clinic and Clinical Reasoning, students will learn to work daily in a student-run massage clinic. In addition, students will complete eight case studies and four practice examinations in preparation for the MBLEx exam, offered by FSMTB. *Pre-requisite is course MT 300.*

40 laboratory hours / 40 MBLEx review hours / 20 case study hours

Faculty members will maintain posted office hours for academic and/or course advising outside of normal class time. Tutoring services will be provided, and schedules will be posted.

Career Services

AMBI does not guarantee job placement, however, our staff is committed to assisting each student with the successful transition from student, through the state licensing exam, to applying for licensure, and to help them secure gainful employment after graduation. AMBI is committed to maintaining an open job board and to assist the students and employers to fill open positions with our talented graduates. AMBI will host campus career fairs and have employers as guest speakers from time to time.

Ownership and Faculty Information

AMBI Ownership Team

The American Massage & Bodywork Institute is owned by five individuals, who also serve on the Board of Directors for the school.

Marc Loev, MD, is a graduate of Mount Sinai School of Medicine in New York, NY. Marc also holds a Bachelor of Arts Degree from Tulane University with a double major in Biology and Political Economics.

Lester Zuckerman, MD, is a graduate of Mount Sinai School of Medicine in New York, NY. Les also holds a Bachelor of Science Degree from City University of New York Biomedical Program.

Stephen Vereb holds a Bachelor of Arts Degree in Speech Communication from Pennsylvania State University.

Henry Kim holds a Bachelor of Science in Management from Georgia Institute of Technology.

Scott Deidun, MBA, is a graduate of Walsh College in Troy, Michigan. Scott also holds a Bachelor of Science Degree in Biological Sciences from Wayne State University in Detroit, Michigan.

Chief School Officer

Scott Deidun, MBA will serve as the CEO & President of AMBI and will be responsible for all daily operations of the school. Scott will also meet regularly with the Board of Directors (the 4 other owners).

Faculty & Staff

Scott Deidun, MBA

Shavell Pearson

Phyllis Myers

Erin Hughes, PT, LMT

Joni Maze

Kelley Howard, LMT

John Smith, LMT

Sylvia Harris, LMT

Stacey Asberry, LMT

Marisa VanDyke, OT, LMT

Chrystal Sterling, OT, LMT

Helen Leonard, LMT

Cynthia Thomas, LMT

Jamille Howard, LMT

Kenneth Odoom, LMT

Tracy Berg, LMT

President & CEO

Financial Aid Director

Campus Coordinator

Admissions Coordinator, Adjunct Instructor

Administrative Assistant

Faculty Instructor

AMBI maintains a student to instructor ratio of no greater than 20 students to any instructor, in both lecture and bodywork (lab) classrooms.