

Delaware Board of Massage and Bodywork
Approved Continuing Education Courses for the Period Ending August 31, 2014

“Continuing Education must maintain, improve, or expand the skills and knowledge obtained prior to licensure or certification, or develop new and relevant skills and knowledge.”

- For the 8/31/2014 renewal, Certified Massage Technicians (CMT) are required to complete 12 hours of approved continuing education (CE) unless renewal falls within the first year after certification. Of the 12 hours, 9 are required to be **core** courses (the other 3 can be either core or an elective, as explained below). You can take up to half (6) of your required hours online, but you must still complete a maximum of 3 hours in electives. For required CE starting 9/1/2014, see Section 9.4 of the Board’s [Rules and Regulations](#).
- For the 8/31/2014 renewal, Licensed Massage Therapists (LMT) are required to have 24 hours of approved continuing education (CE) unless renewal falls within the first year after licensure (Section 9.2 of the Board’s [Rules and Regulations](#)). Of the 24 hours, 18 are required to be **core** courses (the other 6 can be either core or an elective, as explained below). You can take up to half (12) of your required hours online, but you must still complete a maximum of 6 hours in electives. For required CE starting 9/1/2014, see Section 9.4 of the Board’s [Rules and Regulations](#).
- Explanation of categories (as shown below on listing):
 - Elective course means a CE course with a subject matter that is outside the “practice of massage and bodywork,” which does not directly contribute to the professional competency of the massage/bodywork therapist or massage technician. Elective courses must have one of the following subject matters: modalities outside the “practice of massage and bodywork,” personal growth and self-improvement, business management, anatomy, or physiology. Elective courses can be taken online.
 - Core course means a CE course with a subject matter within the “practice of massage and bodywork,” which contributes to the professional competency of the massage/bodywork therapist or massage technician. Core courses must be designed to maintain, improve, or expand skills and knowledge or to develop new and relevant skills and knowledge. Fifty per cent of the required core courses can be taken online.
- The Delaware Board automatically approves the content of courses that are approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), American Massage Therapy Association (AMTA) and Associated Bodywork and Massage Professionals (ABMP) (Section 9.5.1 of the Board’s [Rules and Regulations](#)). Approval is subject to the requirements and limitations under Sections 9.3 and 9.4 of the Board’s [Rules and Regulations](#). If you take a course that none of these organizations nor the Delaware Board has approved, you may submit a request for approval of the course. To request approval, click [Request for Approval of Continuing Education](#) and follow instructions on the form.
- Make sure that you receive a certificate for all of the CE courses that you take. Keep them in a safe place so you can present them if you are selected for an audit. However, do not send copies of your certificates to the Board office unless you receive an Audit Notice. You must also keep your CPR current at all times.

Information for CE Providers

Delaware Massage Practitioners heavily rely on this list to find continuously offered and approved courses in Delaware for their renewal requirements.

If the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), American Massage Therapy Association (AMTA) or Associated Bodywork and Massage Professionals (ABMP) has already approved your company as a provider or has approved your courses, you do not have to submit the courses to the Delaware Board for approval because the Delaware Board automatically approves the content of these courses under Section 9.5.1 of the its [Rules and Regulations](#). Please enter your NCBTMB provider number or other identifying number on the certificates issued.

Board-approved CE courses remain approved until the end of the current license period on August 31 of the next even year. However, please notify the Board office by email or mail if you:

- Change your contact information
- Change a course title or instructor
- Close your business or stop offering a course

It is not necessary to report changes in course dates or locations as those details are not on the web page.

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A Touch of Heaven

Contact: Sheila Nagyiski, CMT/ Elizabeth Richmond

Email: heal2me@aol.com

Website: www.swc.massagetherapy.com

Phone: (302) 632-9370

Acupressure I – 12 hours, core
Acupressure II – 12 hours, core
Blackberry Thumb – 12 hours, core
Body Mechanics – 12 hours, core
Reflexology – 12 hours, core

AC Massage

Contact: Christopher Asay, LMT

9 E. Loockerman St, Suite 206

Dover, DE 19901

Phone: (302) 674-4686

Email: ChrisAsay@aol.com

Website: www.christopherasaymassage.com

Body Mechanics for the Massage Professional – 12 hours, core
Review for National Certification Exam – 24 hours, core
Advanced Body Mechanics for the Professional – 12 hours, core
Hawaiian Massage (Beginner Course) – 24 hours, core
Review of Hawaiian Massage Kata – 12 hours, core

Alternative Medicine Solutions

Contact: Vince Lanzendorfer

The Massage Center

222 Philadelphia Pike

Wilmington, DE 19809

Phone: (302) 761-9095

Email: themassagectr@gmail.com

Website: www.dmassagecenter.com

Integrative Muscular Movement Technique – 12 hours, core

American College of Healthcare Sciences

Contact: Tracey Miller

5940 SW Hood Ave

Portland, OR 97239

Phone: (503) 244-0726

Email: achs@achs.edu

Website: www.achs.edu

CE 516 – 6 hours, elective
Aroma 101 – 6 hours, elective
Aroma 305 – 6 hours, elective
History and Uses of Herbs – 19 hours, elective
Related Anatomy & Physiology – 19 hours, core

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American Massage Therapy Association

Contact Person: Carly Burt

500 Davis St., Suite 900

Evanston, IL 6020

Phone: (800) 905-2700

Email: info@amtamassage.org

Website: www.amtamassage.org

Planning for Tomorrow to Help You Today – 1 hour, elective
What's the big deal? Daily Deals and Your Practice – 1 hour, elective
A Massage Therapist's Guide to Malpractice – 2 hours, elective
Brand Your Way to Success – 1 hour, elective
Putting Your Best Digital Foot Forward – 1 hour, elective
Wait a minute, let me Google you! – 1 hour, elective
Resolving Conflict in Your Massage Office – 1 hour, elective
Understanding Competencies – 2 hours, elective
Ethical Dilemmas Fully Exposed – 6 hours, core
Protecting Yourself from Malpractice – 2 hours, core
Brand Your Way to Success – 1.5 hours, elective
Introduction to Pediatric Oncology Massage – 3 hours, core
Meeting the Needs of the Elder – 3.5 hours, core
Essential Elements of Career Services – 1 hour, elective
Helping Students Get jobs & Stay Connected – 1 hour, elective
Preparing Students for the New Health Care Environment – 2 hours, elective
Curriculum Development – 1 hour, elective
Clinical Curriculum: What is Everyone Else Doing? – 1.5 hours, elective
AMTA's 2014 Massage Profession Research Report – 1.5 hours, elective
Employer Panel: Forging Relationships & Preparing Graduates – 1.5 hours, elective
Improving Communication about Feelings – Classroom Strategies that Translate to the Therapy Room – 1.5 hours, elective
What Can We Learn from Each Other? – 1.5 hours, elective

ONLINE

A Holistic Model for Ethical Practice – 2 hours, elective
Avoiding Burnout: Self-Care is Important for Both You and Your Client – 2 hours, elective
Carpal Tunnel Syndrome: A Proactive, Non-surgical Approach – 2 hours, core
Relief Within Reach: Massage and Stress – 2.5 hours, elective

2012 AMTA National Convention (approved as follows):

- Pre-Convention Workshop: Clinical Orthopedic Massage Techniques for the Neck – 8 hours, core
- Pre-Convention Workshop: AMTA Fascial Therapy Continuing Education Program – 8 hours, core
- Cervical Anatomy 360° + Massage (afternoon session) – 4 hours, core
- How to Start a Massage Research Club at Your School – 4 hours, elective
- Business Plans Deciphered: Creating a Massage Therapist-Friendly Business Plan – 2 hours, elective
- Rolling for Resilience – core, 2 hours
- Establishing an Integrative Health Center – 2 hours, elective
- Social Media for Massage Therapists – 2 hours, elective
- A Massage Therapist's Guide to Malpractice – 2 hours, elective
- Cervical Anatomy 360° + Massage (morning session) – 4 hours, core
- Pediatric Massage: Highlighting Autism and ADD/ADHD – 4 hours, core
- Medical Documentation and Wellness Charting for Massage Therapists – 4 hours, elective
- Self-Care for Computer Athletes and Bodyworkers – 4 hours, elective
- The Value of Ethics – 4 hours, elective
- Headaches: Types, Triggers & Treatment – 4 hours, core
- Teaching Pathology from the Heart – 4 hours, core
- Using Research to Market Your Massage Therapy Practice – 4 hours, elective
- Structural Relief Therapy for the Neck (afternoon session) – 4 hours, core
- Pediatric Massage: Highlighting Cerebral Palsy – 4 hours, core
- Massage Techniques for Diabetics – 4 hours, core

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American Massage Therapy Association (continued)

- Treatment for A Specific Low Back Pain – 4 hours, core
- One Year to a Successful Massage Practice – 4 hours, elective
- Teaching Effective Muscle Palpation – 4 hours, core
- Mission Impossible: Become a Massage Therapy Researcher – 4 hours, elective
- Structural Relief Therapy for the Neck (morning session) – 4 hours, core
- Improving Posture by Working with Abdominal Scars – 4 hours, elective
- Side Lying Advantage: Maximizing Session Outcomes, Client Comfort and Therapist Efficiency – 4 hours, core
- Active Muscle Therapy – 4 hours, core
- Neuromuscular Therapy and the Dynamic Foot – 4 hours, core
- Death by Power Point: Updating Your Classroom Teaching Skills – 4 hours, elective
- Research on Chronic Pain – 4 hours, elective
- Closing Keynote: Elevate the Profession Through Collaboration – 2.5 hours, core
- Post-Convention Off-site Tour: Raleigh Immersion Event: Duke Integrative Medicine Tour – 1.5 hours, elective
- Massage Therapy Foundation Post-Convention Workshop: The Assessment and Treatment of the Most Common Cervical Injuries – 12 hours, core

AMTA 2013 Schools Summit

- 2013 Massage Professional Research – 1.5 hours, elective
- Best Practices in the Classroom – 2 hours, elective
- Power and Professionalism – 3.5 hours, core
- Industry Panel – 2 hours, elective
- Blending Learning: Integrated Face to Face and Online Learning – 2 hours, elective
- Managing Student Behavior in the Massage Therapy Classroom – 3.5 hours, elective
- Imaging Fascia – 2.25, core

American Massage Therapy Association – Maryland Chapter

Contact: Anita Benedictus

1701 Edmonson Ave.

Baltimore, MD 21228

Email: amtamd@yahoo.com

Website: www.amtamd.org

13th Annual Mid-Atlantic Conference for Massage Therapist

- Introduction to Zero Balancing I – 4 hours, elective
- Thai on the Table – 8 hours, core
- Cold Stone Therapy for Migraine Headaches – 6 hours, core
- Parkinson's Massage – 4 hours, core
- Introduction to Craniosacral Therapy – 5 hours, core
- Where It Is, It Ain't: Successfully Treating Low Back Pain – 8 hours, core
- The Five Fast Tracks To Filling Your Practice – 3 hours, elective
- Deep Tissue Made Easy – 4 hours, core
- Face Toning Massage – 8 hours, core
- Ramp Up Results with Active Engagement Techniques – 4 hours, core
- Unlocking the Mystery of Your Client's Complaint – 4 hours, core
- S.E.E.M.-A.I.S. Stretching for Injury Prevention and Maintenance – 5 hours, elective

14th Annual Mid-Atlantic Conference for Massage Therapist, May 1 – 4, 2014

- All courses offered at the conference are approved – core

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180 Degree Education (online courses)

Contact: Brett Hallongren
2906 Central St, Suite 241
Evanston, IL 60201
Email: demasupport@180ed.com
Website: www.180Massage.com

Business Practices: DEM203 – 2 hours, core
Ethics I: DEM200 – 2 hours, core
Professionalism: DEM202 – 3 hours, core
Roles & Boundaries: DEM201 – 3 hours, core

Auth, Shari

250 5th Avenue #515
New York, NY 10001
(917) 676-7653
Email: sharima@earthlink.net
Website: www.authmethod.com

Forearm Massage (Auth Method of) – 20 hours, core (*HOME STUDY*)

Avenue Day Spa

Contact: Victoria DeSilver
110A Rehoboth Avenue
Rehoboth Beach, DE 19971
Phone: (302) 227-5649
Website: www.avenuedayspa.com

Aromatherapy Massage – 2 hours, core and 6 hours, elective
Indian Head Massage – 4 hours, core and 4 hours, elective
Myofascial – 8 hours, core
Reflexology – 8 hours, core
Hot Stone Massage – 8 hours, core
Raindrop Therapy – 8 hours, elective
Spa Body Treatments – 8 hours, core
Shirodhara & Ayurvedic Spa Treatments – 8 hours, core

Briggs, Douglas

910 N. Union St
Wilmington, DE 19805
Contact: Dova Briggs
Phone: (302) 654-4001
Email: dbriggs@firststatehealth.com

Acupressure for Massage Therapists – 12 hours, core

Collins, Jodi, LMT

905 Ibiza Court
Townsend, DE 19734
Phone: 302-229-8239
Email: Jodi.l.collins@gmail.com

Sports Massage – 8 hours, core

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Dawson, Wayne

142 DaVinci Court
Hockessin, DE 19707
Phone: (302) 561-0151
Email: treycollie@yahoo.com

Fascia II – 6 hours, core

Dennis, Nancy R.N.

26 White Oak Rd.
Landenberg, PA 19350
Phone: (610) 255-3785
Email: NLDJSD@yahoo.com

Jin Shin Do Bodymind Accupressure Basic – 40 hours, core
Jin Shin Do Bodymind Acupressure Intermediate – 50 hours, core

Henderson, Shirley

21162 Banff Lane
Huntington Beach, CA 92646
Phone: (866) 506-1999
Email: go@apollo123.com
Website: <http://apollo123.com>

Cultural Diversity in Massage Practice – 3 hours, elective
The Massage Client with Alzheimer's – 4 hours, elective
Ethics Two – 7 hours, core
Ethics Three – 9 hours, core
33 Massage Business Tips – 5 hours, elective

The Institute of Massage & Healing Arts

Contact: Karin Hampton, LMT
222 Philadelphia Pike
Suite 12
Wilmington, DE 19809
Phone: (610) 357-2925
Email: healingartsinstitute2013@yahoo.com
Website: www.healingartsinstitute.massagetherapy.com

Blended Reflexology – 12 hours, core
Healing Herbal Massage – 12 hours, core
Stone Therapy with a Twist – 12 hours, core
Corrective Techniques for the Lower Body; An Advanced Warm Wood Therapy – 8 hours, core
Corrective Techniques for the Lower Body; An Advanced Warm Wood Therapy - 8 hours, core
Intuitive Massage Techniques – 7 hours, elective

Integrative Touch for Health & Wellness

615 Kissel Hill Road
Lititz, PA 17543
Contact Person: Lin Roussel
Phone: (717) 314-1733
Email: mypeacefultouch@yahoo.com

Basics of Cranial Sacral Massage I – 6 hours, core
Basics of Cranial Sacral Massage II – 6 hours, core

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Jedlicka, Debora

5700 Kirkwood Highway, Suite 206
Wilmington, DE 19808
Phone: (302) 397-8131
Email: dibsonmassages@aol.com

Clinical Trigger Point Massage – 16 hours, core

Littleton, Audra

Kent County Levy Court
555 Bay Rd. Room 220
Dover, DE 19904
Phone: (302) 530-8220
Email: ajenai@yahoo.com
Website: www.Find-Ur-Balance.com

Reiki I – 4 hours elective

Reiki II – 6 hours elective

Manucci, Terry, LMT

8 Doe Run Ct., Apt 1 C
Phone: (302) 598-5539
Email: tmanucci1@yahoo.com

Introduction to Myofascial Release Techniques and Theory – 12 hours, core

Mutschler, Kevin

7014 Woodland Avenue
Tacoma Park, MD 20912
Phone: (240)461-9300
Email: Kevin@prohealing.net
Website: www.prohealing.net

Opening the Shoulders with Somatic Freedom Technique – 7.5 hours core

Myofascial Release Seminars & Treatment Centers

Contact: Sandra Levengood
222 West Lancaster Ave. Suite 100
Paoli, PA 19301
Phone: (888) 327-2425
Email: seminars@myofascialrelease.com
Website: www.myofascialrelease.com

Cervical-Thoracic Myofascial Release – 20 hours, core

Fascial-Pelvis Myofascial Release – 20 hours, core

Myofascial Mobilization – 12 hours, core

Myofascial Release I – 20 hours, core

Myofascial Release II – 20 hours, core

Myofascial Unwinding – 20 hours, core

Pediatric Myofascial Release – 12 hours, core

North America – Aura Soma

Contact: Debbie Blake
1027 Longdraw Drive
Katy, TX 77494
Phone: 832-647-5687
Email: Debbie@northamerica-aurasoma.com
Website: www.northamerica-aurasoma.com

Aura-Soma Level I Foundation Course – 36 hours, elective

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Peters, Pamela J. Ph.D., LMT

Contact: Pamela Peters
315 W. 36th St.
Wilmington, DE 19802
Phone: (302) 654-1840
Email: thecenter@pampeters.com
Website: www.pampeters.com

Therapeutic Touch Basic – 5 hours, elective
Therapeutic Touch Basic II – 36 hours, elective
Sound/ Vocal Therapy – 5 hours, elective
Chromotherapy/Color Therapy – 5 hours, elective
Meditation Class – 8 hours, elective

Pike Creek Reiki & Healing Arts Center

Contact: Tammy D. Petruccelli
579 Upper Pike Creek
Newark, DE 19711
Phone: 302-530-6682
Email: Tammy@pikeCreekReiki.com
Website: www.PikeCreekReiki.com

Reiki Practitioner Levels I, II, and III – 6 hours, elective

Pure Healing Insight, LLC

Contact: Sarah G. Murray, LMT
604 West 29th Street
Wilmington, DE 19802
Phone: 302-507-6548
Email: purehealinginsight@gmail.com
Website: www.purehealinginsight.com

Crystal Energy Therapy Level 1 – 8 hours, elective
Crystal Energy Therapy Level 2 – 8 hours, elective

Relaxing Touch Bodyworks

Contact: Janet Fante, LMT
102 Fox Hunt Lane
Middletown, DE 19709
Phone: (302) 378-1781
Email: relaxingtouch@verizon.net
Website: www.relaxingtouchbodyworks.com

Chair Massage – 6 hours, core
Introduction to Shiatsu – Theory & Technique – 12 hours, core

Repetitive Use Injury Therapy (RUIT)

Contact: Michael Young
P.O. Box 358
Evergreen, CO 80437-0358
Email: michael@mrtherapy.com
Website: www.mrtherapy.com

Michael Young's Muscle Release Technique Workshop – 21 hours, core
Michael Young's Muscle Release Technique Home Study Course – 12 hours, core

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Spalding, Vincent

2829 East Oakland Drive

Wilmington, DE 19808

Phone: (302) 521-7656

Email: just the rightouch@comcast.net

Reflexology – 12 hours, core

Intro to Deep Tissue – 12 hours, core

Introduction to Myofascial Release – 12 hours, core

Intermediate Myofascial Release – 12 hours, core

Advanced Myofascial Release – 12 hours, core

Stacia's Mastery Massage & Bodywork

Contact: Anastacia Mongelluzzo, LMT

7503 Lancaster Pike, Suite C

Hockessin, DE 19707

Phone: 302-377-6876

Email: astull@staciasmastery.com

Website: www.staciasmastery.com

Karuna Reiki I & II: Practitioner and Master – 24 hours, elective

Usui Reiki 1st and 2nd Degree – 12 hours, elective

Usui Reiki – Advanced Reiki Technique, Reiki Master – 18 hours, elective

Charkras 101 – 8 Elective

Street, Sara

Contact: Sara Street

Email: streetsara@hotmail.com

Trigger Point Therapy – 14 hours, core

Deep Muscle Therapy – 8 hours, core

Chair Massage – 6 hours, core

Tranquil Spirit, Inc.

Contact: Katherine M. Schauber

813 Percheron Drive

Bear, DE 19701

Phone: (302) 834-6853

Email: kschauber@hotmail.com

Website: www.findtranquility.com

Reiki Level 1 Workshop – 3.25 hours, elective

Reiki Level 2 Workshop – 3.25 hours, elective

Reflexology Workshop – 13 hours, core

Reiki Art/Master Level Workshop – 3.25 hours, elective

Uniatowski, Barbara

Contact: Barbara Uniatowski

12 Arlington Street

Newark, DE 19711

Phone: (302) 528-4922

Email: desportsmassage@comcast.net

Event Sports Massage – 3 hours, core

Basics of Sports Massage – 3 hours, core

Sports Maintenance Massage – 3 hours, core

Common Athletic Injuries, Upper Body – 3 hours, core

Common Athletic Injuries, Lower Body – 3 hours, core

Gluteal Work – 4 Core

Range of Motion Testing & Techniques – 4 hours, core

Muscle Energy techniques – 4 hours, core

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Western Governors University

Contact: Evan Jackson

Phone: (866) 895-9660

Email: ejackson1@wgu.edu

Fundamentals of Business Law & Ethics – 6 hours, core

Ethical Situations in Business – 6 hours, core

Washington D.C. Centre of Indian Champissage

Contact: M. Susan Walsh

5282 Lyngate Court

Burke, VA 22015

Phone: 703-425-3331

Email: susan@msusanwalsh.com

Website: www.mychampissage.com

Indian Champissage – 21 hours, elective

Kansa Vatki Kout Massage – 7 hours, elective