

Delaware Board of Massage and Bodywork
Approved Continuing Education Courses for the Period Ending August 31, 2016

“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.”

Starting with the 9/1/2014 – 8/31/2016 licensure period, Certified Massage Technicians as well as Licensed Massage Therapists must complete **24 hours** of continuing education (CE) unless licensed or certified fewer than 12 months before the 8/31 expiration date.

The 24 hours of CE must include:

- At least three hours in ethics, which you may take online,
- Six hours of elective credits, all of which you may take online,
- 15 hours of core credits, all which you must take *in a classroom, hands-on setting* – not online.

For complete information on CE requirements, see Section 9.0 of the [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, self-improvement and business management. You may take elective courses 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. **You must complete core courses other than the ethics requirement in a classroom/hands-on setting. You may complete the ethics requirement 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 9.4 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, do not 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 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

Delaware Board of Massage and Bodywork
Approved Continuing Education Courses for the Period Ending August 31, 2016

1 Touchistory

Contact: Vincent Spalding
Phone: (302) 521-7656
Email: touchistory@gmail.com
Website: www.touchistory.com

Course Title: Muscle Energy Techniques and Trigger Point Therapy

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021607

Course Title: Lowe Techniques

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021608

Course Title: MFR for Cervical Neck

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021609

Course Title: MFR for Lumbar and Hip

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021610

Course Title: MFR for Thoracic and Abdominal

Date(s) Offered: Various
CE Hours: 5 Cores
Approval #: 021611

Course Title: Traditional Deep Tissue

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021612

Course Title: MFR for Upper and Lower Extremities

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021613

Course Title: MFR Craniosacral

Date(s) Offered: Various
CE Hours: 5 Core
Approval #:021614

Course Title: MFR Cupping

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021615

Course Title: ROM Stretching and Orthopedic Tests

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021616

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Course Title: Cupping Deep Tissue

Date(s) Offered: Various
CE Hours: 5 Core
Approval #: 021617

A Touch of Heaven

Contact: Elizabeth Richmond, CMT
Phone: (302) 387-3324
Email: heal2me@aol.com

Course Title: Blackberry Thumb

Date(s) Offered: Various
CE Hours: 12 Core
Approval #: 101401

Course Title: Shoulder and Back

Date(s) Offered: June 2016, On-Going
CE Hours: 12 Core
Approval #: 051601

Course Title: Arm and Hand

Date(s) Offered: June 2016, On-Going
CE Hours: 12 Core
Approval #: 051602

Academy of Massage & Bodywork, Ltd.

Contact: Marlene Hudson
Phone: (215) 839-4616
Email: massageacademy@comcast.net
Website: www.massage-academy.com

Course Title: Reflexology Orientation Workshop

Date(s) Offered: TBD
CE Hours: 12 Core
Approval #: 021502

American College of Healthcare Sciences

Contact: Susan Yirku
Phone: (503) 244-0726
Email: ceapprovals@achs.edu
Website: www.achs.edu

Course Title: CE 516 Aromatherapy for Massage Therapists I

Date(s) Offered: TBD
CE Hours: 6 Elective
Approval #: 071501

Course Title: Aroma 101 – Introduction to Aromatherapy

Date(s) Offered: TBD
CE Hours: 6 Elective
Approval #: 071502

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Course Title: Aroma 305 – Aromatherapy Chemistry

Date(s) Offered: TBD
CE Hours: 6 Elective
Approval #: 071503

Course Title: HERB 101 – Basics of Herbalism (History and Uses of Herbs)

Date(s) Offered: TBD
CE Hours: 19 Elective
Approval #: 071504

Course Title: NAT 210, NAT211, NAT212 - Anatomy & Physiology

Date(s) Offered: TBD
CE Hours: 19 Core
Approval #: 071505

American Massage Therapy Association

Contact: Carly Burt
Phone: (847) 905-1643
Email: cburt@amtamassage.org
Website: www.amtamassage.org

Course Title: Interacting with the Perinatal Healthcare System

Date(s) Offered: 9/18/2014
CE Hours: 2 Elective
Approval #: 051402

Course Title: Alleviating Piriformis Syndrome

Date(s) Offered: 9/19/2014
CE Hours: 4 Elective
Approval #: 051403

Course Title: Educators Knowledge Forum

Date(s) Offered: 9/19/2014
CE Hours: 1.5 Elective
Approval #: 051404

Course Title: Instructional Design

Date(s) Offered: 9/19/2014
CE Hours: 2.5 Elective
Approval #: 051405

Course Title: The 5 Fast Tracks to Stellar Body Mechanics

Date(s) Offered: 9/20/2014
CE Hours: 4 Elective
Approval #: 0514006

Course Title: Active Muscle Therapy: Combining Active Movement, Resistance & Massage

Date(s) Offered: 9/20/2014
CE Hours: 4 Elective
Approval #: 051407

Course Title: Career Opportunities in Spas

Date(s) Offered: 9/18/2014
CE Hours: 2 Elective
Approval #: 051408

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Course Title: Current Research on Massage & Elders

Date(s) Offered: 9/20/2014

CE Hours: 4 Elective

Approval #: 051409

Course Title: Connecting with Millennial Massage Students

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 051410

Course Title: Introduction to Oncology Massage

Date(s) Offered: 9/19/2014

CE Hours: 8 Elective

Approval #: 051411

Course Title: Kinesage® Self Care for Therapists

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 051412

Course Title: Lifting Your Clients out of Pain

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 051413

Course Title: Making Taxes Less Taxing

Date(s) Offered: 9/18/2014

CE Hours: 2 Elective

Approval #: 051414

Course Title: A Massage Therapist's Guide to Malpractice

Date(s) Offered: 9/18/2014

CE Hours: 2 Elective

Approval #: 051415

Course Title: Myofascial Components of Fibromyalgia

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 051416

Course Title: Pediatric Massage: Highlighting Trauma

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 051417

Course Title: Paranasal Sinus Drainage

Date(s) Offered: 9/20/2014

CE Hours: 4 Elective

Approval #: 051418

Course Title: Pelvis, Hip & Sacrum; Part I (Advanced Myofascial Techniques)

Date(s) Offered: 9/19/2014

CE Hours: 8 Elective

Approval #: 051419

Course Title: Reading a Research Article

Date(s) Offered: 9/18/2014

CE Hours: 2 Elective

Approval #: 051420

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Course Title: Research Panel: What Research Tells Us About Pain Management

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 051421

Course Title: Situational Ethics: Revisiting Boundaries

Date(s) Offered: 9/18/2014 and 9/20/2014

CE Hours: 4 Core

Approval #: 051422

Course Title: Spinning the Hip: 360 Degree Manual Techniques

Date(s) Offered: 9/20/2014

CE Hours: 4 Elective

Approval #: 051423

Course Title: Structure Governs Function: Core Releases for the Neck & Shoulders

Date(s) Offered: 9/19/2014

CE Hours: 4 Core

Approval #: 051424

Course Title: Pre-Convention Workshop: Dimensional Massage Therapy for the Hand, Wrist, Elbow & Radioulnar Joints

Date(s) Offered: 9/17/2014

CE Hours: 8 Elective

Approval #: 051425

Course Title: Pre-Convention Workshop: Fundamentals of Fascial Therapy

Date(s) Offered: 9/17/2014

CE Hours: 8 Core

Approval #: 051426

Course Title: Cornerstones to Career Longevity

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 051427

Course Title: Joint Replacement: Understanding a Patient's Surgical Journey

Date(s) Offered: Online

CE Hours: 3 Elective

Approval #: 051430

Course Title: Grow Your Practice: Teach Wellness Classes

Date(s) Offered: Online

CE Hours: 3 Elective

Approval #: 061402

Course Title: Active Isolated Stretching: Releasing the Shoulders

Date(s) Offered: 9/19/2014

CE Hours: 4 Elective

Approval #: 081403

Course Title: Heart-Centered Marketing for Massage Professionals

Date(s) Offered: 9/20/2014

CE Hours: 4 Elective

Approval #: 081404

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Course Title: Myofascial Sports Massage

Date(s) Offered: 9/18/2014
CE Hours: 4 Core
Approval #: 081405

Course Title: Closing Panel: From the Heart: Massage & Cardiovascular Health

Date(s) Offered: 9/20/2014
CE Hours: 2 Elective
Approval #: 081406

Course Title: Talking to Your Clients about Skin Cancer

Date(s) Offered: 9/18/2014
CE Hours: 2 Elective
Approval #: 081407

Course Title: Massage Ethics: Navigating Deep Waters

Date(s) Offered: 9/20/2014
CE Hours: 2 Core
Approval #: 081408

Course Title: Sports Massage Therapy: An Insider's View

Date(s) Offered: online
CE Hours: 4 Elective
Approval #: 111410

Avenue Day Spa

Contact: Victoria DeSilver
Phone: (302) 227-5649
Email: Victoria@avenuedayspa.com
Website: www.avenuedayspa.com

Course Title: Migraine Massage

Date(s) Offered: Various
CE Hours: 8 Core
Approval #: 061401

BAMA

Contact: Anita Benedictis
Phone: (443)- 857-9009
Email: anitabenedictis@gmail.com
Website: www.midatlanticbodyworkers.org

Course Title: Communicable Diseases: What Every Therapist Should Know

Date(s) Offered: 4/28/16 & 4/30/16
CE Hours: 3 Core
Approval #: 041601

Course Title: SATSM for the Massage Therapist

Date(s) Offered: 4/29/16
CE Hours: 6 Core
Approval #: 041602

Course Title: Ethics for the Millennial Massage Therapist

Date(s) Offered: 4/28/16, 4/19/16, 4/30/16
CE Hours: 3 Core
Approval #: 041603

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Batman, Marie

Contact: Marie "Mimi" Batman

Phone: (302) 588-4548

Email: batman.massage@gmail.com

Course Title: Foot Reflexology Massage- East Meets West

Date(s) Offered: 1/3/2016, 4/13/2016, 7/17/2016, 8/7/2016, 8/21/2016, 9/25/2016

CE Hours: 8 Core

Approval #: 011602

CEU's 4 Massage

Contact: Wade D. Carey

Phone: (302) 444-7098

Email: ceus4massage@yahoo.com

Website: www.ceus4massage.webstarts.com

Course Title: Ayurvedic Heads and Face Massage

Date(s) Offered: Various

CE Hours: 8 Core

Approval #: 081505

Christopher Asay Massage

Contact: Christopher Asay, LMT

Phone: (302) 674-4686

Email: ChrisAsay@aol.com

Website: www.christopherAsayMassage.com

Course Title: Body Mechanics for the Massage Professional

Date(s) Offered: Various

CE Hours: 12 Core

Approval #: 111401

Course Title: Advanced Body Mechanics for the Professional

Date(s) Offered: Various

CE Hours: 12 Core

Approval #: 111402

Course Title: Hawaiian Massage (Beginner Course) – 24 hours, core

Date(s) Offered: Various

CE Hours: 24 Core

Approval #: 111403

Course Title: Review of Hawaiian Massage Kata

Date(s) Offered: Various

CE Hours: 12 Core

Approval #: 111404

Course Title: Review for National Certification Exam

Date(s) Offered: Various

CE Hours: 24 Core

Approval #: 111405

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Coventry, Robin

Contact: Robin Coventry
Phone: (302) 242-6608
Email: contact@coatitheta.com
Website: www.coatitheta.com

Course Title: Basic Theta Healing DNA2

Date(s) Offered: Various
CE Hours: 15 Elective
Approval #: 111409

Delaware Technical & Community College

Contact: Various Instructors
Phone: (302) 857-1000, (302) 359-6800
Website: www.dtcc.edu

Course Title: Intro to Pathology

Date(s) Offered: Spring 2014
CE Hours: 3 Elective
Approval #: 061403

Course Title: Clinical Functional Anatomy

Date(s) Offered: Spring 2014
CE Hours: 6 Core
Approval #: 061404

Course Title: Kinesiology

Date(s) Offered: Spring 2014
CE Hours: 3 Elective
Approval #: 061405

Course Title: Reiki Level I

Date(s) Offered: Monthly
CE Hours: 6 Elective
Approval #: 061408

Course Title: Anatomy & Physiology II

Date(s) Offered: Fall 2012
CE Hours: 3 Elective
Approval #: 061406

Course Title: Ethical Issues in Healthcare

Date(s) Offered: Online
CE Hours: 3 Core
Approval #: 061407

Course Title: Rotator Cuff Dysfunction: Including Primary & Secondary Impingement

Date(s) Offered: 10/25/2014
CE Hours: 7.5 Core
Approval #: 091401

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Heydt, Lauren

Contact: Lauren Heydt
Phone: (302) 690-1175
Email: lauren@gokhalemethod.com
Website: www.gokhalemethod.com

Course Title: Gokhale Method

Date(s) Offered: 9/27/2014, 10/4/2014 (call for additional dates)
CE Hours: 9 Elective
Approval #: 081401

Inspirit Studios

Contact: Anita C. Brown
Phone: (302) 222-4804
Email: anita@inspiritstudios.com
Website: www.inspiritstudios.com

Course Title: Reiki Level I

Date(s) Offered: 11/15/2014, 2/21/2015
CE Hours: 6.5 Elective
Approval #: 101402

The Institute of Massage & Healing Arts

Contact: Karin Hampton, LMT
Phone: (302) 200-4642
Email: healingartsinstitute2013@yahoo.com
Website: www.healingartsinstitute.massagetherapy.com

Course Title: Blended Reflexology

Date(s) Offered: TBD
CE Hours: 12 Core
Approval #: 051401

Course Title: Stone Therapy with a Twist

Date(s) Offered: TBD
CE Hours: 12 Core
Approval #: 051402

Course Title: Intuitive Massage Techniques

Date(s) Offered: TBD
CE Hours: 7 Elective
Approval #: 051403

Johnson, Jodi

Contact: Jodi Johnson, Reiki Master/Teacher
Email: Jodij32@aol.com

Course Title: Reiki Level I

Date(s) Offered: Monthly
CE Hours: 6 Elective
Approval #: 061408

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Course Title: Reiki Level II

Date(s) Offered: Monthly
CE Hours: 6 Elective
Approval #: 061409

JVB Enterprise, Inc

Contact: Jamie V. Birmingham
Phone: (888) 328-6755

Course Title: Assessment & Treatment of Age Related Balance Impairment

Date(s) Offered: 3/28-29
CE Hours: 16 Elective
Approval #: 021501

Littleton, Audra

Smyrna, DE 19904
Phone: (302) 530-8220
Email: Audra.Littleton@Find-Ur-Balance.com
Website: www.Find-Ur-Balance.com

Course Title: Reiki Level I

Date(s) Offered: Monthly
CE Hours: 4 Elective
Approval #: 081412
Moulder

Course Title: Reiki Level II

Date(s) Offered: Monthly
CE Hours: 6 Elective
Approval #: 101501

MacCormac, Heather

Contact: Aimee Moulder
Phone: (302) 475-4810
Email: hmaccormac@earthlink.ca
Website: www.claritygarden.com

Course Title: Soft Tissue Mobilization Course- Level I

Date(s): TBD
CE Hours: 16 Core
Approval #: 091501

Massage & Reflexology of Delaware

Contact: Theresa Meyer
Phone: (302) 633-4035
Email: mandrofde@comcast.net
Website: www.massageandreflexologyofdelaware.com

Course Title: Ethics/HIV

Date(s): Various
CE Hours: 6 Core
Approval #: 021601

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Course Title: Introduction to Foot Reflexology

Date(s): Various
CE Hours: 14 Core
Approval #: 021602

Course Title: Deep Tissue Isn't Pressing Harder

Date(s): Various
CE Hours: 14 Core
Approval #: 021603

Course Title: Medical Cervical Massage

Date(s): Various
CE Hours: 12 Core
Approval #: 021604

Course Title: Medical Lumbar Massage

Date(s): Various
CE Hours: 12 Core
Approval #: 021605

Course Title: Business 101

Date(s): Various
CE Hours: 7 Elective
Approval #: 021606

Milford Massage , Wellness and Yoga

Contact: Paige Deiner
Phone: (303) 930-3055
Email: paigeoxlaj@gmail.com
Website: www.milfordmassageclinic.com

Course Title: Journey Through the Chakras

Date(s) Offered: Various (see website)
CE Hours: 18 Elective
Approval #: 081504

Muscle Activation Techniques

Contact: Greg Roskopf
Phone: (303) 745-4270
Email: groskipf@muscleactivation.com
Website: www.muscleactivation.com

Course Title: Advanced Foot Function

Date(s) Offered: 9/19-21/2014
CE Hours: 20 Core
Approval #: 091402

Nafzinger, Zing

Contact: Zing Nafzinger
Phone: (302) 442-1279
Email: I.M.ZING@comcast.net
Website: www.meditatingforhealth.com

Delaware Board of Massage and Bodywork
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Course Title: Reiki I

Date(s) Offered: 2014 - 2017

CE Hours: 8 Elective

Approval #: 051428

Course Title: Reiki II

Date(s) Offered: 2014 - 2017

CE Hours: 8 Elective

Approval #: 051429

Pike Creek Reiki & Healing Arts Center

Contact: Tammy D. Petruccelli

579 Upper Pike Creek

Newark, DE 19711

Phone: (302) 530-6682

Email: PikeCreekReiki@aim.com

Website: www.PikeCreekReiki.com

Course Title: Reiki Practitioner Training - Level I

Date(s) Offered: Various

CE Hours: 6 Elective

Approval #: 081409

Course Title: Reiki Practitioner Training - Level II

Date(s) Offered: Various

CE Hours: 6 Elective

Approval #: 081410

Course Title: Reiki Master Training – Level III

Date(s) Offered: Various

CE Hours: 6 Elective

Approval #: 081411

Pure Healing Insight, LLC

Contact: Sarah G. Murray, LMT

Phone: (302) 507-6548

Email: purehealinginsight@gmail.com

Website: www.purehealinginsight.com

Course Title: Crystal Energy Therapy Level 1

Date(s) Offered: Various

CE Hours: 8 Elective

Approval #: 111406

Course Title: Crystal Energy Therapy Level 2

Date(s) Offered: Various

CE Hours: 8 Elective

Approval #: 111407

Relaxing Touch Bodyworks

Contact: Janet Fante

Phone: (302) 378-1781

Email: relaxingtouchover@verizon.net

Website: relaxingtouchover.com

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Course Title: Introduction to Shiatsu Theory & Technique

Date(s) Offered: TBD
CE Hours: 12 Core
Approval #: 011603

Course Title: Chair Massage

Date(s): TBD
CE Hours: 6 Core
Approval #: 011604

Reynolds, Michelle L.

Contact: Michelle Reynolds, LMT
Phone: (443) 553-5368
Email: michelle.cmt@hotmail.com

Course Title: Oncology Considerations for Spa Professionals

Date(s) Offered: Various (see website)
CE Hours: 12 Core
Approval #: 081402

Rosalyn Skinner

Contact: Rosalyn Skinner
Phone: (302) 236-2338
Email: bronwyndancer@gmail.com

Course Title: Reiki I

Date(s) Offered: TBD
CE Hours: 8 Elective
Approval #: 011602

Stacia's Mastery

Contact: Anastacia Mongelluzzo
Phone: (302) 377-6876
Email: astull@staciasmastery.com

Course Title: Thai-on-the-Table Techniques

Date(s) Offered: 6/7/2014, 6/9/2014
CE Hours: 16 Core
Approval #: 051401

Street, Sara

Contact: Sara Street
Phone: (302) 725-7067
Email: streetsara@hotmail.com

Course Title: Trigger Point Therapy

Date(s) Offered: Various
CE Hours: 14 Core
Approval #: 081502

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Course Title: Chair Massage

Date(s) Offered: Various

CE Hours: 6 Core

Approval #: 081503

Course Title: Deep Muscle Therapy

Date(s) Offered: Various

CE Hours: 8 Core

Approval #: 081501

Tranquil Spirit

Contact: Holly Overmyer

Phone: (302) 538-1135

Email: Tranquil_Spirit@comcast.net

Website: www.tranquilsprit.vpweb.com

Course Title: 30 Minute Sequence: Head & Sinus Massage

Date(s) Offered: Ongoing

CE Hours: 6 Core

Approval #: 051431

Course Title: 30 Minute Sequence: Foot Massage

Date(s) Offered: Ongoing

CE Hours: 6 Core

Approval #: 051432
