

**Delaware Board of Massage and Bodywork**  
**Approved Continuing Education Courses for the Period Ending August 31, 2018**

***“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.”***

Certified Massage Technicians and Licensed Massage Therapists must complete **24 hours** of continuing education (CE) during each two-year license cycle. The 24 hours of CE must include:

- Three hours in ethics, which you may take online,
- Nine hours of core credits, all which you must take *in a classroom, hands-on setting* – not online,
- 12 hours of elective or core credits, all which you may take 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

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**  
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**1 Touchistory**

Contact: Vincent Spalding  
Phone: (302) 521-7656  
Email: [touchistory@gmail.com](mailto:touchistory@gmail.com)  
Website: [www.touchistory.com](http://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

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**American College of Healthcare Sciences**

Contact: Susan Yirku

Phone: (503) 244-0726

Email: [ceapprovals@achs.edu](mailto:ceapprovals@achs.edu)

Website: [www.achs.edu](http://www.achs.edu)

**Course Title: CE 516 Aromatherapy for Massage Therapists I**

Date(s) Offered: TBD

CE Hours: 6 Elective

Approval #: 091604

**Course Title: Aroma 101 – Introduction to Aromatherapy**

Date(s) Offered: TBD

CE Hours: 6 Elective

Approval #: 091605

**Course Title: Aroma 305 – Aromatherapy Chemistry**

Date(s) Offered: TBD

CE Hours: 6 Elective

Approval #: 091606

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

Date(s) Offered: TBD

CE Hours: 19 Elective

Approval #: 091607

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

Date(s) Offered: TBD

CE Hours: 19 Core

Approval #: 091608

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**A Touch of Heaven**

Contact: Elizabeth Richmond, CMT

Phone: (302) 387-3324

Email: [heal2me@aol.com](mailto:heal2me@aol.com)

**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

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**BAMA**

Contact: Anita Benedictis

Phone: (443)- 857-9009

Email: [anitabenedictis@gmail.com](mailto:anitabenedictis@gmail.com)

Website: [www.midatlanticbodyworkers.org](http://www.midatlanticbodyworkers.org)

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**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 Massage**

Contact: Marie "Mimi" Batman

Phone: (302) 588-4548

Email: [batman.massage@gmail.com](mailto:batman.massage@gmail.com)

**Course Title: Massage Techniques for Lower Back Pain**

Date(s) Offered: Various

CE Hours: 4 Core

Approval #: 021702

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**Butterflies & Wildflowers**

Contact: Marnie Hass

Phone: (443) 350-0781

Email: [Marnie@Butterfliesandwildflowers.com](mailto:Marnie@Butterfliesandwildflowers.com)

**Course Title: Reiki I**

Date(s) Offered: Ongoing

CE Hours: 6 Elective

Approval #: 111601

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**Christopher Asay Massage**

Contact: Christopher Asay, LMT

Phone: (302) 674-4686

Email: [ChrisAsay@aol.com](mailto:ChrisAsay@aol.com)

Website: [www.christopherAsayMassage.com](http://www.christopherAsayMassage.com)

**Course Title: Body Mechanics for the Massage Professional**

Date(s) Offered: Various

CE Hours: 12 Core

Approval #: 111401

**Course Title: Preparation for National Certification Exam**

Date(s) Offered: Various

CE Hours: 24 Core

Approval #: 111405

**Course Title: Thai Massage**

Date(s) Offered: Various

CE Hours: 24 Core

Approval #: 081701

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**Delaware Technical & Community College**

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

**Course Title: Anatomy & Physiology I / BIO 120**

Date(s) Offered: Various  
CE Hours: 18 Hours Core  
Approval #: 011701

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**Inspirit Studios**

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

**Course Title: Reiki Level I**

Date(s) Offered: Various  
CE Hours: 6 Elective  
Approval #: 101402

**Course Title: Reiki Level II**

Date(s) Offered: Various  
CE Hours: 6 Elective  
Approval #: 021701

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**Jodi L Johnson**

Contact: Jodi Johnson, Reiki Master/Teacher  
Email: [Jodij32@aol.com](mailto:Jodij32@aol.com)

**Course Title: Reiki Level I**

Date(s) Offered: Monthly  
CE Hours: 6 Elective  
Approval #: 031801

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**Christine Kurz 5 Pillars Wellness**

Contact: Christine Kurz  
17 Raphael Road  
Hockessin, DE 19707  
Phone: (302) 234-6550  
Email: [christine@5pillarswellness.com](mailto:christine@5pillarswellness.com)  
Website: [www.5pillarswellness.com](http://www.5pillarswellness.com)

**Course Title: Energy Medicine for Energy and Health 101 & 102**

Date(s) Offered: Various  
CE Hours: 6 Elective  
Approval #: 011801

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**Littleton, Audra**

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

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**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](mailto:PikeCreekReiki@aim.com)  
Website: [www.PikeCreekReiki.com](http://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

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**Relaxing Touch Bodyworks**

Contact: Janet Fante  
Phone: (302) 378-1781  
Email: [relaxingtouch@verizon.net](mailto:relaxingtouch@verizon.net)  
Website: [relaxingtouchbodyworks.com](http://relaxingtouchbodyworks.com)

**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

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**Rosalyn Skinner**

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

**Course Title: Reiki I**

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

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**Street, Sara**

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

**Course Title: Trigger Point Therapy**

Date(s) Offered: Various  
CE Hours: 14 Core  
Approval #: 091702

**Course Title: Chair Massage**

Date(s) Offered: Various  
CE Hours: 6 Core  
Approval #: 091703

**Course Title: Deep Muscle Therapy**

Date(s) Offered: Various  
CE Hours: 6 Core  
Approval #: 091701

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**Tranquil Spirit Massage & Spa**

Contact: Holly Overmyer  
Phone: (302) 538-1135  
Email: [Tranquil\\_Spirit@comcast.net](mailto:Tranquil_Spirit@comcast.net)  
Website: [www.tranquilsprit.vpweb.com](http://www.tranquilsprit.vpweb.com)

**Course Title: Body Scrubs**

Date(s) Offered: Ongoing  
CE Hours: 4 hours Core  
Approval #: 091601

**Course Title: Incorporating Hot Stones**

Date(s) Offered: Ongoing  
CE Hours: 6 hours Core  
Approval #: 091602

**Course Title: Head, Neck & Sinus Massage**

Date(s) Offered: Ongoing  
CE Hours: 6 hours Core  
Approval #: 091603

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**Tranquil Spirit, Inc. (Bear, DE.)**

Contact: Katherine Schauber  
Phone: (302) 584-2019  
Email: [kschauber@hotmail.com](mailto:kschauber@hotmail.com)  
Website: [www.findtranquility.com](http://www.findtranquility.com)

**Course Title: Reflexology Workshop**

Date(s) Offered: Ongoing  
CE Hours: 13 hours Core  
Approval #: 041701

**Course Title: Reiki Level 1**

Date(s) Offered: Ongoing  
CE Hours: 13 hours Elective  
Approval #: 041702

**Course Title: Reiki Level 2**

Date(s) Offered: Ongoing  
CE Hours: 13 hours Elective  
Approval #: 041703

**Course Title: Reiki Karuna Master Level 1**

Date(s) Offered: Ongoing  
CE Hours: 13 hours Elective  
Approval #: 041704

**Course Title: Reiki ART/Master Level**

Date(s) Offered: Ongoing  
CE Hours: 13 hours Elective  
Approval #: 041705

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**Virginia "Ginny" K Fisher, LMT**

Contact: Virginia "Ginny" K Fisher, LMT  
Phone: (302) 545-0972  
Email: [Ginnykfisher@hotmail.com](mailto:Ginnykfisher@hotmail.com)  
Website: [www.GinnyKFisher.com](http://www.GinnyKFisher.com)

**Course Title: S'Pectacular Attachments**

Date(s) Offered: TBD  
CE Hours: 4 Core  
Approval #: 041801

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**Zing Nafzinger**

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

**Course Title: Reiki I**

Date(s) Offered: As Needed  
CE Hours: 8 Elective  
Approval #: 091609

**Course Title: Reiki II**

Date(s) Offered: As Needed  
CE Hours: 8 Elective  
Approval #: 091610



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**Course Title: Reiki III – Pt.1 Advanced Reiki Training**

Date(s) Offered: As Needed

CE Hours: 8 Elective

Approval #: 111602

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