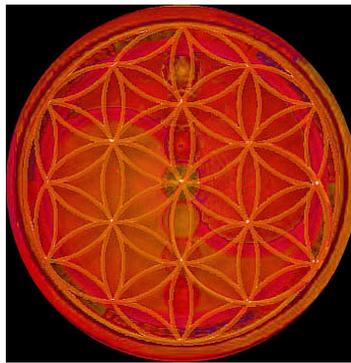


POLARITY HEALING ARTS OF CALIFORNIA

310-455-7873



January - December 2016
Course Catalog
Policies and Procedures

Administration Office
19600 Cave Way
Topanga, CA 90290
www.PolarityHealingArts.com

Advancing the skills of healing practitioners for over 20 years.

Polarity Healing Arts of California

Thank you for your interest in Polarity Healing Arts of CA. As a prospective student you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which will be provided to you prior to signing an Enrollment Agreement.

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Polarity Healing Arts of California

Philosophy and Vision

The purpose of Polarity Healing Arts of California is to provide educational classes and programs to individuals desiring healing and self-awareness for themselves and others. We offer education for the advancement of life energy-based healing skills. Our educational programs are intended for those who wish to practice the natural hands-on healing techniques of Massage Therapy, Polarity Therapy, Integrative Craniosacral Unwinding, Aroma Therapy, and other therapeutic techniques.

Our classes are open to all who are beginning their journey into the healing arts as well as those who are currently practicing body-mind-spirit healing arts, such as massage therapists, bodyworkers, chiropractors, doctors, nurses, and acupuncturists.

Our mission is to teach individuals how to maximize their efficiency in the practice of Life Energy healing skills, how to respect the boundaries of their clients, and how to provide an optimal healing environment by learning how to work with Life Energy.

Polarity Healing Arts of California is approved by:

- The American Polarity Therapy Association [APTA].
- The National Certification Board for Therapeutic and Massage Bodywork [NCBTMB]— Category "A" approved.
- The California Bureau for Private Postsecondary Education [BPPE]— in accordance with the provisions of California Education Code 94900 and/or 94915. [Approval to operate means compliance with the minimum state standards and does not imply any endorsement or recommendation by the state or by the council.]
- State of California Board of Registered Nursing
- State of California Acupuncture Board
- National Certification Commission for Acupuncture and Oriental Medicine.

Polarity Healing Arts of California

Program Overview

All trainings at Polarity Healing Arts of California are designed to meet the requirements for professional practice as determined by the Bureaus for Private Post-Secondary Education (BPPE), the California Massage Therapy Council (CAMTC) and the American Polarity Therapy Association (APTA). Our Polarity curriculum has been developed over the past thirty years and is based on the life work of Dr. Randolph Stone and the Polarity Wellness Network.

Polarity Healing Arts of CA offers the following programs:

- * Integrative Massage & Bodywork Practitioner Program (IMBP) - 550 hours
- * Integrative Craniosacral Unwinding Program (ICSU) - 216 hours
- * Associate Polarity Practitioner Program (APP) - 139 hours
- * Registered Polarity Practitioner Program (RPP) - 438 hours

Graduates of our IMBP program are eligible to gain a massage license through the California Massage Therapy Council (CAMTC). Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code sections 4600 et. seq.

Graduates of our APP program are eligible to join APTA as Associate Polarity Practitioners and can continue on for advanced Polarity Therapy training at Polarity Healing Arts of California or any of the many Polarity Wellness Network schools throughout the U.S. and Europe. Graduates of our RPP program are eligible to join APTA as Board Certified Polarity Practitioners (BCPP).

Graduates of our programs may receive a certificate which is approved by the following associations: NCBTMB, ABMP, California BPPE, and APTA.

For more information on our programs see Program Requirements, Fees, and Course Descriptions.

Polarity Healing Arts of California

Faculty

Gary B. Strauss, RPP, PWE, MS

CEO / Executive Director / Senior Instructor

Gary B. Strauss founded Polarity Healing Arts in 1986 and is dedicated to its ongoing evolution and success. He is the founder and executive director of the Polarity Therapy and Integrative Craniosacral Unwinding programs offered through the Institute of Psycho-Structural Balancing [IPSB] in Culver City, California, the Southwest Institute of Healing Arts [SWIHA] in Tempe, Arizona, The Open Center in NYC and is the senior instructor for the Polarity Wellness Network.

Gary brings over 30 years of training and practice to the teaching of Polarity and Integrative Craniosacral Unwinding and has trained thousands of students in the U.S. and Europe. He facilitates retreat-style intensive trainings in Hawaii, Switzerland, and California, and maintains an active private practice in Los Angeles, Arizona, and New York. His intention is to activate the astounding nature of the elements in a way that expands freedom to fulfill one's highest potential. Currently, Gary is creating a sanctuary in the Santa Monica mountains for people to unwind the stresses of civilized living, thereby deepening their relationship and connection with their inner wisdom and true nature.

Tracy Griffiths, RPP, PWE, CMT

CAO / Executive Director / Senior Instructor

Tracy is the program director for Polarity Healing Arts and has been practicing in the healing arts since 1988. She is a graduate of the Institute of Psycho Structural Balancing, where she also teaches the APP program. Tracy utilizes and weaves her training in the martial arts, massage therapy, yoga and essential oils into her classes, offering diverse, integrative and practical approach to this work. Tracy is greatly devoted to sharing her knowledge with others for the purpose of personal deepening and connection to their own inner wisdom. As the program director she works with Strauss to create and implement curriculum for students to explore the diversities of the healing arts. She is dedicated to bringing this work out into the world and provides the environment to assist others in their personal quest for growth and healing.

Polarity Healing Arts of California

Vincent Punturere

Classes: Anatomy & Physiology I & II, Palpation Skills, Hydrotherapy

Dr. Punturere is a graduate of Los Angeles College of Chiropractic. Prior to Beginning his chiropractic training he was a dancer and massage therapist. From his varied background, he blends these perspectives into his instruction of anatomy and physiology to provide students of bodywork with a unique combination of academics and practicality. Dr. Punturere is very active in community services. His chiropractic practice is affiliated with Living A 100 Year lifestyle, a concept of wellness living.

Toi Beaman Leal, CMT, CDC

Classes: Fundamentals of Massage, Advanced Circulatory Massage, Business & Ethics for the Bodyworker

Toi has been a massage instructor since 2008, bringing her compassionate nurturing and light-hearted nature to her classes. Prior to becoming a wellness Professional, Toi spent 25 years in Human Resources with a Fortune 20 company and is highly skilled in coaching and counseling individuals and groups. She is a professional life coach where she also applies her passion for holistic wellness and a strong belief in caring for one's mind, body and spirit in equal measure. She maintains private coaching and massage practices in Los Angeles and is on staff with physical therapy and chiropractic offices.

John Matsunaga

Classes: Fundamentals of Massage, Contraindications & Pathology, Advanced Circulatory Massage

In John's early career he was a professional photographer and also taught golf and tennis. He had long been the "family massage therapist" and the response he received influenced him to pursue massage therapy when he sought a career change. John began his massage studies in 2000, and has volunteered his services as a teacher's assistant for over 1800 hours of classes.

Dee Long, Ms.T, CMT

Classes: Fundamentals of Massage, Advanced Circulatory, Business & Ethics for the Bodyworker

Dee has explored massage not just as a career, but as a way of life and being. In 1995 she began sharing this transformative experience with others when she began teaching massage. She has also taught at Emperor's College of Oriental Medicine, and while there, supervised in the student massage clinic. She has been a massage therapist in several settings including chiropractic, private practice, Burke Williams for nine years, seven years as a massage therapist and two as a massage department manager. When not teaching, Dee enjoys a great variety of outdoor activities including triathlons, surfing, hiking, camping, fishing, skiing and snowboarding.

Lisa Chan

Classes: Acupressure, Reflexology – Basic Ear; Basic Foot, Basic Hand

Acupuncturist Lisa M. Chan, has training in craniosacral therapy, polarity therapy, Reiki and several other healing modalities. She has been a reflexology teacher for over 13 years and a healing arts practitioner for over 20 years. As a Doctor of Traditional Chinese Medicine, Lisa has continued to demonstrate her exceptional healing gifts through her practice of acupuncture, use of herbs and energy work.

Elizabeth Jacobowitz, MA, HHP

Classes: Sensory Repatterning I, II & III

Elizabeth brings a well-rounded approach to learning and growth by incorporating kinesthetic, artful, engaging activities to the classroom. She facilitates change and transformation by guiding students and clients in remembering, reconnecting, and rediscovering their body, mind, and soul. Elizabeth holds a Master's in Expressive Arts Therapy from the European Graduate School, as well as a Bachelor's in Health and Exercise Science from Syracuse University. She has also studied massage and body-work at the International Professional School of Bodywork in San Diego. Elizabeth now teaches introductory bodywork, integrative somatic work, and self-care for helping professionals in cities such as Los Angeles, San Diego and Decorah, Iowa.

Dina Fraboni, RPP, CPE, LMT

Classes: Polarity

Dina is a certified Polarity Educator through the American Polarity Therapy Association, certified Advanced Thai Yoga Therapist, licensed massage therapist, and ordained minister. Currently as a member of the teaching staff at Polarity Healing Arts she co-facilitates the 178hr Associate Polarity Therapy program, and is a contributing teacher in the 500hr advanced Polarity, Craniosacral and Teacher Training programs. Dina has also served as guest teacher in the APP program at The Southwest Institute of Healing Arts in Tempe AZ, and been a part of the teaching team of Polarity In Paradise a retreat intensive in Hawaii for 3 years.

Kat Damiano, CMT, RYT200

Classes: Exam Preparation & History of Massage, Prenatal Massage, Postnatal Massage

With over a decade of therapeutic bodywork, yoga, meditation, nutrition and holistic health experience, Kat has dedicated her private health & wellness practice to assisting women through the challenges of pregnancy and beyond. Through her own pregnancy, and postnatal recovery, she discovered how personalized bodywork, yoga and meditation helped her to move beyond fear-based thinking, to understand and trust in the wisdom of her body. Kat is passionate about helping others tune inward, accessing the body's natural desire to heal. Originally from New Zealand, Kat has lived in California since 1998. She is a registered Yoga Instructor and is studying to become a Somatic Experiencing Practitioner.

Tony Poland, CMT

Classes: Sports I & II, Trigger Point I & II

Originally from Tennessee, Tony's primary focus is working with athletes in an injury prevention and recovery practice. He works with a Physical Therapy Clinic, treating the general population. He also works under USOC Athletic Trainers treating the U.S. Olympic Volleyball teams and has accompanied the two indoor teams to the 2012 London games! Tony leads various sports massage and volunteer chair massage teams throughout the year, taking care of cyclists, runners and rowers, and regularly participates in sport-based, nonprofit fundraisers. He is currently a full-time student pursuing a program for Certified Chiropractic Sports Practitioner.

Eleonore Koury, RMT

Classes: Reiki – Level I & II

Eleonore Koury has been a student of various spiritual, healing, and meditation traditions since 1990. She holds a Bachelor of Arts in Psychology, is a Reiki Master Teacher, Healer, Breath and Body Worker, Meditation Coach, Author and Speaker. Eleonore is Author of Seeds of Love, A Personal and Planetary Transformation. She has been featured in The Reiki Magazine, published in the Awareness Magazine, and appeared on The Conner Bubble for the Nutritional Literacy – Holistic Approach series. Currently she is based in Southern CA., working with individuals and groups in various locations throughout Los Angeles. She also teaches the Reiki portion of the Urban Zen Program at Yoga Works, Los Angeles.

James Arena, RPP, CPE

Classes: Polarity

James Arena has been practicing Polarity Therapy since 1979. He began his search for alternative and deeper healing when challenged with his own health issues and found Polarity Therapy to be the most effective method of self-healing. His studies have included Emotional Anatomy, Polarity Craniosacral Therapy and specialize in "voice-dialogue", which reaches interior conflicts to create resolution and natural harmony. James has been featured on several health talk radio programs nationwide and his special and unique approach to this healing art spans to over 25 years of service.

Mary Hardin, RPP, PWE, CPE, CMT

Classes: Polarity

Mary Hardin first came to Polarity and Craniosacral Unwinding as a client in the early '90s. After experiencing a particularly transformative session, she enrolled in her first Polarity class in 1998 "to find out what this was all about..." She continues to study, explore and witness the power of this work to change her life and that of others. Now, a graduate of Polarity Healing Arts and the Institute of Psycho Structural Balancing, she maintains a private practice in Polarity and Craniosacral Unwinding and teaches introductory Polarity classes at Polarity Healing Arts of California and the Massage School of Santa Monica.

Polarity Healing Arts of California

Locations and Facilities

Class Locations

Massage tables are provided for students. Students are required to bring their own sheets (twin-size with pillowcase) and a hand towel. Polarity Healing Arts holds classes at the following satellite locations:

Temescal Canyon Gateway Park, Conference and Retreat Center

15601 Sunset Blvd.

Pacific Palisades, CA 90272

Limited free street parking or paid lot parking at this location.

Institute of Psycho-Structural Balancing [IPSB]

5817 Uplander Way

Culver City, CA 90230

Free parking is available at this location.

Administrative Office

Students may visit the administrative office *by appointment only*, to purchase books or to register for classes.

Polarity Healing Arts Administrative Office

19600 Cave Way

Topanga, CA 90290

Class Facilities

While occupancy levels require up to 50 students at one time, to maintain school philosophy of personalized instruction, enrollment for technique classes is limited to 24 students. The facility is designed to accommodate Demonstration and practice of massage and bodywork techniques on massage Tables (massage tables provided). The atmosphere is comfortable and informal, With an emphasis on creating a safe and supportive environment for personal growth and development. Polarity Healing Arts, the facilities and equipment fully comply with any and all federal, state, and local ordinances and regulations including the requirements for fire safety, building safety and health codes.

Materials

Polarity Healing Arts provides tables and massage oil for all massage classes. Students provide sheets for all technique classes. Fundamentals of Massage students must also provide books and colored pens. Advanced classes may require purchase of books and additional materials not included in tuition. Some textbooks may be available from Polarity Healing Arts, and may also be purchased from any seller of the student's choice. Manuals specific to the course must be purchased from the instructors. For the Integrative Massage & Bodywork Program is \$413, including materials for the Fundamentals of Massage class. A complete list of required and recommended materials for all courses is available upon request.

Polarity Healing Arts of California

Student Services

Open Houses

Polarity Healing Arts holds open houses regularly throughout the year; see the schedule or contact the school for dates/times. Attendees receive an introduction to the school's history and philosophy and see techniques from the various classes demonstrated by instructors. These orientations are very helpful in providing prospective students the opportunity to experience the PHA environment. Prospective students may also contact the school to arrange a tour and informational meeting with a staff member.

Library

Polarity Healing Arts has a small reference library that covers a range of topics related to health and metaphysics. It may be accessed during office or class hours. A limited number of titles may be checked out through the office.

Student Store

We offer a selection of books that can enrich the student's studies, available for purchase. Required or suggested book fees are not included in the tuition fees.

Housing

All Polarity Healing Arts programs are non-residential. There are no dormitory facilities and Polarity Healing Arts does not have a responsibility to find or assist a student in finding housing. For students wishing to secure nearby Housing there are multiple hotels and residential rentals.

Placement and Salary Claims

The school does not have a formal placement service however does receive employment postings which are made available to students. Polarity Healing Arts does not make salary claims.

Licensing

As of January 1, 2015 bill AB 1147 requires CMT applicants to have 500 hours of education from CAMTC approved schools and have passed a CAMTC approved exam, as well as meet all of the other requirements in the law in order to be certified.

Student Rights

Polarity Healing Arts students may expect:

- Fair and effective teaching
- Information Privacy
- The right to review his/her school records
- Due process and an impartial hearing in any disciplinary matter.

Polarity Healing Arts of California

Class Schedule

Polarity Healing Arts offers year-round programs including daytime, evening, and weekend classes to accommodate students with diverse schedules. Current schedules are included in this catalog. For more information, contact the Polarity Healing Arts Administrative Office at **(310) 455-7873** or visit **www.polarityhealingarts.com**

Complaints

Persons seeking to report problems or issue a complaint should first contact their primary instructor and may also contact the Managing Director, Kat Damiano by calling 310-455-7873. A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589 toll free.

Financial Statement

None of the following applies to Polarity Healing Arts: Pending petition in bankruptcy, operating as a debtor in possession, filing a petition within the preceding five years, or has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C Sec. 1101 et seq.)

Admission Information

Free Introductory Workshops

Polarity Healing Arts holds free introductory classes for Polarity Therapy and Integrative Craniosacral Unwinding every spring and fall. [See insert for times, dates, and locations or contact the school.] Instructors demonstrate techniques and introduce the philosophy of our training and our school. Attendees may also participate in simple energy exercises and perform basic moves with each other. These orientations are very helpful in presenting the basic principles of the work in a welcoming, creative, and fun atmosphere.

Application

An application is required for all new students. All questions must be answered in detail. The form is available in this catalog, from the Polarity Healing Arts Administrative Office, or on the Polarity Healing Arts website.

Enrollment Requirements

Students may enroll any time prior to the start of a class. Applicants are encouraged to enroll at least two weeks before the starting date in order to guarantee a place in class. Enrollment is limited to 30 students.

Polarity Healing Arts of California

Enrollment is based upon a student's character and intentions for being a healing arts practitioner, ability to satisfy financial commitments, and the ability to complete the course work as determined by submission of a completed application. In addition, the applicant must:

- Be a high school graduate or equivalent.
- Be at least 18 years of age.
- Be physically fit enough to perform bodywork.
- Have a serious intention to help others.
- Have reasonable command of the English language.

Polarity Healing Arts accepts applicants without regard to age, sex, race, or personal beliefs. The school may refuse applicants who it deems are not suited or qualified for this field or for the style of education of our institution.

Interview

After the completed enrollment application is received, the program applicant will be contacted to schedule an appointment for an in-person interview with a Polarity Healing Arts staff member. This interview is to evaluate the application and to complete the Polarity Healing Arts orientation. An enrollment interview also is required for admission to the Integrative Massage & Bodywork Practitioner program.

Acceptance into a Program

After the applicant is determined eligible for admission, a contract is prepared and signed. As a prospective student you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review The School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

Registration Fee

A \$75 registration fee is required for each new program enrollment. It is not part of the tuition, nor is it refundable. Students signing up separately for the 150 Hr Program and the 550 Hr Program, will incur a \$75 fee for each program.

Program Tuition

Associated Polarity Practitioner (APP)	\$2113
Registered Polarity Practitioner (RPP)	\$6650
Integrated Craniosacral Practitioner (ICSU)	\$3383
Integrated Massage & Bodywork Program (IMBP)	\$6700

Transcript Fees

Transcripts fees are charged for the processing of official documents. Fees for transcripts and certificates are \$10 each. Please contact the office to for further information.

Polarity Healing Arts of California

Payment Options

Payment in full for each class should be made at the time of registration. However, installment arrangements can be made through the administrative office for any of the courses or programs offered. Visa, MasterCard, Discover, and American Express are accepted. Call our Administrative office to inquire about a payment plan to fit your financial needs. For registration in an entire program, we offer payment plans from 6-18 months with no interest, only to students in good standing with the school.

Financial Aid

If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds. Polarity Healing Arts of CA does not participate in federal or state financial aid programs.

Attendance

Students are expected to attend all scheduled classes. The instructor of each class will record absences and tardiness. If a scheduled class is missed, the student must complete classroom hours and instructional material at a later time. Make-up sessions may be personally arranged with individual instructors. No classes are scheduled on legal holidays. Failure to complete the hours of classroom attendance required for a course will result in an "incomplete" assessment by Polarity Healing Arts, and any Certificate of Completion will be withheld until all required hours are completed. Students who are absent more than twenty percent of a course will be required to repeat the course.

Leave of Absence Policy

If a student needs to take a leave of absence from the program, the student may request a refund for classes not yet taken, less a \$50.00 deposit and any STRF fees.

Clock Hour Definition

One clock hour is defined as 56.5 minutes of lecture or practical and 3.5 minutes of rest time. All classes are calculated based upon a 60-minute clock hour. One hundred and fifty clock hours are equivalent to 139.60-minute hours.

Polarity Healing Arts of California

General Policies

Accreditation

Polarity Healing Arts is not accredited by an accreditation agency recognized by the United States Department of Education.

Language

All classes and class materials are taught in English. Polarity Healing Arts does not provide language translation services.

Student Conduct

At the discretion of the instructor, a student may be dismissed from class for serious or repeated incidents of intoxication or drug use. Possession of drugs, alcohol, or a weapon, exhibiting behavior that creates a safety hazard to others, or disobedient or disrespectful behavior toward a student, teacher, or administrator are also grounds for dismissal. There is no probationary option for dismissed students. Consideration of possible re-admittance will be handled on a case-by-case basis.

Dress Code

While we maintain a casual campus atmosphere, students are asked to respect that the classroom is a professional environment and dress accordingly. Suggested apparel for technique classes is something appropriate for a gym or yoga class that allows bending, stretching, lunging and kneeling. Women's dress should include appropriate coverage and support for breast area. No bare midriffs are permitted for women or men. Long sleeves are not advised, as you students will be working with oil on hands and forearms. Students are recommended to layer clothing for temperature changes. Students are asked to not wear jewelry to class. PHA is not responsible for lost or stolen articles.

Hygiene Policy

Students are requested to exercise good personal hygiene in class and to bring personal hygiene items as may be needed. Anyone who perspires heavily when active, is recommended to wear a head-band, bring a towel to wipe down, reapply deodorant during class breaks, and bring a change of clothing if necessary. Massage tables and face-rests will be cleaned with anti-bacterial spray at the end of each class.

Draping Policy

Only ever uncover the area you are working on unless modality specific in context with the treatment, the pathology and within your scope of practice. The therapist must leave the room before the client undresses and before the client gets up from the table at completion of the massage. If assistance is requested by the client, only remain in clinic room to assist the client on and off the table. Use a clean, dry set of linen for every client. Draping techniques should be proficient - minimize the amount of adjusting. Only massage to the edge of the draping. Offer to place a bolster under the ankles and knees.

Graduation/Course Completion Requirements

The following criteria may be used to evaluate a student's mastery of the theory and techniques presented within the program:

- Attendance and punctuality
- Class participation, attentiveness, enthusiasm
- Theoretical application
- Practical application of techniques, including sensitivity, concentration, and relatedness.
- Students will graduate only if all monies are paid, all evaluations are passed, and all assignments and hours are completed.
- Missing hours, evaluations, and assignments must be made up within a three (3)-month period from the graduation date. Make-ups after that date will not be accepted and the class will be considered failed.

A written request for an extension of the make-up period may be considered, but no make-up will be permitted beyond one year from a course end date.

Withdrawal, Refund and Cancellation Policies

Students have the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. Any cancellation must be given in writing either in person or by mail or email to an administrative email address. Students shall be given until midnight following the first day of instruction to withdraw from a course and to receive a refund of all tuition paid less a \$50 deposit. Registration and STRF fees are not refundable. Refunds for cancellation after that period are based on a pro rata calculation. Students will be charged for the hours of instruction received up to the date the student formally cancels his/her enrollment. Any refunds due will be made within thirty (30) days of the formal cancellation date. Refunds are based on the following formulas and on advanced payment in full.

10% Hours of Instruction 90% Refund
25% Hours of Instruction 75% Refund
50% Hours of Instruction 50% Refund
60% Hours of Instruction 40% Refund
75% Hours of Instruction 25% Refund
100% Hours of Instruction No Refund

Each: **Less the \$50 deposit and a \$10 processing fee.**

* PHAC reserves the right to cancel any class within 3 days of the class start date. If a class is cancelled, the student will receive a full refund within 7 days of the scheduled start date for the class.

Discounts

Polarity Healing Arts offers the following discounts in any program.

There are no double discounts applied to the same invoice.

- Re-Take Discount – 50% off any class that is a repeat course previously attended at PHA.
- Program Discount – 5% off

- Paid-in-Full Discount – 10% off a program that is fully paid in advance.

Record Retention

Records are retained on-site for a period of no less than five years. Transcripts are available permanently. Release of records including Transcripts requires student's written authorization.

Grading Policy

Grades are based on an evaluation of pass or fail.

Transferring Credits

Due to the unique nature of our curriculum, PHAC generally does not accept credits from other healing arts institutions.

Notice concerning transferability of credits and credentials earned at our institution.

The transferability of credits you earn at PHAC is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in Polarity Healing Arts educational program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending PHAC to determine if your certificate will transfer.

Licensing Requirements

CAMTC approved schools have met minimum standard for training and curriculum, and training hours may be accepted toward education requirements for Certified Massage Therapist applicants. Applicants for CAMTC certification shall have completed at least 500 supervised hours with a minimum of 100 of those hours satisfying CAMTC specified subjects.

Attendance and/or graduation from a CAMTC approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et.seq.

Pursuant to California Business and Profession Code section 4611, it is an unfair business practice for a person to do any of the following:

To hold himself or herself out or to use the title of "certified massage therapist" or "certified massage practitioner" or any other term such as "licensed", "certified", "CMT", or "CMP", in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the California Massage Therapy Council.

To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 320, Sacramento, CA 95814, www.camtc.org, phone 916-669-5336, or fax 916-669-5337.

There is no specific license required to practice Polarity Therapy or Integrative Craniosacral Unwinding in California. For practitioners intending to practice Polarity Therapy and Craniosacral Unwinding in California, it is recommended that you obtain a massage license for the city or county you wish to practice in or obtain a California State Massage License through the California Massage Therapy Council in Sacramento.

California presently offers a voluntary statewide licensing program for bodywork therapists. All state approved massage/bodywork schools offer certification for the state of California. Certification is not to be confused with licensing. Most cities and counties in California require a valid massage certificate prior to granting a license to practice. Polarity Healing Arts of CA classes are applicable to the voluntary state licensing program for massage therapists.

Polarity Healing Arts of California

Program Requirements, Fees, and Course Descriptions

Associate Polarity Practitioner (APP) Program

The Associate Polarity Practitioner program is the first step on the journey of exploring Life Energy at Polarity Healing Arts of California. The five core classes (described below) are designed to help the student explore, discover, and uncover their own skills and talents while learning the fundamental techniques of Polarity Therapy. In addition, the APP program can stimulate and support a student's self-healing process and help them begin or deepen their own spiritual journey.

The following course work is required to complete the APP program:

Polarity Therapy I (16 hours)

Polarity Therapy II (42 hours)

Communication, Resonance & Relations I (42 hours)

Evaluation (17 hours)

Study Group (21 hours)

Total 139 hours

In addition to these class requirements, to be eligible to register as an Associate Polarity Practitioner with the American Polarity Therapy Association, a student must also:

- Receive 5 polarity sessions from a Registered Polarity Practitioner [RPP] approved by the school. Session fees in addition to total program fee. Fee varies by instructor. Fee range: \$85 - \$125/session.

- Complete 30 written case studies that are reviewed by an RPP from the Polarity Healing Arts Mentorship Program. [These 30 case studies are applicable toward the 100 case studies required for RPP eligibility.] Fee for Case Study review in addition to total program fee. Fee varies by instructor. Fee range: \$85 - \$125/session.

Polarity Healing Arts of California

APP Program Course Descriptions

Polarity Therapy I

16 hours

This class sets the foundation for all the other classes in the Polarity programs and introduces the basic principles of how energy flows in the body. Students learn the Polarity General Session, a complete bodywork protocol for aligning and balancing Life Energy. Emphasis is placed on developing the art of touch and understanding the relationship between body, mind, and spirit in the healing process. Using hands-on contacts, toning, breathing, and gentle counseling techniques, Polarity Therapy embodies a complete holistic health care approach that can be used with many other bodywork modalities.

Polarity Therapy II: " The Elements"

42 hours

Polarity Therapy is based on five elements [Ether, Air, Fire, Water, and Earth] and understanding how those elements are expressed energetically in the body. This class offers an in-depth exploration of the elemental qualities of energy. Students learn bodywork protocols and basic Polarity exercises for balancing each element. Emphasis is placed on understanding how the elements are moving in our own lives and bodies, so that we can work with these energies in others. This class often includes excursions to experience the elements in nature.

Communication, Resonance & Relations I

32 hours

This class focuses on verbal and non-verbal communication skills to help establish healthy boundaries between practitioner and client. The class facilitates finding rapport and understanding during a session. This class, while not a substitute for psychological training, explores the relationship between mind and body with an emphasis on integrating verbal work with bodywork. Students learn to talk to the energy of the system, to help guide their clients to resolution without getting too caught up in the content of someone's story.

Polarity Healing Arts of California

Evaluation

17 hours

This class helps students integrate their polarity skills to create balanced sessions, time management skills, and appropriate boundaries. The class also helps prepare students to begin their practice. It focuses on integrating verbal and non-verbal techniques and helps the student learn to focus on the issue and to get to the point with each client they work with. The student also learns how to write up case studies using evaluative and management skills.

Study Group

21 hours

Study Group provides students with an opportunity to do an entire session on a client they do not know and to receive reflection and feedback from their instructors and peers. Each practitioner is encouraged to embrace personal strengths and to meet challenges that unfold during an actual session that is witnessed by others.

Polarity Healing Arts of California

Registered Polarity Practitioner (RPP) Program

The Registered Polarity Practitioner program is an advanced training in Polarity Therapy that provides students with an in-depth exploration of the Life Energy healing protocols developed by Dr. Randolph Stone.

The following course work is required to complete the RPP program:

Advanced Elements (36 hours)
Advanced Study Group/Student Clinic (16 hours)
Advanced Supervision (16 hours)
Autonomic Nervous System (24 hours)
Business & Ethics (32 hours)
Radiant Cleanse (21 hours)
Communication, Resonance & Relations II (32 hours)
Energetic Nutrition (16 hours)
Five-Pointed Star & Lymphatic System (16 hours)
Integration of RPP Skills (8 hours)
Practicum/Internship (45 hours)
Polarity Exercise (14 hours)
Radiant Cleanse (21 hours)
Six-Pointed Star & Colon (16 hours)
Spinal Balancing (24 hours)
Craniosacral Unwinding Classes I, II, & III (72 hours)
Additional electives are also required (50 hours)

Total 438 hours

In addition to these class requirements, to be eligible to register as a Registered Polarity Practitioner with the American Polarity Therapy Association, a student must also:

- Complete the requirements for the APP program.
- Provide transcript showing the completion of 100 hours of Human Anatomy
- Receive 10 polarity sessions from an Registered Polarity Practitioner approved by PHAC. Session fees in addition to total program fee. Fee varies by instructor. Fee range: \$85 - \$125/session.
- Complete 70 additional written case studies [for a total of 100 case studies] that are reviewed by an RPP from the Polarity Healing Arts Mentorship Program Fee for Case Study review in addition to total program fee. Fee varies by instructor. Fee range: \$85 - \$125/session.

Polarity Healing Arts of California

RPP Program Course Descriptions

Advanced Elements

36 hours

This class helps students gain a deeper relationship with the five elements. It explores the physical anatomy of Dr. Stone's oval fields and looks at how the chakras shape and are shaped by our experiences. How behavior and culture impact those experiences and the psychological and spiritual implications of trauma and abuse are also discussed. Students learn to develop clinical applications of Polarity Therapy to assist clients facing specific physical conditions.

Advanced Study Group/Student Clinic

16 hours

This class provides an opportunity to work with clients under direct clinical supervision. The practitioner becomes empowered through self-reflection and peer/instructor feedback in the clinical setting.

Advanced Supervision

16 hours

Students bring examples of specific case studies they have done that have been personally challenging. These examples are examined and reflected in such a way that helps students explore their personal process and practice, especially concerning transference and counter-transference issues. Supervision work is essential to keep the client/practitioner relationship clean, clear, and healthy.

Autonomic Nervous System

24 hours

The autonomic nervous system is the interface between mind and body. Students learn advanced techniques to release holding patterns in the spine, brachial plexus, perineum, and coccyx that bring balance to the parasympathetic/sympathetic nervous system and help to integrate mind, body, and spirit.

Communication, Resonance & Relations II

32 hours

This class offers an opportunity to review and master the skills learned in Communication for Bodyworkers I. It explores new ways of speaking directly to the cause of a client's distress and crisis. It helps students strengthen their boundaries and develop skills in pattern interruption, metaphors, and future pacing. Student will receive direct coaching in evaluating their own patterns of communication and will be supported in finding ways to break those patterns.

Energetic Nutrition

16 hours

Students learn to recognize the elemental qualities of food. Students explore tools like food diaries to help them honor their clients' relationships and

patterns with food. This class integrates esoteric, energetic, traditional, and scientific understanding of nutrition. It provides experience and awareness that help students guide their clients toward a balanced and holistic relationship with food.

Five-Pointed Star & Lymphatic System

16 hours

The five-pointed star in the body can reveal how we experience life. This class involves recognizing this image in our clients and learning techniques for bringing the system into balance. It also focuses on cleansing and fortifying the body's energetic lymphatic system by understanding its anatomy and physiology and using energetic lymphatic massage. Students learn which herbs, essential oils, and food facilitate keeping the system clean and healthy.

Integration of RPP Skills

8 hours

This class explores ways for students to incorporate all of the skills and tools they've learned and to use them in a polarity session.

Practicum/ Internship

45 hours

This is the final classroom experience for students who have completed all the other RPP classes. Each student gives a session to a client in front of the entire class and then receives feedback from teachers and classmates. It is an empowering experience and a rite of passage into private practice.

Polarity Exercise

14 hours

In this class students explore stretching postures, breathing, and sound as a way of increasing vitality and flexibility and to balance each of the five elements within the body. Students learn ways of using Dr. Stone's exercises with their clients to help continue on their own the work that begins during a polarity session. Polarity exercise is easy and fun and can be done by almost anyone regardless of age or physical condition.

Radiant Business, Radiant Life

32 hours

This class gives students a foundation in professional ethics and helps strengthen their business and boundary skills. The intention is to empower, prepare, and motivate students to become successful financially, emotionally, consciously, and spiritually while honoring their work in life.

Polarity Healing Arts of California

Radiant Cleanse

21 hours

As one makes the commitment to cleanse and the old debris falls away, our life energy becomes lighter and clearer. Cleansing can be an extremely insightful and inspirational process as it helps us create the space in our lives to become more vibrant and stronger. Using Dr. Stone's Health Building techniques as our guideline, this class includes concepts of cleansing through a self-exploratory process. Students work at their own pace and learn to and principles for spiritual, mental, emotional, and physical rejuvenation.

Six-Pointed Star & Colon

16 hours

The six-pointed star has two triangles, one facing up and the other down. Dr. Stone said, "As above, so below. What goes on in the earth also goes on in heaven." Students learn to integrate these fields by balancing the highest frequencies of the spine with the lowest frequencies of the colon.

Spinal Balancing

24 hours

This class explores Dr. Stone's techniques of balancing the sacrum and aligning the spine. The spine is the tree of life, which rests on the sacrum or "sacred bone". When the sacrum and spine are aligned, the cranium opens like a flower. Students learn muscle and vertebrae releases, stretch releases, spinal harmonics, and evaluation skills, and practice energetic clearing of the spinal cord, vertebrae, nerve pathways, and the ultrasonic core.

Polarity Healing Arts of California

Integrative Craniosacral Unwinding™ (ICSU) Program

At the completion of this program, a certificate is granted. The following course work is required to complete the Integrative Craniosacral Unwinding™ program:

Craniosacral Unwinding I (24 hours)
Craniosacral Unwinding II (24 hours)
Craniosacral Unwinding III (24 hours)
Craniosacral Unwinding IV (16 hours)
Craniosacral Unwinding V (16 hours)
Craniosacral Anatomy & Listening Skills I (16 hours)
Craniosacral Anatomy & Listening Skills II (16 hours)
Communication, Resonance & Relations I (32 hours)
Evaluation (17 hours)
Study Group (21 hours)
Total 216 hours

In addition to these class requirements, a student must also:

- Receive 5 cranial sessions from a Registered Polarity Practitioner [RPP] approved by the school. Session fees in addition to total program fee. Fee varies by instructor. Fee range: \$85 - \$125/session.
- Complete 30 written cranial case studies that are reviewed by an RPP from the Polarity Healing Arts Mentorship Program. [These 30 case studies are applicable toward the 100 case studies required for RPP eligibility.] Fee for Case Study review in addition to total program fee. Fee varies by instructor. Fee range: \$85 - \$125/session.

Polarity Healing Arts of California

ICSU Program Course Descriptions

Craniosacral Unwinding I

24 hours

This class sets the foundation for the Integrative Craniosacral Unwinding Program. It explores the concepts of the Craniosacral rhythm, fluid tides and the connective tissue system of the body. The focus of the class is on developing palpation skills or cranial touch. The way we touch the body in cranial work is unique and it allows students to listen to the client's system in a deeper way. Students are also introduced to the concept of holding space for the client so that the internal intelligence of the system can be contacted. In addition, this class also explores finding and having boundaries between practitioner and client and unwinding tissue by tracking the inherent movements in the body.

Craniosacral Unwinding II

24 hours

This class focuses on physical and energetic techniques for working with the bones of the cranium and their relationship to the body through the connective tissue system. Students learn to unwind facial bones and explore techniques for working in the mouth and unwinding teeth. This class also looks at classic and energetic still-point induction techniques that can be done at both the occiput and the sacrum.

Craniosacral Unwinding III

24 hours

This class integrates all previous work and provides a deeper understanding of full body unwinding. It supports students in finding their "way" with this work by learning to relate to and move with their client's process. Students also learn basic verbal counseling skills to help support the client's process by talking to the system.

Craniosacral Unwinding IV

16 hours

This class is an in-depth exploration of the concept of vector axis alignment within the Craniosacral system. Students learn about the anatomy of vectors, how to recognize and palpate them, and techniques for aligning the vectors at all levels of the system.

Craniosacral Unwinding V

16 hours

This class is an in-depth exploration of the concept of the point of balance tension within the Craniosacral system. Students learn to identify and release places of tension within the client's system. This class explores ways of holding one point within the Craniosacral system that allows a client's entire system to come into balance.

Polarity Healing Arts of California

Craniosacral Anatomy & Listening Skills I

16 hours

This class is about deepening your palpation skills as a practitioner. It explores the physical and energetic anatomy of the cranial system and helps students learn to listen to the client's system through their hands and through space they are holding for the client. Students learn to palpate the energetic, fluid and physical levels of the client's system.

Craniosacral Anatomy & Listening Skills II

16 hours

Expanding on the topics of Anatomy Listening 1, this class is intended to empower the student/practitioner in their ability to palpate and work with potent aspects of the craniosacral system.

Communication, Resonance & Relations I

32 hours

This class focuses on verbal and non-verbal communication skills to help establish healthy boundaries between practitioner and client. The class facilitates finding rapport and understanding during a session. This class, while not a substitute for psychological training, explores the relationship between mind and body with an emphasis on integrating verbal work with bodywork. Students learn to talk to the energy of the system, to help guide their clients to resolution without getting too caught up in the content of someone's story.

Evaluation

17 hours

This class helps students integrate their polarity/cranial skills to create balanced sessions, time management skills, and appropriate boundaries. The class also helps prepare students to begin their practice. It focuses on integrating verbal and non-verbal techniques and helps the student learn to focus on the issue and to get to the point with each client they work with. The student also learns how to write up case studies using evaluative and management skills.

Study Group

21 hours

Study Group provides students with an opportunity to do an entire session on a client they do not know and to receive reflection and feedback from their instructors and peers. Each practitioner is encouraged to embrace personal strengths and to meet challenges that unfold during an actual session that is witnessed by others.

Polarity Healing Arts of California

Fundamentals of Massage Program (FMP)

The 150-Hour Fundamentals of Massage Program is an introduction to the field of massage and bodywork. It is the beginning of the self-exploration process and is the building block for further studies. The program focuses on the traditional style of circulatory massage and includes T'ai Chi Chuan, anatomy/physiology, joint mobilization, energy balancing, business, health & hygiene practices, and an introduction to deep massage techniques. This program is a pre-requisite for the IMBP Program, and counts towards the total 500 hours required for the IMBP Program.

The following course work is included and lays the foundation for advanced studies:

- Anatomy/Physiology (20 hours)
- Body Psychology & Communication (15 hours)
- Business & Ethics (5 hours)
- Circulatory Massage (40 hours)
- Deep Circulatory Massage - Introduction (40 hours)
- Energy Balancing/Polarity (4 hours)
- Health & Hygiene (5 hours)
- Joint Mobilizations (4 hours)
- Self-Massage (2 hours)
- Tai Chi Chuan (15 hours)

Total Hours: 150

Polarity Healing Arts of California

Integrative Massage & Bodywork Practitioner Program (IMBP)

Prerequisite: None Required

The 550 Hour Integrative Massage & Bodywork Practitioner program provides in-depth experience in varied bodywork techniques, body mechanics and self care practices. By pursuing this course of study, the student gains increased sensitivity and understanding of the psycho-structural process that shapes the body and mind. It includes detailed studies of anatomy, physiology and soft tissue therapy. Courses in this program are also approved as elective credits and in many cases can be applied for continuing education. A Certificate of Completion will be presented that may enable you to obtain out-of-state licensing and affiliation with professional associations.

Program Courses (required):

- Fundamentals of Massage Program (150 hours)
- Acupressure (16 hours)
- Advanced Circulatory Massage (32 hours)
- Anatomy/Physiology I (40 hours)
- Anatomy/Physiology II (40 hours)
- Aromatherapy – Essential Oil Basics (8 hours)
- Business & Ethics For Bodyworkers (16 hours)
- Contraindications & Pathology (40 hours)
- CPR/First Aid (8 hours)
- Deep Tissue I (32 hours)
- Deep Tissue II (40 hours)
- Deep Tissue III (40 hours)
- Exam Preparation & History of Massage (8 Hours)
- Human Energy Systems (14 hours)
- Hydrotherapy (6 Hours)
- Palpation Skills (20 hours)
- Polarity I (16 hours)
- Sensory Repatterning I (24 hours)

Total Hours: 550

Polarity Healing Arts of California

Electives

- Aromatherapy - Raindrop Technique (8 hours)
- Aromatherapy – Chakra Clearing for Emotional Freedom (8 hours)
- Aromatherapy - Vitaflex Technique (8 hours)
- Communication, Resonance & Relations I (24 hours)
- Core Skills (24 hours)
- Craniosacral Unwinding I (24 hours)
- Craniosacral Unwinding II (24 hours)
- Craniosacral Unwinding III (24 hours)
- Neuromuscular Re-Education I (12 hours)
- On-Site Massage (8 hours)
- Prenatal Massage (40 hours)
- Postnatal Massage (16 hours)
- Reflexology - Basic Ear (8 hours)
- Reflexology - Basic Foot (8 hours)
- Reflexology - Basic Hand (8 hours)
- Reiki I & II (16 hours)
- Sensory Repatterning II (24 hours)
- Sensory Repatterning III (24 hours)
- Seven Levels of a Still-Point (16 hours)
- Sound Healing with Tuning Forks (16 hours)
- Sports Massage I (16 hours)
- Sports Massage II (16 hours)
- Thai Yoga Therapy (32 hours)
- Trigger Point Integration I – Lower Body (24 hours)
- Trigger Point Integration II – Upper Body (24 hours)

Polarity Healing Arts of California

IMBP Program Course Descriptions (Required Classes)

Fundamentals of Massage Program

150 Hours

(Pre-requisite for all further massage classes)

Acupressure

16 Hours

This course addresses some of the most common client complaint areas found in a massage practice, including headache, neck, shoulder, low back and knees. Students learn to trace all 12 Major Meridians plus two of the Extraordinary Meridians.

Prerequisite: IMBP Program Students only: Fundamentals of Massage or Equivalent

Advanced Circulatory Massage

32 Hours

Mastery and expansion of foundational circulatory massage skills is the objective of this class. As students learn new concepts and strokes, they build confidence that gives their work a continuity and flow that moves technique to artistry, dynamic and fun to do. Class includes discussion of the cardiovascular and lymphatic systems, and continues the application of tai chi principles at the massage table.

Prerequisite: Fundamentals of Massage or Equivalent + Core Skills for Transfer Students

Anatomy/Physiology I

40 Hours

A system approach to the study of the human body with specific focus on the effects of massage and bodywork. Curriculum includes tissue study, myology, osteology, immunity, and the lymphatic and cardiovascular systems. Location and function of major muscles also covered.

Prerequisite: IMBP Program Students only: Fundamentals of Massage or Equivalent

Anatomy/Physiology II

40 Hours

A system approach to the study of the human body with specific focus on the effects of massage and bodywork as related to the cellular, nervous, reproductive, digestive, respiratory, urinary, endocrine and integumentary systems. Location and function of major muscles also covered. Anatomy/Physiology I is not a prerequisite for this class.

Prerequisite: IMBP Program Students only: Fundamentals of Massage or Equivalent

Polarity Healing Arts of California

Aromatherapy: Essential Oil Basics

8 Hours

Learn why essential oils are effective, their history from ancient times, how they are produced and applied, and how essential oils are being used in today's medicine. Course covers chemistry, distillation processes, clinical studies and how to safely apply, diffuse and ingest oils. Students are introduced to 20 essential oils and learn about their uses in massage and bodywork, disinfecting, first aid, quality of life and peak performance enhancement, and pain and stress management.

Prerequisite: None

Business & Ethics For Bodyworkers

16 Hours

This course provides the student with a solid foundation from which to build a professional massage practice. Students develop their business expertise as they clarify their intentions as bodyworkers and discover and encourage their authentic voice. Concerns around boundaries, communication, sexuality and safety are explored. Business topics include developing a vision, effective interviewing skills, and marketing strategies. You will create a plan of action that reflects your authentic self. Recommended to be taken soon after completion of the Massage Technician Training.

Prerequisite: Fundamentals of Massage

Contraindications & Pathology

40 Hours

Class content includes a survey of such pathological issues including as musculo-skeletal conditions, traumatic injuries and neurological disorders most commonly encountered in a massage practice. Course also covers dermatological conditions and infectious disorders with emphasis on hygienic measures for client/therapist safety.

Prerequisite: Anatomy/Physiology I & II or approval.

CPR/First Aid

8 Hours

Adult/child/infant CPR, standard first aid and AED. A two-year certification will be provided upon completion.

Prerequisite: None

Deep Tissue I

32 Hours

This Deep Tissue class addresses tissue layer by layer, non-invasively, with the goal of producing maximum release with minimal effort and without adding trauma to tissue already traumatized. This three course series also deepens understanding of anatomy and how it functions in relation to posture and Body-mind considerations. Educating clients to feel for the experience of tissue release and not just pressure on the tissue is also an important component of IPSB Deep Tissue, as is self-care practices for the client and therapist. Deep Tissue I will advance the student's anatomical understanding of individual muscles and their actions and heightens palpation recognition of the different qualities of tension in the tissue.

Prerequisite: Fundamentals of Massage & Advanced Circulatory Massage.

Polarity Healing Arts of California

Deep Tissue II

40 Hours

Focus is on lower body from the diaphragm down. Anatomy becomes more in-depth including muscle origins, insertions and actions. Body-mind concepts as they relate to the lower body are explored and experienced. Understanding of common pathologies such as shin splints, plantar fasciitis, piriformis syndrome and psoas issues are covered with specific tools and technique to treat them. Practice of Tai Chi and body mechanics principles continue and new tools for self-care are introduced.

Prerequisite: Deep Tissue I, Palpation Skills

Deep Tissue III

40 Hours

Focus is on upper body from the diaphragm up. Anatomy becomes more in-depth including muscle origins, insertions and actions. Body-mind concepts as they relate to the upper body are explored and experienced. Understanding of common pathologies such as carpal tunnel syndrome, thoracic outlet syndrome, upper cross syndrome and tennis elbow are covered with specific tools and technique to treat them. Practice of Tai Chi and body mechanics principles continue and new tools for self-care are introduced.

Prerequisite: Deep Tissue II

Exam Preparation (MBLEx) & History of Massage

8 Hours

Know what to study for the MBLEx examination – the required examination to achieve CAMTC certification. This class covers the entire process from submitting an application to taking the exam, in compliance with the Massage & Bodywork Licensing Examination Candidate Handbook. Course content including study guides, quizzes, and word definitions for 10 subjects, including Anatomy & Physiology, Kinesiology, Client Assessment, and Pathology.

Prerequisite: Fundamentals of Massage or Equivalent. Recommended to be taken towards the end of the IMBP Program.

Human Energy Systems

14 Hours

A cross-cultural view of energetic systems connected to the physical body. Meridian theory, chakras, aura balancing, visualization, space cleaning and feng shui for personal and professional environments are presented and explored through lecture and hands-on experience. Students learn how body-work affects the balance and movement of energy.

Prerequisite: None

Hydrotherapy

6 Hours

Introduction to the physiological effects of hot, cold and water treatments, plus safe, practical application of selected treatments for private practice.

Prerequisite: Fundamentals of Massage or Equivalent

Polarity Healing Arts of California

Palpation Skills

16 Hours

Through palpation, students explore the entire body, building tactile recognition of specific anatomical structures. Focus is on bony landmarks, muscle location and soft tissue textures. Knowledgeable palpation is an essential skill for the advancement of any bodyworker. Required for Deep Tissue II. Recommended for all advanced massage courses.

Prerequisite: Fundamentals of Massage or Equivalent

Polarity I

16 Hours

General Session Learn how to feel and palpate life energy by utilizing hands-on contacts, toning, breathing and gentle counseling techniques to create a holistic healing approach that can also enhance other modalities. Discover the energetic map to the body and how to touch and relate in this style. This course is the foundation for developing as an energetic practitioner.

Prerequisite: None

Sensory Repatterning I

24 Hours

In this advanced form of passive joint mobilization, the client's body is moved, rocked, cradled and invited to let go, creating sensations of openness and freedom, fluidity and joy. Sensory Repatterning I explores the key principles of Timing, Gravity, The Skeleton and the Wave. Students not only learn an amazingly effective 50-minute "treatment", but also deeply enhance the quality of touch and movement they bring to the table when giving any type of bodywork. Sensory Homework: Three full 50-minute sessions must be completed and logged to receive credit for this course.

Prerequisite: Fundamentals of Massage or Equivalent.

IMBP Elective Course Descriptions

Aromatherapy – Chakra Clearing for Emotional Freedom

8 Hours

Students learn how to create and perform a healing ceremony that was translated and adapted from hieroglyphics on the temple walls of the Egyptian high priestess Isis. Students will learn about specific essential oil blend recipes to be applied mindfully and meditatively, while holding a therapeutic presence for their clients. This a deeply relaxing and restorative protocol that may help release negative emotions and memories while opening new pathways for fresh life energy and future choices.

Polarity Healing Arts of California

Aromatherapy - Raindrop Technique

8 Hours

In this workshop you will be learning which essential oils assist the electrical energies of the body, raise the energetic frequencies, balance the central nervous system, release dormant viruses that hibernate along the spine and highly oxygenate the cells of all the systems. This treatment can be integrated with all types of emotional and physical therapies. This class requires that you bring towels and a set of sheets to class.

Aromatherapy – Vitaflex Technique

8 Hours

Vita-Flex means "vitality through the reflexes." It is a specialized form of reflexive massage that uses rolling and releasing motions to activate reflex points on the feet, hands, and various areas throughout the entire body. It's a tremendous tool that assists the body in healing itself, and is particularly effective in delivering the benefits of essential oils throughout the body.

Communication, Resonance & Relations I

32 Hours

Learn verbal skills that allow you to guide a client to resolution. This class combines energetic principles with techniques drawn from NLP, Gestalt, Bioenergetics and Ericksonian Trancework. Emphasis is placed on integrating verbal work with bodywork and exploring the energetic meaning of physical postures, movements and responses.

Prerequisite: None

Core Skills

24 Hours

This course for new and seasoned massage professionals overviews the principles of IPSB Massage through movement explorations, hands-on bodywork and exercises in personal sensory awareness. Students learn tai chi-based movements to integrate into their massage repertoire as well as a kinder, gentler approach to deeper circulatory work. Proper body mechanics, an introduction to tai chi, communications skills, professional boundaries, injury prevention and integration of body, mind and heart are emphasized. Required for transfer students enrolling in IPSB Advanced Circulatory Massage & Deep Tissue classes.

Polarity Healing Arts of California

Craniosacral Unwinding I

24 hours

This class sets the foundation for the Integrative Craniosacral Unwinding Program. It explores the concepts of the Craniosacral rhythm, fluid tides and the connective tissue system of the body. The focus of the class is on developing palpation skills or cranial touch. The way we touch the body in cranial work is unique and it allows students to listen to the client's system in a deeper way. Students are also introduced to the concept of holding space for the client so that the internal intelligence of the system can be contacted. In addition, this class also explores finding and having boundaries between practitioner and client and unwinding tissue by tracking the inherent movements in the body.

Prerequisite: None

Craniosacral Unwinding II

24 Hours

Expanding on the previous course, the student gains a deeper appreciation of the workings of the cranial vault and the cranial bones as well as the palpation art of unwinding. Facilitation of the facial bones is also addressed. This class focuses on the body via the connective tissue system.

Prerequisite: Craniosacral I

Craniosacral Unwinding III

24 Hours

This third class in the cranial series provides students with an experience of integrating techniques learned in Cranial I & II to gain a unified approach to doing cranial work. The focus is on using communication, presence-ing, visualization and energy-based skills to perform process-oriented cranial work.

Prerequisite: Craniosacral I

Neuromuscular Re-Education I

12 Hours

This three course series offers techniques in micro-movement and hands-on bodywork which can be applied to one's own body and to others. The objective is to release compulsive muscular patterns and armoring by using the skeleton's relationship to gravity for centering, realignment and expansion. Each course focuses on a particular area of the body. Neuromuscular Re-Education I concentrates on the extremities and pelvis. Students are guided in observing areas of holding and compulsive contraction and sensitizing to another's rhythms.

Prerequisite: Fundamentals of Massage or equivalent

On-Site Massage

2 Hours

Chair and table work is taught to be done in public settings, or to introduce bodywork to people without the need for them to disrobe. Increase versatility, revitalize a practice and potentially build clientele.

Polarity Healing Arts of California

Polarity II - Elements

42 Hours

An in-depth exploration of Polarity energetics and the expression of life energy through the Five Elements: Ether, Air, Fire, Water and Earth. Students learn bodywork sessions for balancing each element and basic Polarity exercises. Emphasis is on understanding the activity of elemental energies in our own lives so we can work with these energies in others. Weather permitting, students will be led on excursions to experience and embody the elements in nature.

Prerequisite: Polarity I

Postnatal Massage

16 Hours

This course focuses on how to use massage to support mom and baby in the postnatal period from birth for the first year. Implications considered include vaginal birth, caesarean birth/working with scar tissue, supporting pelvic floor recovery, breastfeeding support and bonding with baby. Techniques include working with Mom and baby on the massage table, with an emphasis on appropriate work for both Mom and baby.

Prerequisite: Prenatal Massage

Prenatal Massage

40 Hours

This course is geared for the practitioner who would like to offer safe and knowledgeable bodywork techniques for pregnant clients. The focus is on developing the therapist's confidence with a thorough understanding of anatomy/physiology during pregnancy, contraindications and basic complaints and pathologies. Students learn client positioning, specialized pregnancy massage techniques including deep tissue concepts, communication skills and responsible record-keeping. This course concludes with a supervised study group experience working on expectant mother volunteers.

Prerequisite: Fundamentals of Massage or Equivalent

Reflexology : Basic Ear

8 Hours

Ear reflexology uses specific touch techniques and holds on the outer ear. It is considered the best reflex method for efficiently relieving most muscular-skeletal pain, and has a relaxing effect beyond that of hand and foot reflexology. Working with the ears is part of PTSD and addiction treatments and flows well with craniosacral work. Ear reflexology is recognized all over the world as a medical map and also is part of traditional Chinese Medicine.

Polarity Healing Arts of California

Reflexology : Basic Foot

8 Hours

Learn how to stimulate the body's innate healing forces with reflexology to help yourself and others feel better. This basic foot routine can stand alone or be integrated into any bodywork session. Class includes theory, principles and the origin of foot reflexology along with the interpretation of reflex charts.

Reflexology : Basic Hand

8 Hours

Explore hand reflexology and its benefits for massage therapists and clients. Learn protocols in which the hands are the best reflex map to work. You will also receive an introduction to the Korean Hand Map, Taiwanese Finger Map and Jin Shin Jyutsu, as well as other valuable acupressure points and meridians. Hand reflexology is easily incorporated into a bodywork session or may stand on its own. Benefits include facilitating self-care and prevention of repetitive stress disorders.

Reiki - Level I & II

16 Hours

Experience the Universal Life Force Energy known as Reiki in this two-part training based in the Dr. Usui System, utilizing materials by the International Center of Reiki. Learn how Reiki promotes relaxation, balance and healing and impacts the aura, chakras and meridians. Students completing the course are certified as Level II Reiki Practitioners.

Sensory Repatterning II

24 Hours

Learn more Sensory Repatterning techniques. Focus on vision, sensitivity and rhythm, and improving your artistic skills as an integrative bodyworker. Prerequisite: Sensory Repatterning I.

Sensory Repatterning III

24 Hours

Review and refinement of a Sensory Repatterning routine. Exploration and deepening the concepts of healing through creative artwork. Prerequisite: Sensory Repatterning II

Seven Levels of a Still Point

16 Hours

This class follows different cranial rhythms through seven energetic levels into the heart of stillness. Images, sensations, emotions, thoughts, undulations, and oceanic perceptions are discussed in the context of "veils of stillness". Anatomical and physiological changes are connected with a larger continuum of energetic transformation. Discussions are supported by special pictures drawn by patients as part of their still point process.

Polarity Healing Arts of California

Sound Healing with Tuning Forks

16 Hours

Sound Healing with Tuning Forks uses a BioSonic energy medicine approach, developed by Dr. John Beaulieu, which integrates spiritual wisdom, energy healing, systems science, and molecular research. Students learn practical methods of using tuning forks to tune the nervous system, stimulate trigger points, and align posture. Special emphasis is given to developing systematic evaluation methods based on energy field evaluation.

Sports Massage I

16 Hours

This hands-on class focuses on pre-and post-event massage techniques for various competitive athletes. Stretching techniques, cramp relief techniques, cryotherapy and hypo/hyperthermia are also discussed.

Highly recommended: Previous advanced Anatomy studies or Palpation Skills or Deep Tissue I.

Sports Massage II

16 Hours

The second course in this series discusses how and why common athletic injuries occur and looks at rehabilitative and preventative techniques.

Cross-fiber friction, trigger point work, myofascial release and PNF techniques are covered.

Prerequisite: Sports Massage I

Thai Yoga Therapy

32 Hours

Thai Yoga Therapy (or Thai Massage) integrates the art of traditional Thai massage with other techniques and practices of Yoga Therapy. This deeply therapeutic modality is a combination of rhythmic massage, acupressure, assisted stretching, breath work, and energy balancing. Thai Yoga Therapy has been described as assisted Hatha Yoga and becomes a beautiful and graceful dance between giver and receiver. Students learn the history and theory of Thai Yoga, its relationship to Buddhism, Ayurveda, and Polarity Therapy, body mechanics and yoga stretches for the practitioner, a complete 2-hour full-body Thai Yoga Therapy session including gentle polarity energy holds and deep restorative poses.

Trigger Point Integration – Lower Body

24 Hours

Geared to the massage and bodywork professional, Trigger Point Integration uses texts, graphics and hands-on techniques to help students identify and target Trigger Points that correspond to common client muscular complaints. Focus is on specific anatomy, formation theories, treatment protocols and recovery recommendations. Upper and Lower Body classes may be taken in either sequence. (Lower – Diaphragm to Feet)

Prerequisite: Deep Tissue I. Recommended: Deep Tissue II

Polarity Healing Arts of California

Trigger Point Integration – Upper Body

24 Hours

Geared to the massage and bodywork professional, Trigger Point Integration uses texts, graphics and hands-on techniques to help students identify and target Trigger Points that correspond to common client muscular complaints. Focus is on specific anatomy, formation theories, treatment protocols and recovery recommendations. Upper and Lower Body classes may be taken in either sequence. (Upper – Head to 12th Rib)

Prerequisite: Deep Tissue I. Recommended: Deep Tissue

What Is Polarity Therapy?

Polarity Therapy works with life energy in all of its forms, using a comprehensive system of bodywork, exercise, nutritional guidance, and verbal counseling to bring body, mind, emotions, and spirit into a state of balance, harmony, and vibrant health.

Developed by Dr. Randolph Stone (1890-1981), an osteopath, chiropractor, and naturopath who sought to integrate Eastern and Western approaches to healing (such as reflexology, acupuncture, craniosacral balancing, yoga, and ayurveda), Polarity Therapy is more than just a collection of techniques. At its heart, it is a set of principles about the balance and flow of life energy, which Dr. Stone believed to be the underlying essence of all healing arts. This is attested to by the growing number of healthcare professionals (such as nurses, chiropractors, physical therapists, creative arts therapists, and massage practitioners) who are successfully incorporating Polarity Therapy into their work.

When we are truly well, our bodies vibrate vitality, and our thoughts and emotions are in alignment with our soul's truth. The polarity model of healing sees the body's imbalances as the final "printout" of information entered long ago. Polarity Therapy serves as the key that can unlock the door to the source, thereby allowing for genuinely new choices. Utilizing hands-on contacts, toning, breathing, and gentle counseling techniques, this work embodies a full holistic healthcare system and can be used to empower other modalities as well.

What is Integrative Craniosacral Unwinding?

Integrative Craniosacral Unwinding is a therapeutic modality that offers a specialty training for the body worker, massage therapist chiropractor, physical therapist, anyone working in the healing arts with the body. It teaches the practitioner how to use their palpation skills (to become present in their hands) to get into harmony, resonance and rapport with the fluidic nature of the body. It also teaches a thorough treatment of the connective tissue system throughout the body, from the tip of the toes to the top of the head.

Polarity Healing Arts of California

Approval & Disclosure Statements

(to Comply with the State of California Education Code)

Polarity Healing Arts of California is approved by the Department of Consumer Affairs, Bureau of Private Postsecondary Education pursuant to California Code Section 94311. The Council's approval means that the institution and its operation comply with the standards established under the law for occupational instruction by private postsecondary educational institutions. Institutional approval must be reviewed annually and is subject to continuing review.

Approval for the Following Courses:

Integrative Massage & Bodywork Practitioner —560 Hours
Integrative Craniosacral Unwinding Practitioner - 216 hours
Associate Polarity Practitioner - 139 hours
Registered Polarity Practitioner - 438 hours

Instruction is in residence with both facilities occupancy level accommodating 30 students at one time. California statute requires that a student, who successfully completes a course of study, be awarded a diploma or certificate verifying the fact. A Certificate of Completion is awarded upon satisfactory completion of the offered programs.

Polarity Healing Arts of California does not currently have available sponsored programs, government or otherwise, to provide grants or to pay for portions of tuition fees. Person seeking to resolve problems or complaints should first contact the instructor in charge. Requests for further action may be made to the Executive Director, Gary Strauss.

Any questions a student may have regarding this catalog that have not been satisfactorily answered the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Dr. Suite 400, Sacramento, CA 95833, www.bppe.ca.gov, toll free telephone number (888)370-7589 or by fax (916) 263-1897. A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589 toll free or by completing a complaint form which can be obtained on the Bureau's internet website at www.bppe.ca.gov.

Any unanswered questions relating to our IMBP Program or for filing a complaint: A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about This school, may contact the California Massage Therapy Council at: One Captitol Mall, Suite 320, Sacramento, CA 95814, www.camtc.org, Phone (916) 669-5336 or fax (916) 669-5337

*This catalog is revised annually.
The last revision was June 2016.*

State of California Student Tuition Recovery Fund

You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all of part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or the Division within 3 days before the school closed or, if the material failure began earlier than 3 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

However, no claim can be paid to any student without a social security number or a taxpayer identification number. It is important that enrollee keep a copy of any enrollment agreement, contract, or application to document enrollment, and tuition receipts or canceled checks to document the total amount of tuition paid. Such information may substantiate a claim for reimbursement from the STRF, which must be filed within one year of the Council's service on the student of his/her rights under the STRF, if no notice of rights is served to the student, within four years of institution's closure.

For further information or instruction contact:

The Bureau for Private Postsecondary Education

P.O. Box 980818

West Sacramento, CA 95798-0818

(916) 574-7720

Toll Free: (888) 370-7589

Educational History – Include High School, College, Degrees Held etc:

In Case of Emergency call: _____

Name

Relationship

Phone

Method of Payment – check one

In Full _____

Installments _____

Discussion Topics

Please discuss the following topics. Please be specific and thorough.
It is important that you represent yourself clearly and honestly.

1) Why are you choosing to enroll with Polarity Healing Arts?

2) How did you hear of this course?

3) Do you have any previous training in the healing arts. Please be specific

4) Why are you interested in this course of study?

Health History

Due to the nature of the training, we would like to know about your physical / mental / emotional condition.

Are you presently or have you ever been under the care of a therapist or doctor, holistic or otherwise?

No Yes If Yes, please explain:

Please list major surgeries, illnesses, information on broken bones, concussions, accidents etc.

Please mark each item that applies with a "P" for past condition, or a "C" for current condition. If you have a condition not listed, please mark "Other" and specify in the space provided.

Skin

- ___ Athlete's Foot
- ___ Hives, Eczema, Rash
- ___ Psoriasis
- ___ Other _____

Head, Eyes, Nose, Throat

- ___ Nosebleeds
- ___ Impaired Hearing
- ___ Dizziness
- ___ Loss of consciousness
- ___ Cataracts
- ___ Glaucoma
- ___ Other _____

Respiratory

- ___ Pneumonia
- ___ Tuberculosis
- ___ Asthma
- ___ Bronchitis
- ___ Other _____

Gastrointestinal

- ___ Gastritis
- ___ Peptic Ulcers
- ___ Hernia
- ___ Hepatitis
- ___ Other _____

Musculoskeletal

- ___ Varicose Veins
- ___ Tendonitis
- ___ Arthritis
- ___ Joint Disease
- ___ Fascia Disease
- ___ Other _____

Endocrine

- ___ Thyroid Disease
- ___ Anemia
- ___ Seizure Disorder
- ___ Hemophilia
- ___ Diabetes
- ___ Cancer - What Kind? _____
- ___ Epstein Barre Syndrome
- ___ Any Communicable Disease
- ___ Other