

# Atlantic College of Therapeutic Massage Perinatal Massage Certification



**"A Quality Education - A  
Rewarding Career"**

## **125-Hour Prenatal, Labour, Postpartum, Infant & Children's Massage Certification**

440 King Street  
Fredericton, NB  
E1A 8L8

Phone: 506-451-8188  
Fax: 506-451-8402

### **Dates:**

*Call for current schedule*

### **Program Duration:**

125 hours

40 hours of internship (included)

### **Hours:**

Friday

2:00-8:00

Saturday-Sunday

9:00 am – 5:00 pm

We are a small school with a national vision - to give our graduates the education and training to enable them to work and thrive in any part of Canada, and beyond. Our curriculum is equivalent to the competency standards of the College of Massage Therapists of Ontario.

## **Perinatal Massage Certification**

This program is designed for massage therapy students and graduates of a 2200-hour massage therapy program. The program offers a comprehensive training in theory and hands-on practice of massage therapy for childbearing women and for infants, and sets the highest standard for training massage therapists.

### **PROGRAM HIGHLIGHTS**

- Massage Therapy for Pregnancy
- Lymphatic Drainage for Pregnancy
- Orthopedic Assessment for Pregnancy
- M.T. for the Higher Risk Pregnant Client
- The R.M.T. working with Infants & Children
- The R.M.T. as Labour Support Provider/Doula
- Post Partum Massage and Home-Care
- Perinatal Internship – 40 hours

### **Internship/Course Requirements to receive certification:**

- Complete 40 hour internship under the guidance of an ACTM instructor. This must be completed by M.T.'s within 6 months of course completion, and by students prior to graduation.
- Massage therapists must show proof of professional liability insurance
- the Massage Therapist has the option of finding his/her own internship placement for the Perinatal Internship with consultation & approval with the ACTM Instructor
- Complete all course components of the program
- Student Massage Therapists will receive their Certificate upon graduation from a Massage Therapy College
- A minimum of 5 hours of community based Interaction within a Perinatal setting.
- A minimum of 35 hours of Pregnancy Massage clinical work within the school setting of ACTM.

For more information please contact the **Atlantic College of Therapeutic Massage** at 506-451-8188 or [actm@nb.aibn.com](mailto:actm@nb.aibn.com). NOTE: The specific class schedule may be subject to change.

## **Materials & Fees**

**ACTM Student Tuition: \$1,400.00**

**Massage Therapist Cost: \$1,400.00 plus HST**

### **Provided at no additional cost:**

1. Text Books and Course Lecture Notes
2. ACTM carrying bag
3. Access to Additional Perinatal Related Texts and DVD's on loan from ACTM Library
4. Visual Learning Material used during Lectures
5. Internship Field Placements provided in Fredericton area
6. Participants will receive certificates of completion when all course requirements have been met



### **Course Instructors:**

**Cindy McNeely**, R.M.T., since 1985  
Trimesters: Massage Therapy  
Education since 1995

**Angela Brown**, R.M.T. (Trimesters  
trained Infant Massage Therapist and  
Doula/Labour Support Provider) and  
owner of Advanced Therapeutic  
Treatment Center

## Pregnancy Massage Module - Credits/Hours 16

Certificate of Completion from Trimesters

Date: TBA

Course Instructor: Cindy McNeely, R.M.T.

The goal of this 2 day, 16 hour course is to give the participant a solid theoretical and practical foundation for providing Massage Therapy for the pregnant client. The physical and emotional changes a woman experiences from preconception planning to the birth of her infant are considerable. Upon completion of this course, the Massage Therapist/student will be able to provide safe, professional, and knowledgeable care for their pregnant clients. Classes will be composed of lectures, reading assignments, videos, discussions, guest speakers, practical experience, and a clinical practicum.

Through participation in this course the student will learn about:

1. Physiological and Anatomical changes occurring during each trimester of pregnancy.
2. Theory and practical techniques for providing Massage Therapy, including information about contraindications, draping and positioning strategies, and self-care exercises that can be utilized by the pregnant woman post-treatment.
3. Developing effective treatment strategies relevant to the client's goals, signs and symptoms, stage of pregnancy, and medical condition.
4. Hands-on practicum where participants can apply their learned skills directly in a clinical setting with pregnant women.

## Labour Support Provider/Doula Module- Credits/Hours 22

Certificate of Completion from Trimesters

Date: TBA

Course Instructor: Cindy McNeely, R.M.T. with Angela Brown, R.M.T.

This course provides a comprehensive training for the M.T./student wishing to participate in the Labour & Delivery/birthing process of their clients. Upon completing this 3-day, 22-hour training course, the massage therapist/student will have a clear understanding about the physiology of labour, and how comfort measures including massage therapy can be utilized by the Labour Support Provider in order to offer the birthing family as much assistance as possible in creating a safe and healthy birth. Training in dealing with birthing situations involving interventions & unexpected outcomes such as operative deliveries will be included. Classes will be composed of lectures, reading assignments, many birth videos, discussions, guest speakers, field trips, and practical experience.

Through attending this course the participant will learn about:

1. The definition and role of the Labour Support Provider/Doula, and how the LSP works as part of the birthing team which includes the family and the primary careproviders.
2. The anatomy and physiology related to the birthing process.
3. Practice of comfort measures for birth including breathing, relaxation, positioning and hands-on techniques including massage and hydrotherapy modalities.
4. Working within the medical context including adapting to unexpected situations and medical interventions.



It is important for the participant to understand that this is not a course about pregnancy, but rather the birthing process.

## Working with Higher Risk Pregnant clients Module

Credits/Hours 11

Certificate of Completion from Trimesters

Date: TBA

Instructor: Cindy McNeely, R.M.T.

A research based/clinical presentation course. This course focuses on realities associated with complex pregnancies and focuses on obstetrical and systemic issues that create pregnancy complications. The importance of the role of the Massage Therapist working with such clients on bed rest and/or within the hospital setting is emphasized.

## Advanced Pregnancy Massage Module - Credits/Hours 7

Date: TBA

Instructor: Angela Brown, R.M.T.

This 1 day training completes the primary core Pregnancy course in the Certification Program and is a required adjunct to the 2 Day Pregnancy Massage Module.

Course Curriculum:

1. Lymphatic Drainage for Pregnancy focusing on edema, carpal tunnel, and breast massage
2. Orthopedic Assessment and postural assessment for Pregnancy

## Post Partum Massage and Home-Care Module

Credits/Hours 7

Date: TBA

Instructor: Angela Brown, R.M.T.

This course focuses on how Massage Therapy can aid in recovery during the postpartum period.

Summary of Topics Covered

1. Hands-on techniques to help increase relaxation and reduce pain & stiffness as a result of the labour process.
2. Positioning the postpartum woman safely and comfortably
3. Facilitating the well-being of the mother's body by addressing the soft tissues (muscles and ligaments).
4. Addressing postural concerns such as core muscle strengthening and effective remedial exercises.
5. Exploring the physical challenges and pain complaints related to the postpartum period

## The R.M.T. working with Infant & Children's Module

Credits/Hours 22

Certificate of Completion from Trimesters –

Date: TBA

Course Instructor: Cindy McNeely, R.M.T.

This course provides the participant with a thorough knowledge base about Massage Therapy for Infants & Children. Upon completing this 3 day, 22 hour training course, the Massage Therapist/student will have a clear understanding about the realities of infant life from birth through the first year, how massage can be taught to families to augment parenting skills, how massage can be adapted for children with special needs, and the role that the Massage Therapist can play in educating families in the need for healthy and respectful touch with children.

Classes will be composed of lectures, reading assignments, videos, discussions, guest speakers, field trips, and practical experience.

By attending this course, the participant will learn about:

1. Theory and practical techniques for providing infant massage to babies with an emphasis on teaching caregivers to work with their own children via massage.
2. Information about adapting M.T. for children.
3. A basic introduction considering infant massage for children with special needs. This includes discussion about Massage Therapy within the neonatal hospital setting, and children with Special Needs.
4. An overview of Massage Therapy Research as it pertains to Infant Massage.

