

Professional Organizations:

The "American Massage Therapy Association" and the "Associated Bodywork & Massage Professionals" are the organizations representing the profession. Students accepted into the program can join both organizations. For more information visit their websites at: amta.org and abmp.com.

Scholarships and Financial Aid:

Allegany College of Maryland offers a comprehensive program of financial assistance. Our Foundation office handles both merit-based and financial-based scholarships. Please contact Sandi Foreman at 301-784-5200. The financial aid office administers state and federally supported grant and loan programs. You may contact them at 301-784-5213.

The Massage Therapy Program has been designated a **Health Manpower Shortage program by the Maryland Higher Education Commission**. This means that Maryland residents from outside Allegany County may be eligible for in-county tuition rates. Please check with our Admission Office for details (301-784-5199).

Allegany College of Maryland proudly welcomes members of the United States Military and their dependents on our campus. It is our mission to assist with educational benefits you've earned and provide the resources needed to attain your student goals.

To determine if you are eligible for VA educational benefits, please contact the VA at 1-888-442-4551.

If you need assistance with applying for benefits, please reach out to Beth Nightengale at 301-784-5209.



ALLEGANY COLLEGE
of MARYLAND

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Allegany College of Maryland does not discriminate on the basis of federally protected classes of race, color, national origin, religion, sex, age, disability, and veteran/military status in matters affecting employment or in providing access to programs and activities. Allegany College of Maryland recognizes and complies with additional protections for employees and/or pursuant to state law. Additional information is available at <https://www.allegany.edu/non-discrimination>.

For inquiries related to the application of this statement, the Non-Discrimination policy, Title IX, and ADA/504, please contact:
Dr. Renee Conner, Dean of Student and Legal Affairs,
Title IX Coordinator, ADA/504 Coordinator
301-784-5206 / rconner@allegany.edu

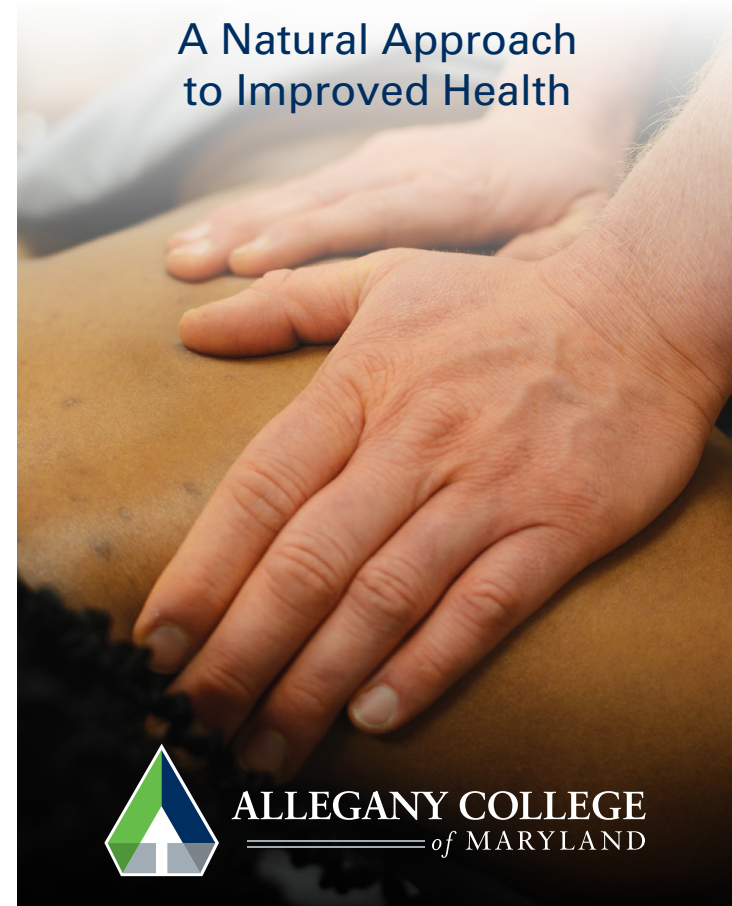
Allegany College of Maryland is required to inform prospective and current students of important College policies. For full details on these key policies, please visit the Allegany College of Maryland website at allegany.edu/policy-mandates.

www.allegany.edu/massage
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Cumberland, MD 21502-2596

Massage Therapy

ENGAGE YOUR FUTURE

A Natural Approach
to Improved Health



ALLEGANY COLLEGE
of MARYLAND





What to Expect in the Massage Therapy Program

You will enroll in lecture courses that include the studies of the human body. These courses will give you a strong foundation in anatomy, physiology and kinesiology.

You will also learn self-care techniques, client-care practices, ethics, and business practices.

In our principles of massage classes, you will learn massage therapy techniques in a nurturing environment. We maintain small class sizes. For our lecture-based courses we have a 16:1 ratio, and for **our hands on principles of massage classes and all clinical practice classes we maintain a student to teacher ratio of 8:1.**

Throughout your time in our program, you will have ample time to practice and refine your massage therapy skills by working with clients in four onsite clinical practices.

In the fourth semester, you'll have a unique and enriching opportunity to participate in an internship, bringing the benefits of massage therapy to patients at our local hospital.

Accreditation:

The Massage Therapy **Curriculum is endorsed** by the Commission on Massage Therapy Accreditation.

Allegany College of Maryland is accredited by the Middle States Commission on Higher Education. The College is also accredited and approved for operation by the Maryland Higher Education Commission.

Testimonials

"I could not thank this program enough for everything I have learned and accomplished. Knowing the impact, I will make with my future clients will be the most rewarding, and important outcome of my future career as a Licensed Massage Therapist. I cannot wait to see what the future holds for me and my clients."

– P.C., LMT, Class of 2025

"Every day I walk into my space, I am in absolute awe that this is real life. Thank you for all the support, guidance and encouragement that led me here."

– S.B., LMT, Class of 2024

"Life as an LMT is wonderful. I am finding a new balance in my life. I absolutely love my job. I leave after every shift feeling fulfilled and elated."

– G.S., LMT, Class of 2021

"I am doing extremely well! I also got certified in a brand-new technique, and it has taken off. I had the best teachers around. I couldn't thank you guys enough."

– A.T., LMT, Class of 2020

"After working most of my adult life in an office, I realized it was not really me. I didn't love my career. In my early 40's, I took a leap of faith and enrolled in the Massage Therapy program. It was one of the best decisions of my life. I love going to work now, and find it prosperous and incredibly fulfilling."

– B.H., LMT, Class of 2014



How Do You Feel In Your Body?



Massage Therapy Might Be Able To Help

What Does a Massage Therapist Do?

Massage Therapy has become one of the most used complimentary health approaches in the United States. Massage therapists use skillful touch modalities to work with muscles, tendons and other soft tissues of the body. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain, muscle tension and the improvement of joint flexibility.

Massage therapists work with clients in a variety of settings:

- You will be performing and documenting client intake interviews to understand their health status and concerns and to track treatment progress.
- You will be using client intake information to assess client conditions and develop safe and effective massage treatment plans.
- You will implement treatment plans by applying appropriate massage techniques to the soft tissues of the body.
- You will recommend and educate clients on methods for self-care, such as stretches to extend the benefits of massage outside the session.

The following data is derived from: The US Bureau of Labor Statistics-Occupational Outlook Handbook:
Job Outlook:

Employment of massage therapists is projected to grow **18% from 2023 to 2033**, much faster than the average for all occupations, and openings for massage therapists are expected to be 22,800 each year over the decade.