

### 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](http://amta.org) and [abmp.com](http://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  
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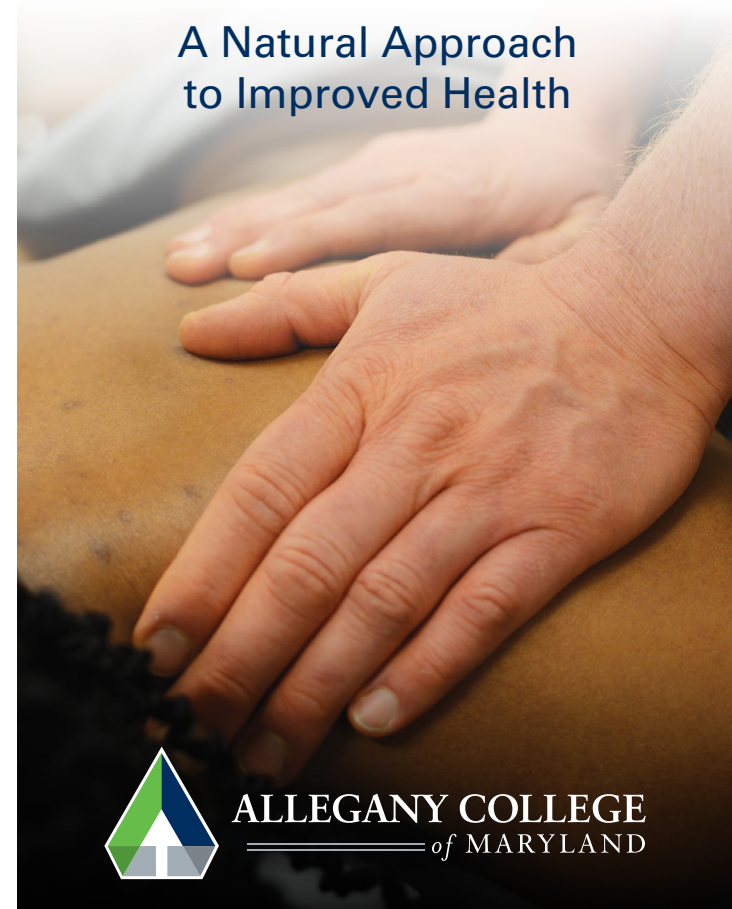
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# Massage Therapy

ENGAGE YOUR FUTURE

A Natural Approach  
to Improved Health



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### How Do You Feel In Your Body?



Massage Therapy Might  
Be Able To Help

Allegany College of Maryland does not discriminate on the basis of age, ancestry/national origin, color, disability, gender identity/expression, marital status, race, religion, sex, or sexual orientation in matters affecting employment or in providing access to programs and activities.

For inquiries related to this 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](mailto: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](http://allegany.edu/policy-mandates).

[www.allegany.edu/massage](http://www.allegany.edu/massage)  
12401 Willowbrook Road, SE  
Cumberland, MD 21502-2596





## 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.

The fourth semester also offers you a very unique and enriching opportunity to participate in an internship bringing the benefits of massage therapy to patients at our local hospital.

### 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 am proud to promote the program to future students. It is a program of excellence."

– C.J., Class of 2022

"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., Class of 2020

"The Massage Therapy program at Allegany College of Maryland is blessed to have some of the finest teachers available. It is detailed, intensely exciting, supportive of each student's goals, and provides an opportunity for growth in a field that promotes wellness for everyone."

– C.C.S., Class of 2018

"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



## 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 manipulate muscles 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 **22 percent** from 2014 to 2024, much faster than the average for all occupations. Continued growth in the demand for massage services will lead to new openings for massage therapists."