

Crystal Mountain

School of Therapeutic Massage

Massage Therapy Education

Foundations, Explorations
& Integration

Take Your Life Into Your Own Hands

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Our Mission

To train therapeutic massage therapists who are committed and passionate about their profession and their careers:

Students have a passion for massage therapy kindled and nurtured.

While exploring their personal values, students mature both personally and professionally.

Graduates become effective therapeutic facilitators.

Graduates are prepared for successful lifelong careers.

Educational Objectives

Our vision is to be an innovative leader in the training of beginning massage therapist professionals.

The school has a positive impact on graduates, faculty and clients.

The curriculum moves students towards skills based on scientific research and evidenced based practices while retaining an emphasis on developing intuitive abilities.

The school maintains a commitment to the community and to the Massage Therapy profession.

The school works to enhance the profession of Massage Therapy.

Our Philosophy

At Crystal Mountain, we celebrate the many ways in which Body, Mind and Spirit influence every moment of our lives. We incorporate this wonder of the human experience in all aspects of the program. We know that massage therapy can be an incredible tool for personal transformation, as well as a valuable tool for achieving optimal health. Many Crystal Mountain students tell us that their time here changed their lives in countless beneficial and unanticipated ways.

Along with our experienced staff and small class sizes, people typically chose our school because of our unique apprenticeship based approach. The education we provide comprises three inter-dependent spheres for exploring the healing arts - the classroom, the clinic and private instruction.

The Classroom

We combine a modern scientific foundation for our work with many ancient healing arts. We focus on helping people develop the skills necessary to become outstanding massage therapists. The essential abilities that every therapist must have include ease of movement, knowledgeable touch, ethics, compassion, clarity of intention, awareness of the moment and presence within that moment. Using these threads as the foundation, each class builds on the knowledge and skills gained in previous classes. We recognize that learning is a process not an event, that different students learn in different ways, and that a climate of encouragement makes learning easier. Each person is valued and given the tools with which to meet the rigorous standards our faculty and staff have developed.

The Clinic

The Crystal Mountain Student Clinic is open to the public and allows our school to offer a practical Student Clinic for students and affordable massage therapy to the public. While in the clinic, students hone the business skills necessary for a successful massage therapy practice and polish their massage therapy skills. Students experience and participate in a working clinical atmosphere gaining the skills to succeed.

Private Instruction

Individual guidance is the cornerstone of our apprenticeship based model. Students practice with faculty in private sessions and in the classroom. Each student has a faculty advisor whose charge it is to follow the student's progress through the entire program. A minimum of three advisor sessions occur outside of class and offer students the opportunity to receive professional feedback regarding their skills and academic progress.

Students also complete practical sessions with other instructors during class hours. At the conclusion of the program, students have had a minimum of six individual practice sessions with an instructor. Students say these one-to-one sessions are a safe and invaluable way to gain confidence and explore their strengths and weaknesses. The faculty

meets monthly to discuss students progress and to keep our approach fresh for each class.

Our Invitation To You

It's hard to describe just how wonderful the people and the land are, here, in New Mexico. The openness of the land encourages an opening of the spirit that is vital to successful massage therapy. The pace of life and the friendliness of the people who live here further encourage that opening of spirit. We invite you to learn and explore in our lively and fulfilling professional Massage Therapy Licensure Program. For those who are able, please visit our school, sit in on a class, and meet with a member of our administrative team. If this is not possible, we encourage you to speak at length with us by phone.

Please feel free to call us anytime. If you are calling long distance, please use our toll-free number.

(505) 872-2030 or (800) 967-5678

Crystal Mountain encourages applications from individuals of every state and nation, regardless of age, sex, race, ethnicity, sexual orientation, religion, economic status, national origin, physical challenge, or learning disability.

Crystal Mountain History

Crystal Mountain is both a school and a massage therapy clinic. Established in 1980, Crystal Mountain was one of the first massage therapy clinics in Albuquerque, New Mexico. We began teaching massage therapy classes in 1982 through the Continuing Education program at the University of New Mexico. Interest in massage grew from these classes. In 1988, we expanded to a 200-hour massage certification program. With passage of the New Mexico Massage Therapy Act in 1992, we expanded our program to offer 700 hours of comprehensive education. In 2000, we increased the length of time over which the course hours in the evening program are spread. We moved to our current location at 5041 Indian School Rd NE in October of 2009.

School Description

We're excited to be in our new facility. The classrooms have a large open area for setting up tables to practice the techniques being learned

in class. Separate dressing areas for women and men are available to ensure privacy. Each student is provided a small locker for their personal use. The clinic area includes a break room equipped with microwave and refrigerator for student use. The rest of our space is comprised of our administrative and faculty offices and four spacious clinic rooms.

All equipment used at Crystal Mountain meets industry standards. Equipment includes massage tables, chair massage equipment, TV/ VCR, overhead projector, anatomical models of bones, muscles and body systems and other tools and equipment to support learning. The school is WiFi equipped. Our space is located in an office complex with easy access to Interstate 40, a major freeway running through Albuquerque. The space is warm and inviting. While we can describe the general look of the building and the equipment available to students, you will need to come see us in order to get a sense of the vitality of the school.

Curriculum: Foundations, Explorations and Integration

Swedish Massage

131 Hours

In this course students develop a sense of ‘presence’ while learning the fundamental strokes and techniques of massage, including preparation, draping, universal precautions and self care.

Anatomy, Physiology, Pathology, and Kinesiology

200 Hours

The systematic study of structure, function, and diseases of the human body emphasizing the muscular and skeletal systems. Along with traditional methods of study, we use a variety of hands on techniques to enhance learning. Contraindications for massage are discussed.

Polarity Therapy

20 Hours

This class uses Ayurvedic and scientific concepts of energy, fiveelement theory, exercise and diet to promote health. This gentle touch method is based on the work of Dr. Randolph Stone and restores a person’s vital energy.

Clinical Reasoning in Massage

20 Hours

Students learn techniques to treat the common injuries most often seen by massage therapists.

Neuromuscular Therapy (NMT)

10 Hours

This class emphasizes massage techniques that access both the nervous and the muscular systems. Acute and chronic pain patterns are discussed. Methods of treatment for neck, rotator cuff, and lower back dysfunctions are demonstrated and practiced.

Structural Bodywork Techniques

16 Hours

Students learn to see and therapeutically address structural imbalances that may exist in the body. Emphasis is placed on pain patterns, restrictions of breath and balance.

Professional Ethics

44 Hours

Students learn communication skills, professional guidelines, and boundaries for massage therapists.

Reflexology

12 Hours

Students learn techniques for therapeutically touching points on the feet that correspond with areas throughout the body.

Forearm Flow

16 Hours

A nurturing, integrative, fluid and intuitive bodywork style using the forearm as a tool to reduce overuse of wrists and hands. Long and broad strokes cover the entire body. Benefits to the client include increased circulation and deep relaxation.

Chair Massage

4 Hours

Students learn a 15 minute session of bodywork using a specially built massage chair that allows the client to remain fully clothed. This truly therapeutic technique is a great way to introduce people who have no previous experience to the benefits of stress relief and relaxation that massage provides. Students learn about the features to look for when buying a chair.

Pregnancy Massage

8 Hours

Students learn special approaches and techniques for providing massage therapy for pregnant women. Indications and contraindications for bodywork during pregnancy are discussed.

Hydrotherapy

8 Hours

This course teaches how, when, and why to use cold and heat treatments.

Business Skills

20 Hours

Students learn the fundamentals of establishing, marketing, and operating a successful massage therapy practice. Information on State Licensure and National Certification is provided.

Postural Analysis

8 Hours

Students learn to recognize and address postural imbalances.

CPR/First Aid

8 Hours

Basic skills in CPR and First Aid.

Student Clinic Program

150 Hours

Massage therapy provided for the public in our on-site clinic. See the Student Clinical section for more information.

Total Evening Licensure Program: 675 Hours

Total Day Licensure Program: 700 Hours

Includes additional hours in anatomy, physiology, and massage techniques.

Crystal Mountain reserves the right to make changes to our curriculum to best serve our students.

Student Clinical

Crystal Mountain's student clinic program is a wonderful way for students to develop both skill and confidence in working with the public. In the clinic, students provide massage to members of the public in private treatment rooms. Students hone the business skills necessary for a successful massage therapy practice while developing their massage therapy techniques.

Students may enter the student clinic phase of their education once they have acquired the necessary technical ability, interpersonal skills, and confidence in their work. Some students begin work in the clinic as early as the 10th week of school. Other students may choose to wait until later into the program before beginning.

Students may accrue up to 14 hours of their 150-hour student clinical in areas outside our clinic. Options for all students include working one-on-one with a faculty member, and/or providing massage therapy at supervised community events. These events include health conferences, seminars, athletic events, fundraisers, and charity events.

Frequently Asked Questions

How do I apply to Crystal Mountain and what are the requirements for admission?

Crystal Mountain welcomes applications from individuals of every state and nation, regardless of age, sex, race, ethnicity, sexual orientation, religion, economic status, physical challenge or national origin. In order to be accepted into the program, each applicant must:

Submit a completed application for admission including health history and essay.

Submit a high school diploma or GED equivalent. A student who does not possess a high school diploma or GED equivalent must demonstrate the ability to benefit from the program. Applicants who don't have a high school diploma or GED must be at least 18 years of age (or age 17 with written consent from parent or guardian).

Participate in an interview, either in person or by telephone, with the owner. A prospective student must demonstrate a willingness to

become part of a learning atmosphere that emphasizes self awareness and presence.

Agree to abide by the student code of ethics and policies and procedures outlined in the student handbook.

Provide a registration fee and deposit of \$250.00.

Our Admissions Team reviews all applications for admission. Based on entrance requirements approval is granted or denied at the discretion of management.

How many hours are in the basic massage program?

We offer two slightly different programs to accommodate the differing needs of our students.

Day Program: Provides a total of 700 clock hours: 550 of which are in the classroom covering massage techniques, anatomy and physiology, and business and ethics (see Curriculum outline). There are also 150 hours of Student Clinic during which the student provides massage treatments for the public under the supervision of Registered Massage Therapy Instructors. The student may opt to include outside events for up to 14 hours of this Student Clinical.

Evening Program: Provides a total of 675 clock hours: 525 of which are in the classroom covering massage techniques, anatomy and physiology, and business and ethics (see Curriculum outline). There are also 150 hours of Student Clinic during which the student provides massage treatments for the public under the supervision of Registered Massage Therapy Instructors. The student may opt to include outside events for up to 14 hours of this Student Clinical.

How are program hours figured out?

A clock hour is a minimum of 50 minutes of supervised or directed instruction and no more than a 10 minute break.

How long does it take to finish the program?

Evening Program : A student in the evening program has 16 months to complete both the classroom and clinic portions of the program.

Day Program: A student in the day program has 9 months to complete both the classroom and clinical portions of the program.

How are students graded during the program?

We use many different ways to monitor progress and provide grades for students including visual observation, verbal and kinesthetic assessment of student competency, written evaluations, quizzes and exams.

Students are given progress reports when they have completed 25%, 50% and 75% of the program.

Evaluation of massage techniques: There are at least six times that a student provides a massage for a faculty member and gets written and verbal feedback on that particular massage. Our evaluation considers presence, skill in performing massage therapy strokes, ability to palpate and verbally identify anatomical structures, and professionalism.

Evaluation of academic knowledge: Regular quizzes and exams encourage students to keep up with the material. Final examinations summarize the educational process. An average passing grade of 70% or above is required for graduation from the program.

There are two number grades that are given to students and recorded on each student's transcript. These grades are determined as follows:

The Anatomy & Physiology final grade is based on:

25% from classroom participation

75% from quizzes and examinations

The Massage & Bodywork final grade is based on:

60% from the practical final exam

40% from the written massage final exam

How will I know if I'm making satisfactory progress?

Each student receives ongoing feedback during classes, advisor sessions and practical exams. In addition, each student receives three separate written progress reports when he/she has completed 25%, 50% and 75% of the program's classroom training. A student is considered to be making satisfactory progress if s/he is meeting attendance requirements, meeting student standards of conduct, and has a grade point average of 70% or higher. If a student is not making satisfactory progress, a meeting is held with the student and the Director to develop a plan for improvement. Students may be placed on probation or dismissed for unsatisfactory progress.

What if I miss a class?

Students are responsible for notifying the school and/or the instructor if they are going to be late or absent. Make up assignments are determined by the course instructor. Please refer to the Class Make-ups section of the Student handbook for more information.

Students entering the program first complete the Foundations portion of the program before moving on to more advanced technique classes.

Students missing more than three Foundations classes will be asked to do an intensive tutorial with the instructor or to begin the program at another time. If a student chooses to do a tutorial the instructor will be compensated by the student at the instructor's normal fee for a massage session. These costs are in addition to the regular tuition for the program.

If a student is absent for the first class of an advanced technique, the student must wait and take that series of classes when it is taught again. The first day of advanced technique classes offers the anatomical and background information required for the student to fully comprehend how and why these techniques work.

What are the prerequisites for entering the Student Clinic?

Students ready to enter the Student Clinic portion of the program must have successfully completed all Ethics of Communication, Pregnancy Massage, and Contraindications classes before beginning the Student Clinical. Students must have also given a massage to three different instructors. Each instructor must feel the student is ready for clinic before the student may begin his or her Student Clinic.

How many students are in each class?

We limit the size of the class to 12 students to allow for small group bonding and individual attention. In a massage technique class one or two instructors will be present to allow for personalized feedback on technique and body mechanics. Lecture classes have one instructor.

What do I need to do in order to graduate?

In order for students to receive a diploma and transcript they must complete the following requirements within 9 months for the day program or 16 months for the evening program:

Complete all classroom and clinic hours or make-ups.

Full payment of all tuition and/or other financial obligations.

An average grade of 70% or better on both the Anatomy & Physiology and Massage & Bodywork final grades

Satisfaction of all attendance requirements.

The completion of all work-study agreements, if applicable.

Can I transfer hours to Crystal Mountain from another massage therapy school?

Crystal Mountain will accept transfer hours from other schools on a case by case basis. We will work with students who need to take additional hours to complete the licensure requirements for the State of New Mexico.

Faculty

Linda Delker, LMT, RMTI, BA, MS

Owner/Director

Licensed Massage Therapist, New Mexico

Registered Massage Therapy Instructor, New Mexico

B.A. in Psychology, University of Kansas, 1983

M.S. in Counseling and Student Personnel Services, Kansas State University, 1987

Crystal Mountain Massage Therapy School, 1999

Instructor: Anatomy and Physiology, Therapeutic Massage

Favorite Quote: "But always, if we have faith, a door will open for us, not perhaps one that we ourselves would ever have thought of, but one that will ultimately prove good for us." A.J. Cronin

Passions: Cats, Tennis, Photography, Vacations

Why own Crystal Mountain? After I reached a point in my life where I felt I needed to reevaluate my priorities I decided I wanted to work someplace where I felt I was making a positive contribution to the lives of other people. I started working at the front desk of Crystal Mountain in 1996. I enjoyed being in a school atmosphere where people were really excited about learning, and it was fun to see people come in stressed from their daily lives and leave looking relaxed and happy. I progressed from the front desk to going through the program, becoming an instructor and finally having the chance to purchase the school, which I did in July 2003.

Crystal Mountain is an extraordinary place. It is a school dedicated to helping our students become magnificent massage therapists, and in the process, helping them to become more fully integrated in mind-body-spirit. That is the essential piece that sets

Crystal Mountain apart as a school – the fundamental belief that massage touches not just the body but the spirit of the therapist as well as the client. Implicit in every class taught here is the belief that a magnificent massage therapist needs not just technique, knowledge, and skills, but also compassion and the ability to be in the moment and notice clearly what is happening in that moment for both the client and the therapist. As owner of the school I feel privileged to be part of a process that I see happening here every day. It is an incredible feeling to witness the profound shifts people undergo in their sense of self. I am constantly amazed that I get to provide a place where this can happen. It is not something I ever imagined choosing for myself, but I can think of no other work I would rather be doing.

Virginia Anthony Barrow, BA, CNC, CNMT, NCTM, LMT

Licensed Massage Therapist, New Mexico and Florida,
Registered Massage Therapy Instructor, New Mexico
Certified Neuromuscular Therapist, 1986
Owner and Director, NMT Associates, 1999
AMTA Sports Massage Specialist, '90 Goodwill Games, '96 Olympics
Certified Nutritional Consultant, AANC
Certified Reflexologist, International Institute of Reflexology

Instructor: Neuromuscular Therapy, Lymphatic Drainage, Ethics

Favorite Quote: There are so many quotable quotes, but choosing one for the ‘thinking’ Therapist would have to be from Judith Walker DeLany author of Clinical Applications of Neuromuscular Therapy; who said when searching for what could be causing a client pain, the ‘thinking’ Therapist would keep asking them self, “What else?”

Passions: Applied kinesiology, Art, Dog training, Gardening, Reading, Movies

Why are you teaching at Crystal Mountain? After three decades in the field of Touch Therapies, it is time for me give back to the community by sharing my knowledge with the next generation of therapists and let them carry on the work of this valuable

profession. This fine school has given me the opportunity to teach; and I am very grateful to the school and the students.

David Fletcher, LMT, RMTI, NCTM, BS, MS

Licensed Massage Therapist, New Mexico
Nationally Certified in Therapeutic Massage, 2008
SAGE Massage, Private Practice, 2009
Certified, Geriatric Massage, 2009
Crystal Mountain School of Therapeutic Massage, 2008
MS, University of Wisconsin-Madison, 1986
BS, University of Wisconsin-Madison, 1983

Instructor: Geriatric Massage, Fascial Release

Favorite Quote: “Put your mind to it and your body will follow...”
Passions: Fascia, Trekking, Cooking (and eating) great food, Research

Why are you teaching at Crystal Mountain? Crystal Mountain’s exquisitely balanced emphasis on head (intellect), heart (intuition), and hands (skill) strongly resonates with my personal approach to bodywork and massage. Learning and teaching the elements of science-based, loving kindness-centered massage therapy is the ultimate left-brain/right-brain challenge. Crystal Mountain provides me with a wonderful community of mentors, peers and students engaged in this grand adventure.

Carl Hime III, LMT, RMTI

Licensed Massage Therapist, New Mexico, 1998
Registered Massage Therapy Instructor, New Mexico
Crystal Mountain Massage Therapy School, 1998
Private Practice in Massage Therapy

Instructor: Forearm Flow, Therapeutic Massage, Clinic Supervisor

Favorite Quote:

Invitation

If you are a dreamer, come in
If you are a dreamer, a wisher, a liar
A hoper, a prayer, a magic bean buyer...
If you’re a pretender, come sit by my fire,
For we have some flax-golden tales to spin
Come in!
Come in!
Shel Silverstein, Where the Sidewalk Ends

Passions: Spending time with my wife and our families, Hiking in the foothills, Exploring the state, Generally being outdoors, Lomi Lomi

Why are you teaching at Crystal Mountain? As a past student of Crystal Mountain I have a close bond to the school, so when I became interested in teaching Crystal Mountain was my first choice. I wanted to learn and teach with the teachers that had inspired me.

Gurubhai Khalsa, NTS, LMT, RMTI

Licensed Massage Therapist, State of New Mexico, 1984
Registered Massage Therapy Instructor, State of New Mexico, 1983
East West Institute, Vancouver, Canada, Shiatsu Practitioner, 1979
New Mexico School of Natural Therapeutics, 1981
Private Practice in Massage Therapy, 1984

Instructor: Structural Bodywork, Postural Analysis

Favorite Quote: “Get ready for another adventure in natural healing, folks!”

Passions: Hiking, Study of nature, Artistic marble and tile

Why are you teaching at Crystal Mountain? I have a love of learning and have accumulated over 4,000 continuing education credits.

Tami Morse, LMT, RMTI, RPP, RPE

Licensed Massage Therapist, State of New Mexico, 2002
Registered Massage Therapy Instructor, State of New Mexico, 2004
Registered Polarity Practitioner, 2003
Registered Polarity Educator, 2007
Crystal Mountain Massage Therapy School, 2001
Private Practice in Massage Therapy, 2002

Instructor: Polarity, Ethics, Business, Special Events Coordinator

Favorite Quote: “Understand? Good! Play!” Masaaki Hatsumi

Passions: Learning and teaching, My daughters and friends, Bujinkan Budo Taijutsu

Why are you teaching at Crystal Mountain? Attending Crystal Mountain was pivotal for me personally. The support I have received from the faculty, staff and fellow students during and

after the program has been tremendous. I feel it is an honor and privilege to now be part of the faculty at Crystal Mountain and hope I can help others along their paths as I was helped along mine.

Kim O’Brion, LMT, RMTI, BS, MS

Licensed Massage Therapist, State of New Mexico
Registered Massage Therapy Instructor, State of New Mexico
Natural Therapeutics Specialist, NM School of Natural Therapeutics 2000
MS in Health Education, University of New Mexico, 1993
Certification, Group Exercise Leader, American College of Sports Medicine, 1988
BS, Physical Education, University of Massachusetts/Boston, 1986

Instructor: Therapeutic Massage, Medical Massage, Anatomy, Clinical Reasoning

Favorite Quote: “Its all relative.” Unknown

Passions: Massage therapy, Multi-cultural foods—cooking and eating, Cats and dogs

Why are you teaching at Crystal Mountain? Because Crystal Mountain seems to nurture their students, and care about quality.

Sarah Reynolds, LMT, RMTI, BA

Licensed Massage Therapist, State of New Mexico, 1999
Registered Massage Therapy Instructor, State of New Mexico, 2001
Watsu® Practitioner, 2003
Certified Pregnancy Massage Therapist, 2001
Certified Infant Massage Instructor, 2005
Natural Therapeutics Specialist, NM School of Natural Therapeutics 1999
BA, Women’s Studies, University of Colorado, 1994
Ocean Waves Natural Healing, Private Practice 1999

Instructor: Pregnancy Massage, Therapeutic Massage, Reflexology, Stretching, Ethics

Favorite Quote: “I do not cease swimming in the seas of love, rising with the wave, then descending; now the wave sustains me, and then I sink beneath it; love bears me away where there is no longer any shore.” Hallaj

Passions: Fiber arts, Traveling, Urban farming, Graphic design

Why are you teaching at Crystal Mountain? To share healing experiences with others.

Julia Smith, LMT, CTI, RMTI

Administrator, Continuing education instructor in Thai Massage and Shiatsu
Licensed Massage Therapist, 2001
Licensed Massage Therapy Instructor, Rhode Island, Massachusetts, 2006
Licensed Massage Therapist, New Mexico, 2008
Licensed Massage Therapy Instructor, New Mexico, 2008
Certified Thai Massage Instructor, 2004
Continuing Education provider through the NCBTMB, 2006
Graduated Boston Shiatsu School, 2000
Certified Yoga Instructor, 2005
Private Practice in Thai Massage and Shiatsu, 2001

Favorite Quote: “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Aristotle

Passions: Family and friends, pottery, tango, art

Why are you teaching at Crystal Mountain? Having worked with several massage programs, I find Crystal Mountains approach highly effective and creative. The impressive teaching staff is committed to excellence and the atmosphere is congenial. Everyone is having fun while they learn.

School Policies

Self Care

We co-create, with students, staff and faculty an environment that supports personal and professional growth. There are behaviors that we have found, over time, to be necessary in order to best facilitate that growth. Each member of the community is expected to observe the following standards of conduct:

Physical, mental, emotional and spiritual health maintenance...

Our program is demanding on many levels. The rigorous workload and the challenges of a personal growth experience require students to take good care of themselves in order to succeed.

High standards of personal hygiene...

High standards of personal hygiene are essential in the profession of massage therapy. Students are expected to take extra care, both in the classroom and when working in clinic, to maintain good personal hygiene and professional standards of cleanliness in their work and learning environments.

Personal and Academic Integrity

Students are expected to uphold high standards of personal integrity. Any form of cheating or academic dishonesty is unacceptable. Students are expected to be honest and respectful in their communications with others, maintain confidentiality of personal information shared at the school, and respect the personal property of other individuals and the school.

Full Participation in the Learning Process

Students are expected to participate in the entire program with the true spirit of learning. Regular attendance and active participation in class are essential. Students at Crystal Mountain are expected to be focused on the activity being taught in class and to refrain from engaging in other activities or conversation at that time. You may not be equally interested in everything we teach; yet we ask you to remain open and to participate fully.

Willingness to Explore Different Points of View

Our curriculum is comprehensive and designed to help students explore different theories and points of view. Sometimes this may require extra effort from the student. For example, Eastern philosophy may conflict with Western thought, or different instructors may teach what seem to be conflicting or opposing realities. Our philosophy is that many points of view are valid, each in their own circumstance.

Willingness to Accept Feelings and Emotions

In the process of learning how to help clients integrate body, mind, heart and spirit through massage, students will be taught skills to work with their clients' emotional responses. Additionally, students themselves may experience the release of emotions while giving or receiving bodywork. We encourage students to express their own feelings and to be attentive to and respectful of the feelings of their classmates.

Willingness to Learn a Variety of Techniques

In our program different forms and styles of massage, bodywork, and energy work are presented. Students are expected to learn and practice all forms of work taught in the program and to offer all forms to clinic clients during Student Clinic.

Willingness to Work with Different Types of People

Students are asked to work with all classmates and clinic clients both male and female, and people of differing ages, personalities, body types and lifestyles. We ask each community member to treat all other members of our community with respect and unconditional positive regard so we all may work and learn well together.

Commitment to Developing Functional Interpersonal Relationships

Crystal Mountain's students are asked to take personal responsibility for maintaining mutually respectful relationships with all classmates, staff and instructors. Integrated into our curriculum are regular times for students to check in with each other and with staff to help maintain direct and open communication and good self-care.

Attendance

We expect students to be on time for and attend all classes in our program. If a student misses 5-6 classes during the program, they will be asked to meet with the Director to talk about their attendance and evaluate their continued status. At this meeting, an appropriate resolution will be set out which may include the creation of a contract or placement of the student on probation. Specific conditions will be outlined that the student must meet in order to remain in the program. If a student misses 10 classes or more, they may be dismissed from the program, and still be financially obligated for outstanding tuition.

Class Make-ups

If a student has absences to make up there are several ways in which this can be done:

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Attend the same class, with instructor permission, in the next day or evening class.

Complete an assignment provided by the instructor for the missed class that is the equivalent in time and content for the class time missed.

Participate in a tutorial provided by the instructor for the missed class. This tutorial time will be charged at the instructor's normal hourly rate for providing massage.

Tardiness

Students are considered tardy when they arrive late for class. Every four tardies will be treated as an absence and will need to be made up by completing an extra clinic shift. If a student arrives more than an hour late for class but less than two hours into the class, they will be given half credit for that class. If a student arrives more than two hours into the class session they will be marked absent for the class and will need to make up the entire class. Early departure may result in a tardy (if less than one hour of class is missed), 1/2 credit (if up to 2 hours of class time is missed) or an absence (if more than 2 hours of class time is missed).

Student Clinical Hours

Students are required to complete 150 hours of Student Clinic as part of their education. All Student Clinic hours must be supervised by a Registered Massage Therapy Instructor and must be approved by the Crystal Mountain administration. A separate Student Clinic Handbook is provided to students as they are ready to begin clinic. If you would like to have a copy of this document in advance, please feel free to ask the administrative staff.

Supporting a Healing Environment

Quiet

The optimal environment for giving and receiving massage is one that is serene. We ask everyone at Crystal Mountain to use quiet voices. We also ask for silence during all classroom and clinic treatments except when verbal communication is necessary for therapeutic care.

Groundedness

It is important that therapists learn to be focused and present within themselves and while working with others. Students are taught skills that facilitate presence and groundedness.

Personal Boundaries

Each individual has their own sense of personal limits and boundaries. Please respect your own boundaries and the needs and limits of others in our community. Interpersonal and group boundaries may be different than individual ones. We encourage you to express any difficulties you may have in setting your own boundaries, understanding the concept of boundaries and respecting others' boundaries.

Professional Responsibility

It is the responsibility of all students to honor the physical and emotional boundaries of their fellow students and clients. Therefore it may be necessary to adjust your massage therapy treatment to accommodate the student's or client's physical, emotional or medical needs.

Leave of Absence

A student experiencing difficulties or medical problems may request a leave of absence in writing. This leave may be granted for a time agreed upon by the student and the administration not to exceed two weeks of scheduled class time or 4 weeks of clinic time. Should the student not return at the contracted time, the student's enrollment would be terminated as of the first day of the leave of absence.

Access to Students Records and Release of Student Information

Any Crystal Mountain student desiring access to their records may ask an administrative staff person to produce the student file for perusal. No student file may leave the school building nor are documents to be taken from the file. Faculty advisors have access to the files of their student advisees for the purposes of reading the student's application and essay. Student information is not given to any person other than the student without written permission from the student.

Dismissal Policies

The following are conditions for possible disciplinary actions up to and including dismissal:

Attending classes or participating in Crystal Mountain sponsored activities under the influence of drugs or alcohol

Failing to maintain professional boundaries with students, staff, or clinic clients

Failure to maintain satisfactory progress in class or clinic

Behaving in any manner that is harmful to the learning environment or to the reputation of the school

Failure to meet the student standards of conduct outlined under School Policies section

Failure to fulfill the terms of disciplinary action, such as probation

Failing to maintain the attendance and make-up policies outlined in the current student handbook and school catalog

Failure to meet financial obligations to the school

Cheating or plagiarizing

Management makes all warning, probation, and dismissal decisions. A student may be dismissed from the program with or without a prior warning, or being placed on probation depending on the nature and extent of the infraction.

Grievance Policy

If a student has a complaint or a suggestion about any part of the experience at Crystal Mountain, please let one of the administrative staff know. You can do this by speaking directly with an administrator or by issuing a formal complaint in writing. The Director will review each complaint within three days of her receipt of the complaint. If the student remains dissatisfied with the resolution of the complaint, the student may contact the:

New Mexico Board of Massage Therapy
2550 Cerrillos Santa Fe, NM 87505
505-476-4870
E-mail: MassageBoard@state.nm.us

Student Services

Student/ Graduate Placement Opportunities

While Crystal Mountain doesn't guarantee job placement following graduation, we do provide ongoing career support. We maintain a current job listings bulletin board that includes job descriptions and requirements for jobs available in the local communities.

Housing

The school maintains a community bulletin board where rentals are often posted.

Counseling

Academic advisement is an integral part of the program. Each student is assigned to a faculty advisor who provides him or her with feedback on his or her progress. Administrative staff is also available to provide additional academic support. If a student requires additional tutoring, administrative staff maintains a listing of available tutors. Students pay

for tutoring directly to the tutors. We maintain current information on counseling and other social services available in the community. Our caring staff is available to help students contact the services that they may need. We do not provide psychological, marital/ relationship, legal, financial or other counseling services to students.

Licensing Requirements

People who want to practice massage therapy in New Mexico are required to have a massage therapy license. To qualify for this license, the applicant must be at least 18 years old, is required to have at least 650 clock hours of massage education from a registered massage therapy school, pass the national licensure exam, the New Mexico jurisprudence exam, and have a high school diploma or GED.

Massage therapy licenses granted in one state are not reciprocal to other states. Each state has its' own laws regulating massage therapy. Students who would like to move to another state after completing massage training at Crystal Mountain are encouraged to look into any state, county or municipal laws to insure that your education will be accepted there. ABMP.com maintains a list of the current licensing laws in every state. New Mexico requires more hours of training than many other states, but you may need additional hours in certain subjects to satisfy another state's requirements.

<http://www.abmp.com>

Affiliations and Associations

We are often asked about our affiliations with the Associated Bodywork and Massage Professionals (ABMP), or other professional massage and bodywork organizations. Crystal Mountain is a member of ABMP. These organizations help students, therapists and schools promote massage therapy as both a science and a healing art Crystal Mountain is licensed by the State of New Mexico Massage Therapy Board. We are recognized by the Department of Vocational Rehabilitation (DVR), the Department of Veterans Affairs(VA), and the Department of Labor. Tuition funding may be available through these sources as well as through government agencies in your area including tribal governments.

Program Tuition

Detailed information about program tuition and other costs associated with Crystal Mountain can be found in the tuition download. Tuition includes a registration fee and deposit of \$250. If you are not accepted to Crystal Mountain the deposit is fully refunded. Tuition also includes books and the use of massage tables during class. Local taxes, linens, oils, personal massage tables and costs of any licensing exams are not included in tuition.

Crystal Mountain has tuition payment plans available for students based on your individual circumstances. Our intent is to make our program affordable for interested students. Through our payment plan options, we are able to accommodate students with different financial resources.

Work Study Program

Our Work Study Program is a great way to learn and earn at the same time. Work Study is an option offered to qualified students to work off part of their tuition by giving massage therapy treatments in our clinic, working in our office, or cleaning and maintaining our facility. For each class, we set aside a certain sum for Work Study Students. Students interested in Work Study must apply and assistance is granted on the basis of financial need and the availability of funds. Students have the option of paying off their Work Study balance if they are able to do so. Crystal Mountain's Work Study program is our in-house form of financial assistance. Financial assistance may also be available through the Department of Vocational Rehabilitation, the Department of Veterans Affairs, and the Department of Labor for qualified applicants. You may call or visit the government agencies in your area to see if educational assistance is offered.

Refund Policy

If a student withdraws after class begins we will keep a portion of the tuition paid. How much of the tuition is kept is dependent on how much of the program the student has completed. Enrolled students who no-show on the first day of class will be dis-enrolled and the tuition deposit of \$250 will be retained by the school. Any tuition paid over the amount of the deposit will be refunded to the student.

Amount of Tuition Refunded

% of Program Completed Calendar

1-10	90%
11-20	80%
21-30	70%
31-40	60%
41-50	50%
51- Completion	0

Beautiful New Mexico

New Mexico is the fifth largest state and, with a population of only 1.8 million people, has an abundance of open space in which to explore its limitless beauty. Our high desert climate is

5400 feet above sea level and provides 350 days of sunshine a year.

Our warm summer days become cool, sleep-friendly nights.

Albuquerque has four distinct seasons and receives approximately 10 inches of precipitation a year. Inclement weather almost never interferes with outdoor plans.

Albuquerque is located in the north central part of New Mexico. It is the largest city in the state, with approximately 650,000 residents. Scattered nearby are a variety of historic sites, landmarks, and ruins, some dating back thousands of years. The native people of Acoma Pueblo, who live 60 miles west of Albuquerque, form the oldest continuously inhabited village in the United States. The "Land of Enchantment" has blended its Native American, Hispanic, and Anglo cultures into a modern yet relaxed lifestyle. Crystal Mountain is a great place from which to begin exploring the local flora and fauna.

We are located just 15 minutes by car from the airport, 4 miles from historic Old Town, 1.5 miles from downtown, and 3 miles from the famous Rio Grande. A 15-20 minute drive will bring you to the beautiful Sandia Mountains, which form the eastern border of our city. These mountains were named for the majestic watermelon color they reflect at sunset and are an ideal spot for skiing, hiking, camping, climbing, and hang gliding. Sandia Peak, at 10,678 feet above sea level, provides a magnificent view of the city and the entire Rio Grande Valley.

Santa Fe, an internationally renowned cultural center, is less than an hour's drive away. In Santa Fe, you can explore many hiking trails, ski and then relax in a great spa that has beautiful hot tubs nestled into the mountain side. Jemez Springs, also less than an hour away and is known for its natural hot springs, Buddhist Monastery and wonderful fly fishing. New Mexico has attracted many new residents, tourists, and students because of its cultural variety, its natural scenic beauty, a relaxed lifestyle, and the state's reputation as a healing and spiritual center. We invite you to join us!

Program Calendar

Day Program

Spring 2012

Dates: April 16, 2012 - October 5, 2012

Hours: 700

Times: Monday-Friday 9am-1:30pm

Summer 2012

Dates: August 27, 2012 - February 22, 2013

Hours: 700

Times: Monday-Friday 9am-1:30pm

Autumn 2012

Dates: November 5, 2012 - May 3, 2013

Hours: 700

Times: Monday-Friday 9am-1:30pm

Evening Program

Winter 2012

Dates: February 20, 2012 - January 31, 2013

Hours: 675

Times: Monday, Wednesday and Thursday, 6-10:00pm

Autumn 2012

Dates: September 10, 2012 - August 7, 2013

Hours: 675

Times: Monday, Wednesday and Thursday, 6-10:00pm

Winter 2012

Holidays

Classes are not held on the following holidays:

New Years Day

Memorial Day

Independence Day

Labor Day

Thanksgiving Day

Christmas Day

Crystal Mountain

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