

Some Points to Consider Before

Applying to a Massage School by Damian O. Matthews, LMT

(Adapted from futureLMT.com) (blue italics added)

1. Tuition: *How much will it cost me?*

The national average tuition is about \$15,000 but with individual schools ranging from \$6,000 to \$7,000 on the low end, to more than \$29,000 dollars on the high end, it may prove to be financially prudent to do a little shopping around. There are other costs to consider when thinking about attending massage school. Books, sheets, housing, etc. are in most cases an added expense. Remember, make sure to inquire when speaking to program administrators about any additional expenses required. *At Healing Mountain Massage School® the program cost is \$14,500 at our Salt Lake City and Orem Campuses, which includes such things as books, a massage table package, a shiatsu/thai yoga massage mat, 4 sets of sheets, a book bag to carry sheets and books to and from school, a laundry bag for clinic sheets, 2 clinic uniforms. And, for students who graduate from our 900-hour massage program on time, we will pay for unlimited practice exams, the MBLEx exam fee, \$100 toward state licensing fees, and professional liability insurance along with one year of professional membership in the ABMP.*

2. Speak to former students:

Did former students enjoy the school and feel prepared to work in the field?

Most schools can provide contact information of former students as references for the program. It's a great idea to get different opinions on each program through the people that actually experienced it firsthand. *Healing Mountain® received 100% graduate satisfaction with the school as well as its administrators and faculty during its most recent 2019-2020 reporting year. Additionally, we received zero violations during our last accreditation visit, which is a rarity among postsecondary vocational schools.*

3. Duration of the program: *How long will it take me to become a massage therapist?*

As with tuition, the length of each program varies. Some full-time programs are only five months long. Other schools may take up to 18 months, in a part-time setting.

In order to sit for the National Certification Examination*, you need a minimum of 500 hours of formal training. However, each state has its own laws and guidelines, so be aware of the region you want to work in and find a massage school that meets that state's licensure requirements. (Visit www.massagemag.com and click on "Laws and Legislation" for your state's current licensing requirements.) **The MBLEx exam has since superseded the NCE exam as the official standard state licensing exam. Healing Mountain Massage School® offers a full time morning program that is 36 weeks and part time evening program that is 44 weeks long. Our program consists of 900 hours and qualifies you to sit for the MBLEx* exam and apply for Utah State licensure. It also satisfies most other state massage hours requirements depending on where you move.*

4. Modalities: *What techniques does the school teach?*

To get the most out of your massage-school experience, you should review the curriculum of each program closely and make sure the techniques being offered are in line with your career goals. Each school sets its own syllabus according to its beliefs and values. So check in to the philosophy of the program. Who are my teachers? What books will I use? Answers to these types of questions will help determine if the school is a good match for you. *Our school's philosophy is "the Way of the Compassionate Spirit." And as such we treat our students with dignity and respect and value each person's life experiences they bring into the program. Our faculty consists of seasoned professionals. These instructors are listed in our school catalog as well as courses, which are unique to our school and highly sought after in the marketplace today.*

5. Licensure exams: *Are the tests hard?*

These exams are designed to evaluate the competency of entry-level massage therapists and many states use them as requirements for licensure. If your school did it right, the test should be passable. Remember, it is the job of the school to prepare you for licensure. *Healing Mountain Massage School® teaches students to pass the MBLEx licensing exam. During the most recent academic year, our campuses had a combined 100% pass rate on the MBLEx for the 2019-2020 reporting year.*

6. Anatomy and physiology: *Will I be able to learn the anatomy and physiology?*

If the information is presented in a fun and exciting way, anyone can learn anything. What could be more exciting than learning about this home I call my body! Remember, the anatomy and physiology is the easy part! *We use an anatomy textbook written by the noted author and professor of Anatomy at the University of Utah who has also taught Anatomy & Physiology to massage students for decades. He conveys a wonderful insight into how issues encountered by LMTs can be answered and addressed with a knowledge of A+P.*

Damian O. Matthews, L.M.T., *is a massage therapist, admissions coach and massage instructor working out of the Sedona School of Massage, located in Sedona, Arizona.*