

Advanced Pain Management Therapies©

100-Hour Program Syllabus Cohort #3



Part 1: Information Instructor Information

- **Lead Faculty: Heath & Nicole Reed**, LMTs and Body Intelligence Coaches
- **Teaching Assistants:** Maria Kadingo and Jonnie Goodmanson, LMTs and Registered Yoga Instructors
- **E-mail:** Maria Kadingo at MariaK@LivingMetta.com (preferred contact method)
- **Office Telephone:** (484) 661-0424

Advanced Pain Management Therapies© Definition

Advanced Pain Management Therapies© is an integrative approach to bodywork combining science based medical massage techniques with therapeutic movement interventions and is supported with communication skills and ergonomics to facilitate positive, results driven sessions for both clients and therapists.

Certified Advanced Pain Management Therapist© Program Description

Certified Advanced Pain Management Therapists© blend science with the senses to embody both a profession and lifestyle of healing, empowerment, and growth.

Advanced Pain Management Therapists' goal is to generate mutually beneficial results for therapists and clients, and is reinforced with conscious communication skills, expert touch therapies, as well as movement, breathing, and lifestyle coaching. This 100-hour program empowers therapists and their clients to co-create results driven sessions, and to integrate daily practices for a life well-lived.

Prerequisites

You must be a licensed or registered massage therapist and currently an employee with Massage Envy to participate.

Textbook & Course Materials

Required Reading:

Throughout the program, you will receive access to comprehensive instructional manuals through your APMT Home study portal on www.LivingMetta.com.

Recommended Texts & Other Readings:

Additional cited references and recommended publications, videos, and resources will be made available through your Living Metta APMT Home Study Portal, as well as on the Facebook Advanced Pain Management Therapies© Group page

Home Study Course Requirements

- The Home Study portion of the APMT requires a digital device and an internet connection (DSL, LAN, or cable connection desirable).
- *Therapists must complete the relevant Home Study Module pre-work prior to attending the live zoom hands-on review sessions* (see Course Calendar for schedule).

Live Zoom Webinar Requirements

- Therapists must complete and pass each pertinent Home Study module and written test **prior** to qualifying to attend the live, zoom webinars.
- In addition to the internet connection, an enabled webcam is required on your device for live, Zoom sessions.
- You will need to arrange to partner with another APMT student or APMT graduate to give and/or receive the hands-on techniques in real-time.
- A massage table, linens, lotion, and appropriate bolsters.
- Beginning in Live Zoom Session #2 and throughout all future live zoom sessions) therapists must have access to all APMT-approved professional tools, i.e., Silicon cups, kinesio-tape, Percussion tool (e.g., Hypervolt), Therapy balls, topical analgesic (like CBD lotion), and hand towels.

Online and Live Hybrid Course Structure

This APMT certification course program is an almost entirely online course that culminates in a one day, in-person, hands-on final exam with Living Metta faculty. Approximately 60% of the online content will be pre-recorded and hosted on the APMT Home Study Portal at LivingMetta.com. The remaining 40% of the coursework will be taken in 8 mandatory scheduled 4-hour live Zoom webinars, as well as the single full day of in-person, live hands-on final exam test day. If therapists are unable to attend a live Zoom webinar, they must request their manager or owner to complete the “Excused Absence Form”, as well as watch and practice along to the recorded Zoom replay (uploaded onto your APMT portal within 72 hours to watch or review). Therapists must watch and practice along with all pre-recorded and live hands-on sections, and successfully pass all exams to qualify to participate and sit for the final, hands-on exam.

APMT Home Study Portal, Live Zoom Webinars, & APMT Facebook Group Page

All live classes will be conducted on Zoom, while additional course activities and resources can be found through our APMT Home Study portal at www.LivingMetta.com, as well as on our private APMT Facebook group. Facebook serves as a resource center where you and your colleagues can ask and answer questions, share best practices, as well as notify you about upcoming events, recommended reading, and to build a felt

sense of MT community. APMT participants are required to check-in once per week on our Facebook page to stay current with any additional assignments, changes to schedule, and/or as an opportunity to deep dive into various pain management considerations.

APMT Home Study Portal on LivingMetta.com

The majority of your course information will be found here. Following each APMT module, a written test will be offered. You must pass the provided test with 75% for each corresponding course to participate in the final exam (you may retake these quizzes multiple times if necessary to earn your 75%).

Zoom Webinar Prerequisites

Therapists *must* complete each Home Study Module Prerequisite (Pre-work) to become eligible to attend the live Zoom webinars. The Home Study Module Prerequisite calendar is available [here](#) and we recommend you add these to your calendar now.

Live 4-Hour Hands-On Zoom Webinars

During the Zoom calls, therapists will need to have their table, linens, lotion, and all advanced tools (beginning on the second live session), as well as a APMT student or graduate as a demo body client arranged to be available during the hands-on practice portions listed below. During these live Zoom webinars, we will share a combination of movement therapy practices as well as a strong emphasis on hands-on bodywork practice and review. Therapists are recommended to wear comfortable clothes they can easily move in during movement and touch therapy sessions.

Zoom Webinars Schedule Overview

Below is a general outline for most of our 4-hour Live Zoom Sessions. There will be short breaks throughout but the following timeline will assist you in organizing:

First 90 minutes: APMT Community check-in with colleagues, review previous Home Study module content, break out session with peers, and answer pertinent students' questions

Next 2 hours: Practice healing moves and review hands-on techniques from prior Home Study Module (be sure your APMT demo partner is available for you both to practice with one another)

Last 30 minutes: Time permitting, answer students' questions or complete hands-on practice

If you are unable to attend a live session, be sure to have your owner/manager complete the Excused Absence form and watch the recorded replay in order qualify for the final hands-on exam (live Zoom webinars will be recorded and made available within 72 hours following on the Living Metta portal).

3 Advanced Targeted Therapy Service Communications will be conducted by students throughout the program. One video recording describing what the ATT service and how it may benefit clients is due to be posted on the APMT FB page or emailed to MariaK@LivingMetta.com no later than Sept 7th, 2023. And by Nov 2nd, students must also describe the ATT service to two (2) other eligible people including: 1. another therapist not currently enrolled in APMT program, 2. your clinic manager, 3. your clinic lead therapist, 4. your front desk, OR 5. a potential ATT client candidate. After therapists describe the ATT service, they must have each person sign-off that they were clearly informed and now have an understanding about this service.

4 Session Assessment Forms are provided digitally on your Living Metta portal and must be submitted prior to the hands-on final. These forms are a way to address and assess your clients' needs and maximize positive therapeutic outcomes. Living Metta faculty will be offering feedback on these forms, and the first two (2) are due by Sept 30th and the remaining two (2) assessments are due no later than October 20th.

ATT Service Potential Client Candidate List includes the name of 5 people who may benefit from this treatment, and why, due by Nov 2, 2023.

Important Note: This syllabus, along with course assignments and due dates, are subject to change. It is the student's responsibility to check Facebook for corrections or updates to the syllabus, or to contact us immediately should you have any questions. Any changes will be clearly noted with advanced notice in course announcements on the APMT Facebook group page.

Technical Assistance & Access for: Living Metta Home Study Portal, Zoom Live Classes, and Facebook Group Resource Hub

While registering for the Advanced Pain Management Therapies© with Living Metta, you will create an account with a username and password. Once logged in on LivingMetta.com, click "My Account" to get to your account dashboard. Then select the "APMT Program" button to access your complete account. If you have any difficulty setting up or accessing your account dashboard, be sure to contact MariaK@livingmetta.com immediately.

Zoom Live Webinars Access

All our live webinars will be hosted on the Zoom platform, and you will be given a registration link that will allow you to generate a personalized access code so you can attend and receive credit for your attendance. Be sure to have internet access and a webcam available throughout all the live webinar classes. Additionally, these live webinars will be a combination of lecture and hands-on and you will need to have a massage table, relevant equipment/tools, and an APMT student/grad demo-body to practice on for these classes. These live sessions are devoted to reviewing any previous hands-on and lecture information and provides an opportunity for students to ask questions and refine their approach. Following the live webinars on Zoom, the recording will become available for replay on your LivingMetta.com APMT portal within 72 hours.

Facebook Access

Upon registration, you will be requested to follow Living Metta on Facebook so Heath and Nicole can invite you to their closed group called Advanced Pain Management Therapies© Group on Facebook. This FB Group provides a resource hub for all student and Living Metta faculty Q&As specific to the Advanced Pain Management Therapies© program. Throughout the program we require you to check in at least once per week to stay up to date on your colleague's questions, accomplishments, upcoming events, schedule changes and bonus resources. We also request you initiate a post, or comment on someone else's post, at least once per month to become eligible for the hands-on final exam (a minimum of 4 times). And among the best ways to support learning and connection (and to be considered to become a certified trainer for Living Metta in the future) is to actively participate and engage with Heath and Nicole, other Living Metta faculty, and the entire therapist group on live Zoom meetings and Facebook.

Part 2: Student Learning Outcomes & Objectives Student Learning Outcomes

Participants will be able to:

- Sharpen your skills using science-based touch therapies and the provided tools to facilitate results driven sessions to successfully address common client complaints, like neck, low back, shoulder, hip, knee, wrist, and foot pain
- Confidently blend touch therapies with mobilization (like ROM, Pin & Stretch/Move, Glide and Stretch/Move, myofascial stretching, dynamic stretching, joint capsular work, and Call for Motion) during each session
- Provide Integrate movement therapies (aka "healing moves") which are akin to physical therapy, and are inspired by Structural Integration repatterning exercises, yoga therapy, medical qigong, Z-Health, Feldenkrais, and more
- Develop independent clinical thinking and analysis skills in order to effectively communicate, collaborate and generate treatment goals with clients
- Cultivate your own body intelligence to successfully evolve and enhance your professional craft and personal lifestyle with researched communication and integrity skills
- Embody your role as a healthcare educator as you coach clients with healing moves to maximize and sustain therapeutic outcomes
- Grow your anatomical prowess and cultivate a healthy relationship with your body
- Enjoy a reliable reservoir of touch and movement interventions for a pain free body for yourself
- Rely on simple and easy life hacks to feel more refreshed and enlivened throughout the workday, and throughout your life
- Distinguish yourself as a committed healer and bodyworker by becoming a Certified Advanced Pain Management Therapies© Therapist

Course Objectives

Participants will be able to:

- Effectively communicate, collaborate, and customize a goal-oriented session with each client, and follow up by coaching recommended at-home practices
- Integrate diverse touch therapies from clinical massage therapy approaches and provided tools (such as Orthopedic Massage, Neuromuscular Therapy, Myofascial Release, Assisted Stretching, K-Taping, Cupping, Active Release, RTR and more) to generate measurable therapeutic outcomes
- Coach clients how to safely and progressively practice movement therapy approaches (such as call for motion, yoga therapy, medical qigong, Z-Health, Feldenkrais, and more) to sustain and potentially improve positive results provided by touch therapies
- Explain neurological mechanics of stress (i.e., Polyvagal Theory), discover how to short-circuit the stress response (with breathwork, movement, and touch), and cultivate a personalized self-care lifestyle reinforced by self-regulation practices

Requirements and Due Dates

You will meet the outcomes listed above via a combination of the following activities:

- Completing all Home Study Module Coursework and successfully passing each associated Module exam with a 70% or higher to become eligible to attend each live, Zoom webinar.
- Attending all 8 live webinars (or having your owner or manager complete the Excused Absence form and affirming you have watched the replay).
- Practicing all hands-on techniques during live or recorded webinars, as well as practicing all techniques 5-10 times prior to the final hands-on exam
- Studying and accurately integrating the lecture information and hands-on techniques provided in all webinars, instructional manuals, and supplemental information provided on Facebook
- Checking-in weekly on Facebook
- Successfully pass all quizzes and final exam with a minimum 70% correct responses (participants eligible to retake quizzes until earned a 70% or better)
- Film and post yourself talking about the benefits of the Advanced Targeted Therapy and how this service can specifically help your client on the FB page no later than September 7th, 2023, and explain to 2 eligible people by Oct 20th.
- Complete 4 Session Assessment forms the first two (2) are due by Sept 30th and the remaining two (2) assessments are due no later than Oct 20th.
- ATT Service Potential Client Candidate List includes the name of 5 people who may benefit from this treatment, and why, due by Nov 2, 2023.
- Attending and successfully passing the in-person, hands-on final exam
- Complete 1 Personal and Professional Reflections on Advanced Pain Management Therapies© Program form to be completed following hands-on final exam (end of course survey)

Part 3: Home Study & Live Course Calendar

Important Note: Refer to the course calendar for specific meeting dates and times. Activity and assignment details will be explained in detail during the webinars, and questions can be raised anytime on Facebook (preferred contact method). If your questions are not answered sufficiently on Facebook, please contact your senior TA instructor, Maria Kadingo at MariaK@LivingMetta.com

Below is the Home Study, Live Zoom Sessions, and In-Person Hands-On Final Exam Schedules. The prerecorded and live sessions are designed to move sequentially to maximize understanding, integration, and retention. Participants are required to complete each Home Study Module prerequisites *prior* to attending live sessions.

Live Zoom Classes Schedule*:

All the mandatory live Zoom classes occur every other Thursday. Be sure to add the following dates and times to your calendar now.

9am-1pm Pacific Time
10am-2pm Mountain Time
11am-3pm Central Time
12pm-4pm Eastern Time

7/27 Live Session #1: The Four Essentials Hands-On Practice

8/10 Live Session #2: All Tools on Deck Hands-On Practice

8/24 Live Session #3: The Power of Moving with Massage Hands-On Practice

9/7 Live Session #4: Upper Body Therapies: From Face to Fingers

9/21 Live Session #5: Lower Body Therapies: From Core to Floor

10/5 Live Session #6: Advanced Communication and Session Creation

10/19 Live Session #7: Critical Thinking & Strategies to Maximize Healing

11/2 Live Session #8: Hands-On Final Exam Review

**To be eligible to join the Live Zoom Classes, therapists must*

- 1. complete Pre-work ahead of time (the associated "Home Study Module") and*
- 2. have their APMT demo partner and table/linens/pertinent tools available.*

Full day, in-person Final Exam

11/13-11/21, 9am-5pm: Therapists who complete their coursework as assigned qualify to attend the hands-on exam. Therapists will be assigned to attend **one** of the final exam test dates closest to their clinic. Assigned locations TBA by September 8, 2023.

Detailed Curriculum Outline Live Zoom Sessions & Home Study Modules

Live Zoom Session #1 - Thursday, July 27th

The Four Essentials Hands-On Practice

Hands-On Module 1 Review, with your APMT demo partner

Session 1 Participation Prerequisites

Prior to attending this all live session, participants must:

complete and pass the first 12-hour Module, entitled “Four Essentials for Thriving Therapists”, on the APMT Home Study Portal on LivingMetta.com

Four Essentials for Thriving Massage Therapists Home Study Module 1

An orientation of APMT program is provided in this first module. Additionally, the Four Essentials for a Thriving Massage Therapists, will be introduced, practiced and woven throughout the entire Advanced Pain Management Therapies© program. The Four Essentials are:

1. Advanced Tools
2. Ergonomics & Body Mechanics
3. Self Care is Health Care
4. Communication & Leadership Skills

The 4 Essentials Module will delve into best of practices for deep tissue approaches, body mechanics, stretching ROM, as well as self-care and communication strategies that generate the most reliable therapeutic outcomes. Specifically, we will review the science of Polyvagal Therapy to enhance therapist and client “Vagal Tone” (relaxation response) and practice self regulation, co-regulation and communication skills that foster safety, collaboration, and easily meet or exceed expectations. The practices and approaches of the Four Essentials empower therapists to step into their role as a Healthcare Educator.

Be prepared to begin to connect with your MT colleagues and connect with your well being with some healing moves and touch therapies. Healing Moves are meant to provide an anatomical tutorial, enhance therapists’ body mechanics, as well as offering effective movement therapies for clients and therapists alike to interrupt their pain patterns. APMT candidates ability to communicate, teach, and demonstrate the rational and practice of Healing Moves will be graded as part of the hands-on, final exam.

Live Zoom Session #2 - Thursday, August 10th

All Tools on Deck Hands-On Practice

Hands-On Module 2 Review, with your APMT demo partner

Session 2 Participation Prerequisites

Prior to attending this live session, participants must:

complete and pass the 10-hour Module, entitled “All Tools on Deck”, on the APMT Home Study Portal on LivingMetta.com

All Tools on Deck Hands-On Practice of Home Study Module 2

Deep dive into the miraculous professional tools of the silicon cups, K-tape, RTR, CBD lotion, and even warmed towels to enhance your therapeutic results: all while giving your own personal tools (hands, fingers, wrists, spine, shoulders, etc) rest and refreshment!

Live Zoom Session #3 - Thursday, August 24th

Power of Moving with Massage

Hands-On Module 3 Review, with your APMT demo partner

Session 3 Participation Prerequisites

Prior to attending this live session, participants must:

complete and pass the 10-hour Module, entitled “The Power of Moving with Massage”, on the APMT Home Study Portal on LivingMetta.com

The Power of Moving with Massage Module 3

This module examines tenets from multiple manual and movement therapy approaches to generate greater ease and economy in our daily activities. Learn to perform and combine Advanced Stretching (indirect shear) and Positive Pressure (direct shear) to reshape disorganized fascia into a more harmonious and functional support system. Safely and dynamically enhance yours and your clients' strength, flexibility, and mobility with pattern interruptions in your movement habits and with assisted stretching or "Call for Motion" that you provide others. And discover how to utilize the Ground Reaction Force (equal and opposite force of gravity) to support your healthy body mechanics and leverage the greatest impact with the least effort. Becoming aware of how different forces and lines of tension (myofascial meridians, kinetic chains, postural holding patterns, repetitive stress injuries, gravity, etc) in your own body (and in clients' bodies) allows you to more effectively release unnecessary effort, tension, and pain.

Live Zoom Session #4 - Thursday, September 7th

Upper Body Therapies: From Face to Fingers

Hands-On Module 4 Review, with your APMT demo partner

Session 4 Participation Prerequisites

Prior to attending this live session, participants must:

complete the 12-hour Module, entitled “Upper Body Therapies: From Face to Fingers” on the APMT Home Study Portal on LivingMetta.com

Upper Body Therapies: From Face to Fingers Home Study Module 4

Advanced Pain Management Therapies© for Neck and TMJD Relief

Discover and alleviate the common structural and behavioral causes of neck and jaw pain or injuries. Therapists blend their anatomical prowess with fascial reorganization techniques to diminish symptoms from whiplash, neck or jaw tension, limited mobility, and poor posture. Highlights include addressing the “psoas of the neck” or longus colli muscle, releasing the lower scalenes attachment at the ribcage, and practicing the MacKenzie method for resolving forward head position.

Advanced Pain Management Therapies© for Shoulders, Wrist, & Elbow Relief

Melt the boulders in the shoulders, soften stubborn trap tension, and encourage a stable shoulder girdle by realigning muscle imbalances. Therapists safely release the three main areas of nerve impingement at the thoracic outlet, comprehensively melt Frozen Shoulder symptoms, and help clients restore optimal ROM to their shoulders. Highlights include orthopedic joint capsular restoration, unlocking subscapularis in supine position, and the Rainbow technique for shoulder first aid relief.

Live Zoom Session #5 - Thursday, Sept 21st

Lower Body Therapies: From Core to Floor

Hands-On Module 5 Review, with your APMT demo partner

Session 5 Participation Prerequisites

Prior to attending this live session, participants must:

complete the 12-hour Module, entitled “Lower Body Therapies: From Core to Floor” on the APMT Home Study Portal on LivingMetta.com

Advanced Pain Management Therapies© for Low Back, SI Joint, and Sciatica Relief

Provide therapeutic relief from chronic or acute low back or hip challenges—for clients and for yourself. Integrating science and sensitive attention, therapists practice decompressing the L5-S1 joint, release SI Joint discomfort, and assess the difference between disc injuries and facet joint injuries. Highlights include gentle and comprehensive psoas release, releasing the muscles most associated with pseudo-sciatica, and practice the Pelvic clock technique to restore balance and alignment at the base of the spine.

Advanced Pain Management Therapies© for Knee, Ankle, & Foot Relief

Help soothe and remediate foot, ankle, knee and outer hip pain. Discover how to utilize the side-lying position to maximize a comprehensive and 3D release of the lower extremities. Also review myofascial meridians and uncover lifestyle factors and simple interventions that lead to misalignment or improved functionality—from head to toe. Highlights include unlocking the key structures associated with knee pain, plantar fasciitis, and chronic ankle instability, providing therapeutic interventions to restore muscle balance, and re-educating the nervous system for more harmonious movement and function.

Live Zoom Session #6 - Thursday, Oct 5th

Advanced Communication and Session Creation

Hands-On Module 6 Review with your APMT demo partner

Session 6 Participation Prerequisites

Prior to attending this live session, participants must:

complete the 4-hour Module, entitled “Advanced Communication and Session Creation” on the APMT Home Study Portal on LivingMetta.com

Advanced Communication and Session Creation

Localized pain or injuries must be addressed differently based on the individual client’s history and, perhaps more importantly, their current lifestyle behaviors. For instance, a sedentary client with back pain who does not exercise regularly generally requires gentler therapeutic interventions than a professional athlete with back pain who has a track record of exercising and challenging their body. This session discusses the negative physiological impacts of being sedentary, postural-induced pain, common sports-related injuries, how to customize session goals based on client lifestyle factors, and offers client-specific remedies.

Live Zoom Session #7 - Thursday, Oct 19th

Critical Thinking and Strategies to Maximize Healing Outcomes

Hands-On Module 7 Review with your APMT demo partner

Session 7 Participation Prerequisites

Prior to attending this live session, participants must:

complete the 4-hour Module, entitled “Critical Thinking and Strategies to Maximize Healing Outcomes” on the APMT Home Study Portal on LivingMetta.com

Critical Thinking and Strategies to Maximize Healing Outcomes

Here we practice sophisticated verbal and nonverbal assessment skills, explore recommend communication strategies, and deep dive into challenging and unusual client projects. We also explore how to assess the efficacy of our previous healing interventions and how to redesign or expand our therapeutic strategies in response to the track record of outcomes.

Live Zoom Session #8 - Thursday, Nov 2nd

Hands-On Final Exam Review

Hands-On Module 8 Review with your APMT demo partner

Session 8 Participation Prerequisites

Prior to attending this live session, participants must:

complete the 4-hour Module, entitled “Hands-On Final Exam Review” on the APMT Home Study Portal on LivingMetta.com

Hands-On Final Exam Review

Get all your questions answered and prepare to successfully pass the in-person, live hands-on final exam

Final hands-on test with Heath and Nicole - November 8-21, 2023, 9am-5pm

Therapists who complete their coursework as assigned qualify to attend the hands-on exam. Therapists will be assigned to attend **one** of the final exam test dates closest to their clinic. Assigned locations TBA by September 8, 2023.

Therapists are assessed on their ability to demonstrate: quality of touch with all advanced tools, accuracy of Advanced Pain Management Therapies touch therapies and anatomical landmarks, optimal ergonomics and body mechanics, coaching of movement therapies, and adept communication skills in generating a mutually beneficial session plan (refer to APMT certification syllabus for more detail).

Final Exam Eligibility requirements:

- Confirm in clear conscience that you have performed all demonstrated touch and movement therapies at least 5-10 times
- Attend all live Zoom classes (with no more than 4 absences)
- A score of 70% or better on all written exams (90% minimum score for consideration for future Living Metta certified instructors)
- Weekly check-in on APMT private FB group
- 3 Descriptors of ATT service
- 4 Completed Session Assessment forms
- 5 ATT Service Client Candidate List

Part 4: Evaluation Process

Each full day of live Zoom webinars has an associated multiple guess quiz that you must pass with 75% correct responses in order to earn your CE credits for that particular course (as well as to qualify you to attend the final, hands-on exam). There is also a final exam that includes questions from the entire curriculum that you must pass with a minimum 75% in order to attend the final, hands-on exam. You do not have to earn 75% on your first attempts at quiz or test taking, but you do need to earn 75% in a future retake of the exams in order to complete the program. The final, hands-on exam will earn either a pass or fail grade. However, for those interested in becoming certified trainers for Living Metta, you'll need to average a minimum 90% GPA on all your quizzes and exams in this program to be considered.

In-Person Hands-On Final Exam Logistics Therapists must score a 70% or higher grade to pass

Final Exam Eligibility requirements and Due Dates:

- Confirm in clear conscience that you have performed all demonstrated touch and movement therapies at least 5-10 times
- Attend all live Zoom classes (or have absences excused-no more than 2 permitted)
- A score of 70% or better on all written exams (90% minimum score for consideration for future Living Metta certified instructors)
- Weekly check-in on APMT private FB group
- 4 Completed Session Assessment forms (*beginning September 20th and completed no later than October 30th*)

Final Exam Logistics:

The first portion of the day will be a class-wide review and demonstration of APMT techniques and tools. After 2-3 hours of group review, Living Metta faculty will test therapists individually on their application of APMT approaches for approximately 15-20 minutes each. Testing earlier or later in the day will be on a first-come-first serve basis, so we will be by taking volunteers who want to test first, and if we run out of volunteers, remaining therapists are randomly assigned to test (in other words, be prepared to pass your test at the beginning of the day in case you are randomly assigned to go first). To expedite time, therapists will be working on a demo body (rather than having everyone repeatedly get on and off the table). We also encourage those who are still prepping to watch earlier, ongoing tests to help themselves become better prepared, or to practice on their own.

Final Exam Testing Topics

Be prepared to demonstrate and describe all the APMT tools, stances, techniques, and the rational for use of the different approaches. Though you will need to be able to perform and communicate answers to all APMT content, **the specific items therapists are tested on in each section will be selected by the testing instructor** (see "APMT Final Exam Point Distribution" file for more detail).

Final Hands-On Pass Policy

When a therapist passes the hands-on final exam with 70% or better, they become a certified Advanced Pain Management Therapist (APMT) by Living Metta.

Maintaining APMT Certification Status

To maintain your active APMT certification status, you are required to complete and pass a 10hour APMT refresher course provided by Living Metta every two years following your initial certification date.

Final Hands-On Make-Up Policy

What if a therapist doesn't pass their hands-on exam?

If therapists do not pass their first hands-on exam with a score of 70% or better, they have two opportunities to make it up.

Make up Final Exam Eligibility Requirements

To qualify and become eligible to make-up a final exam, therapists must complete and turn in any pertinent videos that are requested by Instructors to demonstrate proficiency in requested skillset(s) that are deemed required to pass a make-up final. By July 1st, Living Metta will provide a form for therapists to fill out named "Make-up Final Exam Request Form". This form request must be submitted at least 3 months prior to the future final exam date they would like to attend to make-up and costs \$100 to process. Living Metta will respond back to the therapist within 1 month of their form submission. Therapists must then submit the requested videos to Living Metta at least one month prior to live final exam they wish to retake.

If the submitted video(s) are approved by Living Metta faculty, the therapist will become eligible to attend a live, make-up final exam. If therapist submits video(s) that are not approved by Living Metta faculty, therapists will be notified about what needs to be improved in order to become acceptable to qualify to attend a make-up final exam (this might postpone therapist qualification).

Added Expenses for Make-Up Final

Therapists who want to retake the final exam may have to pay for part or all of the payments associated with the Make-up Final Exam Request Form (\$100 process fee), as well as paying for their live, in-person make-up exam attendance and/or any associated travel expenses. We recommend you speak with your owner or manager to determine if they will help supplement the cost of these added expenses prior to proceeding with a Make-up Final Exam Request Form.

1st Make-Up Final Exam

Assuming all the above eligibility requirements have been met, and the therapist passes with a 70% or better, they become APMT certified. If they do not pass, they have one

last opportunity to both re-qualify (including the above Make-up Final Exam Request Form process) and make up the final exam.

2nd Make-Up Final Exam

Assuming all the above eligibility requirements have been met, and the therapist passes with a 70% or better, they become APMT certified. If therapists does not score a 70% or better on their third attempt as passing this final exam, they are not eligible for APMT certification.

Part 5: Course Policies Participation and Submission Due Dates

Students are expected to attend all activities listed on the Course Calendar. Specifically, you must attend and participate in the full length, live Zoom webinars and answer real-time questions to verify your attendance. You will also be asked (or invited to volunteer) to turn on your webcam to workshop particular techniques while we practice. We understand unexpected challenges may arise, and **allow two missed live courses**.

An added benefit of this program is the anytime, interactive resources provided by Heath and Nicole, and your colleagues on Facebook. Please check-in once per week on the APMT FB page to be notified of course updates and resources.

You must also complete 4 Session Assessment Forms, beginning September 20th and completed no later than October 30th.

If you find that you have any trouble keeping up with assignments or other aspects of the course, please be sure you let your instructor know as early as possible so we can find solutions together.

- **Email:** MariaK@LivingMetta.com (preferred contact method for personal inquiries)
- **Facebook Advanced Pain Management Therapies© Group page** (preferred contact method for broad or specific client-case questions)
- **Office Telephone:** (484) 661-0424

Heath and Nicole Reed Biographies

Professional Background

Heath and Nicole Reed are co-founders of Living Metta (Living "Loving Kindness") a continuing education company that unearths the practical tools of healing through the somatic sciences. Nicole and Heath are licensed massage therapists, certified Body Intelligence coaches, and have been team-teaching nationally approved (NCBTMB) CE curriculum for over two decades. Throughout their healing evolution, they have spanned the globe to study at the feet of masters of Traditional Thai Massage, Balinese Bodywork, blind massage therapy, Structural Integration, Craniosacral Therapy, Orthopedic massage, Western and Eastern Reflexology, Chinese Massage and Qi Gong (two name a few). They continue to learn and grow their own personal and professional practice by practicing and teaching diverse healing modalities like yoga therapy, medical qigong, breath work, meditation, and more. The Reeds feel blessed and grateful beyond words for the many teachers, mentors, students, family, friends, strangers, and life experiences that have propelled their healing journey. In addition, they continue to present and offer their teachings at massage schools, yoga therapy programs, state- and national bodywork conferences, ISpa, online CE summits. They have published a Table Thai Yoga Massage book, numerous DVDs and Home Study courses, you may also have encountered Heath and Nicole's work in Massage and Bodywork magazine's Savvy Self Care column, which they have proudly co-authored for several years. You can join the Living Metta family and Heath & Nicole in their online community filled with touch therapy tools and self care practices to continue to evolve your own healing lifestyle and earn CE's @LivingMetta.com

Personal Background

As Nicole and Heath started dating and living together more than 25 years ago, they committed to lifelong learning. In fact, they knew intuitively that if either of them stopped learning about themselves and life, their relationship would surely fail. Originally antimarriage when they got together, Heath and Nicole were gob smacked by the power of intention they witnessed in their first massage therapy program at the Utah College of Massage Therapy. The transformative power of intention shifted their worldview, and they decided to utilize the power of group intention of their closest friends and family members to culminate in their wedding ceremony in 2001. Around that time, they were newly minted bodyworkers and were hustling to make a living in numerous positions at chiropractor offices, massage therapy schools, growing their fledgling private practices, working for various day spas and destination resorts, until they built the confidence and clientele to create the life of their dreams several years later. Especially impactful to their therapeutic interventions were their student internship at the University of Utah hospital and their tenure at APAZ (AIDS Project of Arizona), as well as their 2-year immersion in Body Intelligence coaching with the Hendricks Institute.

Integrating Personal and Professional background

The Reeds are committed to embodying a lifestyle based on loving kindness. Nicole and Heath's core value of loving kindness informs how they respond to their own healing, as well as how they facilitate healing for others. In this vein, they believe it does not have to hurt to heal, and Heath and Nicole practice minimal effort and maximum benefit as they integrate simple and effective touch and movement therapies. In addition to leading live and online workshops, they also host retreats throughout the country and overseas, in healing locales like Thailand, Mexico, France, Bulgaria, and Bali. In addition to their live courses and retreats, Heath and Nicole have created a thriving online, touch therapy and self-care Metta Community that helps you nourish and flourish in your everyday life! For perpetual refreshment, visit them at LivingMetta.com and sign up for a free 1-month trial.