**TO NON-MASSAGE THERAPISTS INTERESTED IN THE PRE- AND PERINATAL**

**MASSAGE THERAPY SPECIALIZATION COURSE** (3/22)

Pre- and Perinatal Massage Therapy is a four day continuing education workshop designed for massage therapists, physical therapists, and other licensed hands-on practitioners. While the majority of students are graduates of 500 or more hours of therapeutic massage and bodywork training and are experienced somatic therapists, many maternity healthcare providers also attend and participate successfully; however, you may not be ready or legally able to participate in the hands on practicum on the fourth morning when we may have clients from the general public come in. That determination will be made by observing your in-class work and may be dependent on the geographical location.

Doulas, childbirth educators, midwives, nurses, and physicians do best in this workshop when they have had some level of experience with massage and the use of touch to comfort others. This may be massages for family and friends, avocational massage classes, or a "natural" instinct to touch those in their care. If you have not had such experiences, you will be better prepared for the hands-on rigors of this class if you at least attend an introductory class in massage techniques (14-50 hours) and practice these prior to the class. Pre-class completion of the recommended musculoskeletal anatomy and kinesiology review and the text readings are also critical.

Please carefully compare your goals and the workshop's objectives. Attendance at the Pre-and Perinatal Massage Therapy workshop **DOES NOT** certify you to practice massage therapy. Most cities and/or states have specific licensing or registration requirements that you must first meet. You should check with your local and state licensing agencies regarding legal restrictions and responsibilities regarding the practice of massage therapy in your area. The American Massage Therapy Association provides contact information on licensing at [www.amtamassage.org](http://www.amtamassage.org).

If you attend and participate in the entire 4 day workshop, you will receive a letter verifying your attendance and participation in the class. Although attending this workshop will not grant you certification to practice massage therapy, many maternity healthcare providers incorporate their new specialized skills and understandings in creative, unique ways that enrich both their caregiving and themselves.

Your expertise in maternity healthcare prepares you well in other ways for this workshop. Your and your profession's perspective is most welcome and respected. If you have further questions regarding your participation in Pre-and Perinatal Massage Therapy, please do not hesitate to discuss them with the sponsoring school’s representative or the authorized instructors of the workshop.

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