



## Integrative Pregnancy Massage Certification-16 CEUS

This advanced 16 CEU training will enhance a massage and bodywork practitioners understanding of the childbearing client from an integrative perspective. Empowering and providing women with the support and healing they need during all phases of pregnancy is the goal and objective of this course. The course presents a progressive understanding of the history of birthing practices and the current trends in obstetrical care as well as what role the massage therapist in women's health care. Therapists will develop the necessary skills to safely provide therapeutic treatments that address the unique concerns associated with pregnancy, issues of labor and delivery and the post partum phase and be able to dialogue effectively with a women's health care team.

The parameters of working with high risk pregnant, laboring, and post partum clients will be presented that incorporates both eastern and western medical models and allows a deeper understanding of the physiology of each presentation. Strategies for working with women in labor, enhancing the labor process, managing C-section recovery, VBAC deliveries, home births and providing postpartum support treatments is presented.

Working with Reflexology and Acupressure points of the body and their relevance during pregnancy including which areas and techniques should be avoided outside of the birth window is presented. Discussion of how to approach clients in the labor window as well as methods for supporting the labor and postpartum phases will be discussed.

The course presents the indications and contraindications of using essential oils and aromatherapy; massage mediums and spa treatments in pregnant clients. We will explore ways to make services available to these clients within the parameters of safety and liability.

## Course Objectives

- The presentation will begin with an overview of the anatomical and physiological changes that occur for the pregnancy and postpartum phases and how these changes affect treatment protocols and what modifications will be necessary.
- Participants will learn appropriate positioning of the pregnant client during massage, and specialty treatments, depending upon trimester. An overview of the safest props and pillow systems will be presented.
- Therapists will be trained in a full body side lying massage routine and diaphragm release technique that can be expanded for varying presentations.
- We will discuss the contraindications of massage and bodywork technique and review the many common and high-risk conditions seen in this population. We will discover ways to address these concerns thru massage and integrative treatments.
- Forms, waivers and appropriate protocol for documenting and gathering relevant medical information will be presented.
- The presentation will cover an in depth exploration of the physiology of reflexology and acupressure points of the body and their relevance during pregnancy, labor and the postpartum phases.
- Participants will learn which massage mediums; spa treatments and essential oils are most suited for pregnant clients. A thorough breakdown of the essential oils indicated and contraindicated for pregnant clients will be presented.

## Course Format 16 Hours

The course is taught in 2 days. Typically from 9 am to 5 pm. There will be breaks every 50-75 minutes. Lunch break will be for 1 hour. A format of the days presentation schedule is available by request.

## Teaching Style/Course Materials

The course is taught in a way that encompasses all styles of learning. Hands on, lecture, visual aids and interactive methods are employed to enhance the learning process. A corresponding power point presentation is used as well. Participants will receive a manual and power point overview in pdf format.

## Items to Bring

We will be giving and receiving massage and treatments during the class. Please bring or have available the following: 2 flat sheets, a towel and 3-4 pillows. 2 Standard and 2 queen or king sized pillows are best. Please bring massage lotion or oil. Specialty tables are not necessary.

If a pregnant or active postpartum participant would like to be a case study during the course, please let me know.

## Pre-Reading

It is not a requirement that you read before the class, as I prefer you approach the material with an open mind. A valuable reference manual you may want to have on hand as you continue to work with clients is the book "What to Expect When You Are Expecting" by Murkoff. Please see the attached recommended book list also to support your education.

## Certification Process

The course is intended to provide the foundation for pursuing a certification in Pregnancy Massage. Certification is optional. In order to qualify for a certification in Integrative Pregnancy Massage, 3 case studies are required. The case study should be performed on 3 separate clients during one of the 3 phases-pregnant, laboring or post partum. One individual client may be case studied and must reflect at least 2 separate phases. Documentation should be completed in the format that will be outlined during the class. The purpose is to refine your skills and allow us to dialogue and ensure you are skilled and competent in the work. Certified practitioner will be listed on my website and in the network of certified practitioners at [www.drdeanine.com](http://www.drdeanine.com)

## Rates

The course is taught over 2 days.

The fee is \$375 per person with a 10-person minimum.

Maximum number of participants is based on facility space with a recommended therapist to table ratio of 2.

The course may be taught in consecutive days or scheduled accordingly if needed to accommodate employees or groups.

Additional travel fees may apply for courses taught not in succession

## Travel Expenses:

Instructor Travel expenses including Airfare are not included.

\*Travel rate is billed at \$45 per hour of driving travel time.

\*Travel rate is billed an additional \$150 per day if an overnight is necessary to accommodate the training (travel time of over 2 hours one way necessitates an overnight stay)

\*If overnight accommodations are provided, the \$150 for hotel is waived.

Travel outside of Florida will necessitate an additional rate including travel, airfare, taxi, and hotel, meals, taxes etc.

### Technical Needs:

Power point projector screen and equipment is ideal for the full presentation.

Instructor will provide additional presentation materials.

### Contact Information

Dr. Deanine Picciano AP, LMT FL & NCBTMB Provider

941-726-2345 Sarasota, Florida

Instructor BIO can be found on the Website: [www.drdeanine.com](http://www.drdeanine.com)