

## Therapeutic Massage for Pregnant Clients in the Spa Setting

6 CEUS

This is a 5-hour presentation specifically designed to train and educate employees in the techniques and parameters of therapeutic massage for pregnant clients in the spa setting.

Attendees will become educated in unique needs of this population so that they are able to deliver a safe and effective massage therapy service to low risk clients. The course presents the Anatomical and Physiological changes that occur in during pregnancy, as well as the screening questions necessary to understand to minimize liability. Safe positioning needs of clients in each trimester of pregnancy are provided in this course. Therapists will be educated on the appropriate use of essential oils, learn about the effects acupressure and reflex points and bodywork techniques to be avoided in this population. Participants also be shown specific positioning, draping and massage techniques. The art of pregnancy massage is being able to confidently provide an effective massage in the side lying position, maintain flow and use appropriate body mechanics as well as address the unique concerns of a client. The course presents these concepts in full to prepare the therapist for safe, effective and confident work with this population.

Spa attendants and skin care therapists are encouraged and welcome to attend.

The following is a course outline detailing the course objective and flow of the day.

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Course Format and Learning Objectives:

*Morning*

9:00-10:30 –Approximately 90 minutes

\*Anatomical and Physiological changes that occur for the pregnant and postpartum client and how these changes effect the application of massage and other modalities.

\*Contraindications of massage and other available treatments in the spa setting.

\*Common conditions seen in pregnancy that may necessitate a physician's release.

\*How to make services available to these clients within the parameters of safety and liability.

\*Forms, waivers and appropriate protocol for documenting and gathering health history information will be presented.

\*Appropriate positioning of the pregnant client depending upon trimester. Necessary pillows, props and specialized tables and equipment overview. Confidently draping the client in the side lying position.

\*Tips on communicating with clients and how to give them a satisfying and enriching experience during the treatment.

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*10:45-12:00-Approximately 1 hour 15 minutes*

This segment will provide an overview of the following:

\* 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. 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.

*12:15-2:30 pm -Afternoon-Approximately 2 hours and 15 minutes*

This segment will be focused on practicum and hands on work in groups and pairs of therapists:

\*Participants will learn which props and pillows are needed to provide a safe and effective massage. Draping, body mechanics and flow in a side lying routine will be presented. Each therapist will have the opportunity to perform a side lying massage and the techniques taught in the prior segments.

*2:30-3:00 pm Test, Q & A and completion of the training-30 minutes*

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Course Specifics:

The learning segments will be both a discussion and active participation by therapists who will be paired up to practice and demonstrate proficiency in the techniques.

At the completion of the course a 15-question quiz will be given to participants covering the material of the day.

The course is 5 CEUS or 5 hours minus approx. 50 minutes for required breaks.

Attendees will receive a certificate for Therapeutic Massage for Pregnant Clients in the Spa Setting-6 CEUS.

This is not a Pregnancy Massage Certification. Students may continue their education via home study or the 18 CEU course to be eligible for the full *Integrative Pregnancy Massage Certification*.

Participants should wear comfortable clothing and be prepared to give and receive massage treatment in the hands on segment.

Therapists will be paired to work with each other. Each therapist should have massage medium, 2 flat sheets, and 1 pillowcase. 2 king sized pillows, 1 orthopedic pillow (cervical) and a standard flat pillow. 1 set up per group is ideal.

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Rates:

Dr. Deanine Picciano's rate for a 6 Hour Training is:

\$225 per person with a 8-person minimum.

\$200 per person with an 10 person minimum.

\$175 per person with a 12 person minimum.

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

Travel Expenses:

Instructor Travel expenses including Airfare are not included.

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

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

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

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

Materials:

All materials and manuals are provided by the instructor.

Technical Needs:

Power point projector screen is ideal for the full presentation.

Instructor will provide additional presentation materials.

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