



## INTRODUCTION

The Academy of Natural Therapy is enthralled at the beauty of this profession. Massage Therapy is at the front lines of the health care industry for improving the well being of individuals on both the physical and emotional levels. The Academy of Natural Therapy is excited by the numerous possibilities for change, growth, and enhancement of the quality of education for the Massage Therapists of tomorrow. The Instructors and Staff are deeply committed to instilling in our students the knowledge, integrity, and ethics needed to professionally succeed in the Massage Therapy profession.

### Academy of Natural Therapy

625 8th Avenue, Greeley, Colorado 80634

Academy of Natural Therapy is approved and regulated by the Colorado Department of Higher Education, Private Occupational School Board  
[www.state.co.us/dpos](http://www.state.co.us/dpos)

Academy of Natural Therapy 1000 Hour Massage Therapy Program is nationally accredited by the Commission of Massage Therapy Accreditation [www.COMTA.org](http://www.COMTA.org)

Owned and operated by the Academy of Natural Therapy, Inc.

Jeremiah James Mongan President

Dorothy Mongan Vice-President

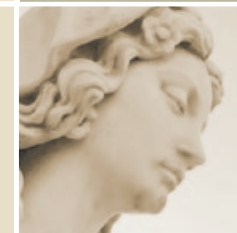
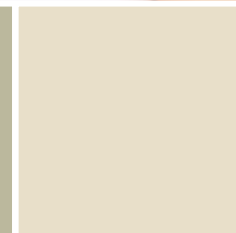
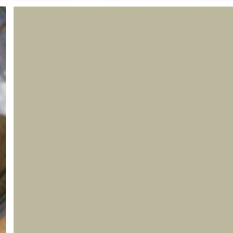
Jennifer Mongan Secretary

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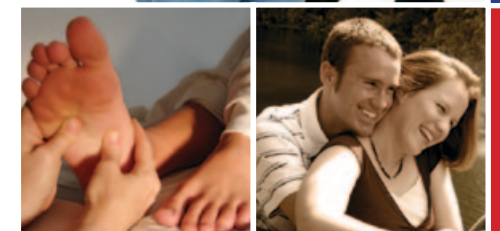


*"I believe that Massage is primarily the art of caring for people, and have instilled this sentiment into the heart of our program."*

*Dorothy Mongan*



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## CHOOSING ACADEMY OF NATURAL THERAPY

The Academy of Natural Therapy (ANT) has a long tradition of training the finest graduates. Graduates have been known for not only being well educated but experienced as well. This is produced through a fine combination of hands-on one on one instruction with excellent instructors and a real world atmosphere with over 300 hours done in a fully equipped, well known facility, Eaton Therapeutic Center (ETC). Here at the Academy of Natural Therapy, administration, staff and faculty are concerned with the direction Massage Therapy is heading. ANT wants not only good people, but educated people performing massage. Because of this reason, ANT Massage Therapy Program is a full 1000 hours and an entire year. If you are not able to attend this excellent program, please find a program that fully encompasses all areas of massage.

Since establishment in 1989, special attention has been given to providing all means possible to producing the best therapists. Here are some outstanding reasons for choosing Academy of Natural Therapy:

- **Small class size:** Student to teacher ratio is 1:10 with maximum of 12 students per instructor.
- **Mentorship program:** Individual attention with caring Clinic Mentors for full length of program
- **Earn income while you attend:** Students are paid for treating clients of ETC. Nothing replaces the real world experience of public clientele. It is not a requirement to work on the public. A student can easily obtain their required hours with students and their registered subjects. Students are normally paid \$10 for a \$30 massage. This is just another way Academy of Natural Therapy tries to help students while they attend.
- **Well rounded program:** The wide range of classes that ANT provides has contributed to 17 years of successful graduates. ANT classes are specific and carefully constructed to make full use of the student's time while in school.
- **Nationally accredited:** 1000 Hour Massage Therapy Program is nationally accredited by the Commission of Massage Therapy Accreditation (COMTA). Only 27% of the 1500 plus Massage Schools in the United States of America are accredited.

(Source: www.ABMP.org)

- **Several funding options:**
  - Federal Financial Aid available for those who qualify (for 1000 hour CMT program only).
  - Funding provided by Sallie Mae for those who qualify.
  - Funding provided by SLM Financial for those who qualify.
  - In-house monthly interests free payments for those who qualify.
- **Low tuition (\$14,000 for the entire program):** ANT can not produce the finest graduates when the finest graduates can not afford tuition. Tuition is based on costs, not on the highest amount that can be taken from students. The tuition includes text books, insurance, oils, lotions, hand outs, uniforms, all herbs and ingredients used in class as well as use of the ANT's outstanding facilities.
- **Insurance:** All full-time students are insured up to 9 million dollars while they attend: ANT provides liability coverage for students with the A.B.M.P without any further cost to students. This registers them as members with benefits and eases the transition for them when they graduate.
- **No requirements to purchase a massage table:** The reason schools require their students to purchase their own equipment is to use during class. ANT has always provided good equipment for students to use while they are in class. Whether it be a table, chair, or anything else needed to perform a massage.
- **No requirements to purchase any books or materials:** (all provided) All expenses to teach students are calculated into tuition. ANT does not nickel and dime students.
- **No hidden fees:** Massage Therapy is a caring profession. There is nothing more disturbing than overcharging to help others.
- **V.A. Benefits:** Academy of Natural Therapy is accredited to accept Veterans benefits.

## HISTORY

The Academy of Natural Therapy, Inc., located at 123 Elm Avenue, in Eaton, Colorado, was founded by Dorothy Mongan. It was incorporated in Colorado on October 30, 1989. Dorothy started the school out of her own passion for teaching and also because well trained and professional therapists were needed in Northern Colorado. In 1995, Jeremiah James Mongan, became co-owner of the Academy of Natural Therapy, Inc., and joined the school administration as the Academy's Executive Director. The school has grown in size and distinction every year by up-to-date methods of massage and experienced teachers using excellent and time tested curriculums for the Massage Programs.

## PHILOSOPHY

The Academy of Natural Therapy provides a comprehensive Massage Therapy Program. From the very beginning, the Academy embraced the philosophy that massage is primarily the art of caring for people. The Academy's Massage Therapy Program is founded on the idea of treating the whole person and helping the body to heal itself. The well-rounded curriculum of the Massage Therapy Program encompasses a broad foundation of how the body works, and how Massage Therapists can assist individuals in a practical, as well as therapeutic sense. Keeping these concepts in mind, the Academy maintains the following important principles:

- The Academy will charge a competitive and fair price for the Massage Therapy program.
- The Academy will provide an educational environment for maximum learning and practical

application of the massage skills necessary to pursue a rewarding career.

- The Academy will embrace change as needed and continue to enhance the quality of the educational program.

## EDUCATIONAL OBJECTIVES

The knowledge gained at the Academy incorporates the elements of massage, with advanced skills, to enhance the overall health and well-being of the client. Students are provided with the educational tools necessary to:

### Mission

*The Academy of Natural Therapy offers students the highest quality of education as well as the most advanced techniques of Massage Therapy available. To that end, the Academy is committed to providing graduates with the skills necessary to offer effective and professional care to clients.*



- Acquire an in-depth foundation of the scientific knowledge related to massage techniques and applications.
- Understand the effectiveness of Massage Therapy in relationship to the body, and recognize its limitations.
- Demonstrate safe and effective means for assessing the mind-body status of the client and to determine most effective means of intervention.
- Increase student's self-awareness and enhance his/her ability to effectively contribute to the physical, mental, and emotional well being of clients.
- Develop an understanding of proper ethical practices as a Certified Massage Therapist.
- Demonstrate confidence and professionalism in the practice of Massage Therapy.
- Integrate the various

approaches of mind-body therapy and scientific knowledge into a functional understanding of the human body as a whole.

- Prepare graduates to establish their own professional massage practices and to secure employment in medical or other health care agencies.

The maximum term for any leave of absence is 180 days. No student shall be granted more than one leave of absence in any period of 12 consecutive months. A student returning from a leave of absence shall return with the same status regarding satisfactory progress as when he/she began the leave. A student on a leave of absence will incur no additional charges by the Academy of Natural Therapy. Any student failing to return to the Academy by the day after the expiration of the leave of absence will be withdrawn from the Academy and the Academy's published refund policy will apply. The official withdrawal date will be the last day that the student attended classes. When a student takes a leave of absence, the student's graduation date will be adjusted to reflect the length of the leave of absence.

### CREDIT BY EXAMINATION/ CHALLENGE OF COURSES

If an enrolled student believes that he/she has mastered the content of any Academy of Natural therapy academic course, he/she may challenge, or elect to override academic course requirements and receive credits by passing an exam. A prerequisite course already completed may not be challenged. It is the student's responsibility to contact the instructor to schedule the examination and to pick up whatever preparation materials may be available.

**To challenge a course, a student must take the following steps:**

1. Discuss his/her plans with a course Instructor.
2. Complete a Challenge Petition form available from administration office.
3. Get recommendation for challenge from instructor of that particular course.

A \$250 challenge fee must be paid prior to examination.

### TRANSFER OF CREDITS

Credits earned at a public or private accredited post-secondary institution, college, or university may be accepted for transfer to corresponding academic courses at the Academy of Natural Therapy, if they are parallel in content and intensity. Additionally, credits must have been earned in the last 5 years.

A request for transfer of credits must be made upon application for enrollment and evaluated by the Academy prior to enrolling. The Academy will

begin the evaluation of credits upon receipt of an official transcript from each post-secondary school the applicant has attended. Delays in transmission and evaluation of academic and/or financial aid transcripts may adversely affect plans for enrolling.

*"The Academy of Natural Therapy was an experience of a lifetime. The classes taught at the Academy gave me a strong foundation to build an opportunity for success by guiding me with the compassion and knowledge to become a massage therapist on the cutting edge."*

*Justin Bryan, graduate, C.M.T., Greeley, CO*

The Academy of Natural Therapy recognizes that substantial differences exist in course content and evaluation criteria from school to school; therefore all requests for credit transfer will be evaluated on an individual basis. The Academy makes neither a blanket commitment to accept transfer of credits, NOR ANY GUARANTEE THAT ACADEMY OF NATURAL THERAPY CREDITS WILL BE ACCEPTED BY ANY OTHER SCHOOL OR INSTITUTION.

### GRIEVANCE POLICY

Grievance procedures are handled initially at the instructor level. Grievances beyond this level must be submitted to the Academy of Natural Therapy Director in written form with factual, accurate description of time, circumstance, names of people involved and occurrence. If the complaint cannot be resolved at this level by direct negotiation between the student and the Academy, the student may file with the Colorado Department of Higher Education, Private Occupational School Board, (DPOS) located at 1380 Lawrence St., Suite 1200, Denver, CO. 303/866-2723. There is a two-year limitation on DPOS taking

action on student complaints. DPOS shall not consider any claim filed more than two years after the date the student discontinues his/her training.

If a student complaint is not resolved through the steps mentioned above, a student should contact



the COMTA office in a formal letter (including the complaint form that may be obtained from the student handbook or Student Coordinators office) that includes the following:

- The nature of the complaint(s).
- The date(s) of occurrence of the problem(s).
- The name(s) of the individual(s) involved in the problems(s) and/or other students involved.
- Facts of the matter i.e. copies of information or documentation of the problem(s), not hearsay.

Evidence that the institution's complaint procedure was followed prior to contacting COMTA. All complaints shall be signed and provide a return address and telephone number.

Send all complaints to:

COMTA Executive Director  
Commission on Massage Therapy Accreditation  
1007 Church Street, Suite 302  
Evanston, Illinois 60201

### APPEAL POLICY

Any student who has been placed on probation, or terminated for violation of Academy of Natural Therapy policy has the right to appeal. If the student believes there are extenuating circumstances that would alter the reason for their probation or termination, he/she may appeal the administrative decision. The student must submit in written form their request for reconsideration, providing documentation supporting mitigating circumstances, or factual, accurate description of time, circumstance, and occurrence of special circumstances. Additionally the student may be required to have a personal meeting with the Academy Director.

As a general rule, the following procedures must be followed:

- A written request submitted to the Director within 7 days after receiving notice providing documentation of mitigating circumstances and how the problem would be rectified.
- If requested, a personal meeting with the Academy Director.
- Students may not attend classes during the appeal process. If denied, the last date of attendance will be used for refund calculation.
- A student dismissed for any form of harassment, cheating or stealing gives up the right to appeal and will not be admitted.

A written notice regarding appeals decision will be sent to the student within 7 days of the receipt of appeal.

### POLICY ON TERMINATIONS

Policy on Voluntary Withdrawal: Before the student considers withdrawing from the program, the student may find it helpful to talk with the Student Coordinator or Director to discuss problems or concerns the student may be having. Because of the Academy's nature of being a small friendly school, there are many options the school can provide to help the student with his/her pursuit of education. Student may elect to withdraw from the program after commencement of classes. To do this, the student must sign the voluntary withdrawal form that calculates refund or balance for the student depending on the length of the program completed, number of classes taken, books & materials used, and the cancellation fee. The form may be administered by the Student Coordinator or by the Director.

This program provides graduates with the advanced business knowledge and communication skills necessary to expand and create successful and professional Massage Therapy clinics. The AMT Certificate Program goes beyond the basics of business practices for a large clinic or day spa. In addition, students will learn to address more difficult treatment situations. Graduates will be able to implement detailed assessment, therapeutic movements, body strengthening and advanced hands-on techniques to address more advanced and complicated musculoskeletal dysfunction. The Advanced Massage Therapist will expand their horizons with bodywork, spa, and nutritional evaluation techniques that will complement traditional Massage Therapy interventions. Upon completion of this program the graduate will receive an Advanced Massage Therapy Certificate of Completion.

With the Academy of Natural Therapy's long history of producing outstanding therapists, this well developed program is directed at therapists who would like to take their education to the next level. The Advanced Massage Therapy Program focuses on working therapists and the motivated recent graduates who are interested in intense, organized study in a wide variety of topics to improve their abilities. This program will further enhance the Massage Therapist's ability to help their clients on many levels of healing not usually included in basic training.

Course Prefix	Course Title	Clock Hours	Credit Hours
NMT-240	Advanced Neuromuscular Therapy I	40	3
NMT-260	Advanced Neuromuscular Therapy II	40	3
LDM-240	Lymphatic Drainage Massage	40	3
MED-240	Medical Massage	40	3
MAN-210	Operations & Clinical Management	80	6
MKT-210	Marketing	40	3
PHT-240	Progressive Health Tech.	40	3
NUT-240	Advanced Nutrition	40	3
ENG-220	English Composition	40	3
TEM-220	Teaching Methods	40	3

**Students will choose one of the two tracks:**

**SPA TRACK**

HYD-260	Advanced Hydrotherapy	40	3
ARO-260	Aromatherapy	40	3
WFM-260	Water Flow Massage	40	3
WST-260	World Class Spa Treatments	40	3

**REHAB TRACK**

MOT-260	Movement Therapy	40	3
ORM-260	Orthopedic Massage	40	3
SNM-260	Massage for Special Needs	40	3
ATP-260	Advanced Trigger Point Therapy	40	3

600 Clock Hours/45 Quarter Credit Hours  
Normal Program Length is 9 months (3 quarters)

Spa Track Tuition		Rehab Track Tuition	
Tuition	\$8,100	Tuition	\$8,100
Books/Supplies	\$600	Books/Supplies	\$600
Adv. Hydrotherapy/Supplies	\$600	Aromatherapy Supplies	\$125
<b>Total Program Costs</b>	<b>\$8,900</b>	<b>Total Program Costs</b>	<b>\$8,700</b>

**ADMISSIONS**

**New Applicants:** Our advanced program is selective and enrollment is reserved for Massage Therapist graduate. If you are a new applicant, please refer to the admission requirement section. As covered in the admission section, new applicants will be reviewed and their previous education will be transferred in where applicable. The sections on enrollment procedure, registration, equal opportunity, and facilities will apply to this program if you are a new applicant. Applications may be made by mail or by visiting a web site at [www.natural-therapy.com](http://www.natural-therapy.com).

**Requirements:** Applicants must be 18 years of age, physically able, with the ability to read, write, and understand the English language. Completion of at least a 500 hour Massage Therapy Certificate Program or Instructor approval is not required for application, but must be obtained prior to beginning classes.

**Transcript Requirements:** Applicants are required to submit an OFFICIAL copy of a 500 hour Massage Therapy Certificate Program prior to commencement of classes. Additionally, students requesting transfer of credit are required to submit official transcripts from all institutions attended prior to evaluation of acceptability of credits for transfer. All required transcripts will be received within 30 days of the first date of a student's class attendance. Students who have not complied with this requirement may be terminated.



**COURSE DESCRIPTIONS**

**NMT-240 Advanced Neuromuscular Therapy I**

This course examines in detail the cause and effect of neuromuscular injuries. Relevant concepts will include postural positions, nerve interruption locations, deep-tissue myofascial release, advanced injury assessment, and palpating techniques.

40 Clock Hours/3 Qtr. Credit Hours

Prerequisite: Completion of 500 hour Massage Therapy Program or Instructor Approval

**NMT-260 Advanced Neuromuscular Therapy II**

This course further examines advanced techniques as they relate to special populations. Abnormalities commonly found in clients from infants to older adults will be explored with actual problem case studies. Special case investigations and field trips give students a wide perspective of experience and opportunity to assist people in need.

40 Clock Hours/3 Qtr. Credit Hours

Prerequisite: Completion of 500 hour Massage Therapy Program or Instructor Approval

**LDM-240 Lymphatic Drainage Massage**

Lymphatic Drainage Massage (LDM), is a gentle, rhythmic style, of massage that mimics the action of the lymphatic system and uses precise rhythm and pressure to open the initial lymphatics and stimulate lymph vessel contraction to reduce edema. Edema is an unusual accumulation of fluid in soft tissues that can be temporary and mild, or serious such as chronic lymphedema. In this class, students review the anatomy and physiology of the lymphatic system, theories related to the use of LDM, indications and contraindications, and basic techniques.

40 Clock Hours/3 Credit Hours

Prerequisite: Completion of 500 hour Massage Therapy Program or Instructor Approval