

Hints for Choosing the Right Massage Training Program

Do your homework first!

1. Learn about the profession of massage therapy, e.g. different methods of therapy and the particular requirements to practice in your state.
2. Collect information about several programs--attend an open house or orientation, interview former students, read catalogues, audit a class, or call the Better Business Bureau and/or vocational school office in your state.
3. Consider your career intentions--some programs focus on relaxation massage techniques while others target remedial or medical applications.
4. Review the curriculum to make sure that the style(s) of massage taught match what you want to learn.
5. Be aware of time requirements for a particular program. Make sure your other obligations will allow enough time to study and practice outside of class.
6. Examine the credentials and experience of the faculty.
7. Find out whether the educational philosophy of the program and the faculty agree with your own views about health, healing, and the purpose and use of massage therapy.
8. Receive massage therapy sessions from the faculty, graduates, and/or student clinic.
9. Request information about student services--post-graduate job placement, tutoring, continuing education, financial aid, etc.
10. Consider tuition, fees, any other costs, the availability of financial aid, and the quality of the program. Remember to budget in additional funds for a massage table, books, and supplies.

Determine which program most closely matches your career intentions, personality, schedule, and budget.

This information is provided by the American Massage Therapy Association
<http://amtamassage.org/becometherapist/hints.html>