

31-9011.00 - Massage Therapists

Perform therapeutic massages of soft tissues and joints. May assist in the assessment of range of motion and muscle strength, or propose client therapy plans.

Sample of reported job titles: Bodywork Therapist, Certified Massage Therapist (CMT), Clinical Massage Therapist, Integrated Deep Tissue Massage Therapist, Licensed Massage Practitioner (LMP), Licensed Massage Therapist, Massage Therapist, Medical Massage Therapist, Registered Massage Therapist, Therapeutic Massage Technician

Work Activities Outline

Work Processes	Minimum Hours	Maximum Hours
Subject: Massage Theory and Principles (MTP) - 60.0 hrs	60.0	100.00
Topic: Evolution of Massage and Bodywork - 10.0 hrs		
Sub-Topic: Massage and Bodywork Today		
Sub-Topic: Historical Roots of Massage		
Topic: Research Literacy - 20.0 hrs		
Sub-Topic: Basics of Research		
Sub-Topic: Evidence-Informed Practice		
Topic: Massage Benefits and Effects - 10.0 hrs		
Sub-Topic: Types of Benefits and Effects		
Sub-Topic: Massage Indications		
Sub-Topic: Physiological Benefits and Effects		
Sub-Topic: Psychological and Other Benefits and Effects		
Topic: Massage Cautions and Contraindications - 20.0 hrs		
Sub-Topic: Endangerment Areas		
Sub-Topic: Contraindications		
Sub-Topic: Medications and Massage		
Sub-Topic: American Red Cross Adult First Aid/CPR/AED Certification		

Subject: Massage Professional Practices (MPP) 40.0 hrs	40.0	66.0
Topic: Massage Equipment and Environment - 5.0 hrs		
Sub-Topic: Session Environments		
Sub-Topic: Equipment and Supplies		
Topic: Preventing Disease Transmission - 11.0 hrs		
Sub-Topic: Understanding Disease		
Sub-Topic: Infection Control		
Sub-Topic: Standard Precautions		
Sub-Topic: Therapist Hygiene		
Topic: Laws and Regulations - 8.0 hrs		
Sub-Topic: Obtaining and Maintaining Credentials		
Sub-Topic: Adhering to Laws and Regulations		
Sub-Topic: Supervision of Therapists		
Topic: Personal Health, Body Mechanics, and Self-Care - 16.0 hrs		
Sub-Topic: Personal Health and Self-Care		
Sub-Topic: Body Mechanics Principles		
Sub-Topic: Preventing Work-Related Injury		
Subject: The Therapeutic Relationship (TTR) - 60.0 hrs	60.0	100.0
Topic: The Relationship of Therapist and Client - 10.0 hrs		
Sub-Topic: Characteristics of Positive Therapeutic Relationships		
Sub-Topic: Preventing Transference and Countertransference		
Topic: Ethics and the Therapeutic Relationship - 25.0 hrs		
Sub-Topic: Ethical Principles		
Sub-Topic: Code of Ethics and Standards of Ethical Practice		
Topic: Boundaries in the Therapeutic Relationship - 25.0 hrs		

Sub-Topic: Establishing and Maintaining Professional Boundaries		
Sub-Topic: Managing Emotions in a Therapeutic Relationship		
Sub-Topic: Managing Intimacy, Touch, and Sexual Arousal Responses		
Subject: Anatomy, Physiology, and Pathology (APP) - 170.0 hrs	170.0	283.0
Topic: Orientation to the Human Body - 20.0 hrs		
Sub-Topic: Using Anatomic and Health Care Terminology		
Sub-Topic: Chemistry, Organization, and Organ Systems		
Sub-Topic: Structure and Function of Cells		
Sub-Topic: Structure and Function of Tissues and Membranes		
Sub-Topic: An Overview of Health and Disease		
Topic: The Integumentary System - 10.0 hrs		
Sub-Topic: The Structure and Function of the Integumentary System		
Sub-Topic: Pathologies of the Integumentary System		
Topic: The Skeletal System - 20.0 hrs		
Sub-Topic: The Skeleton and Bones		
Sub-Topic: Joints		
Sub-Topic: Pathologies of the Skeletal System		
Topic: The Fascial System - 20.0 hrs		
Sub-Topic: The Structure and Function of the Fascial System		
Sub-Topic: Fascial Dysfunctions		
Topic: The Muscular System - 32.0 hrs		
Sub-Topic: The Structure and Function of the Muscular System		
Sub-Topic: Muscle Contractions		
Sub-Topic: Pathologies of the Muscular System		
Topic: The Nervous System (30.0)		

Sub-Topic: The Structure and Function of the Nervous System		
Sub-Topic: The Peripheral Nervous System		
Sub-Topic: The Central Nervous System		
Sub-Topic: The Anatomy of Pain		
Sub-Topic: Pathologies of the Nervous System		
Topic: The Cardiovascular System (8.0)		
Sub-Topic: The Structure and Function of the Cardiovascular System		
Sub-Topic: Pathologies of the Cardiovascular System		
Topic: Other Body Systems (30.0)		
Sub-Topic: The Lymphatic System		
Sub-Topic: The Immune System		
Sub-Topic: The Digestive System		
Sub-Topic: The Respiratory System		
Sub-Topic: The Endocrine System		
Sub-Topic: The Reproductive System		
Sub-Topic: The Urinary System		
Subject: Assessment and Documentation - 100 hrs	100.0	166.0
Topic: Client Assessment - 75.0 hrs		
Sub-Topic: Overview of Assessment in Massage and Bodywork		
Sub-Topic: Health Forms and Client Interviews		
Sub-Topic: General Observation and Client Level of Health		
Sub-Topic: Palpation Assessment		
Sub-Topic: Posture Assessment		
Sub-Topic: Range of Motion Assessment		
Sub-Topic: Pain Assessment		

Sub-Topic: Functional Limitations Assessment		
Topic: Documentation and Client Files -25.0 hrs		
Sub-Topic: Key Principles of Documentation and Keeping Good Client files		
Sub-Topic: SOAP Charting and Other Documentation Formats		
Subject: Massage and Bodywork Application (MBA) - 275.0 hrs	275.0	460.0
Topic: Foundation Principles and Skills - 25.0 hrs		
Sub-Topic: Overview of Massage and Bodywork Forms and Styles		
Sub-Topic: Positioning Clients for Comfort and Safety		
Sub-Topic: Draping Methods		
Topic: Application Methods - 100.0 hrs		
Sub-Topic: Core Concepts in Massage and Bodywork Application		
Sub-Topic: Forces and Soft-Tissue Deformation		
Sub-Topic: Gliding Methods		
Sub-Topic: Torsion Methods		
Sub-Topic: Shearing Methods		
Sub-Topic: Elongation Methods		
Sub-Topic: Oscillating Methods		
Sub-Topic: Percussive Methods		
Sub-Topic: Static Methods		
Sub-Topic: Joint Movement Methods		
Sub-Topic: Hot and Cold Methods		
Topic: The Massage or Bodywork Session - 50.0 hrs		
Sub-Topic: Overview of the Events in a Massage or Bodywork Session		
Sub-Topic: Integrating Methods into a Form and Session Plan		
Sub-Topic: Customization of the Session to Meet Client Wants		

and Needs		
Sub-Topic: Suggesting Client Self-Care		
Topic: Western Integration of Application Methods - 100 hrs		
Sub-Topic: Swedish Massage		
Sub-Topic: Myofascial Approaches		
Sub-Topic: Neuromuscular Approaches		
Subject: Orientation to Palpation & Movement (OPM) - 100.0 hrs	100.0	166.0
Topic: Orientation to Palpation and Movement - 4.0 hrs		
Sub-Topic: Developing Palpation Skills		
Sub-Topic: Basics of Human Movement		
Topic: The Shoulder and Arm - 12.0 hrs		
Sub-Topic: Bones and Bony Landmarks		
Sub-Topic: Joints, Ligaments, and Range of Motion		
Sub-Topic: Muscles and their Actions		
Topic: The Elbow, Forearm, Wrist, and Hand - 12.0 hrs		
Sub-Topic: Bones and Bony Landmarks		
Sub-Topic: Joints, Ligaments, and Range of Motion		
Sub-Topic: Muscles and their Actions		
Topic: The Spine and Thorax - 12.0 hrs		
Sub-Topic: Bones and Bony Landmarks		
Sub-Topic: Joints, Ligaments, and Range of Motion		
Sub-Topic: Muscles and their Actions		
Topic: The Head, Neck, and Jaw - 12.0 hrs		
Sub-Topic: Bones and Bony Landmarks		
Sub-Topic: Joints, Ligaments, and Range of Motion		
Sub-Topic: Muscles and their Actions		

Topic: The Pelvis and Hip 12.0		
Sub-Topic: Bones and Bony Landmarks		
Sub-Topic: Joints, Ligaments, and Range of Motion		
Sub-Topic: Muscles and their Actions		
Topic: The Thigh and Knee - 12.0 hrs		
Sub-Topic: Bones and Bony Landmarks		
Sub-Topic: Joints, Ligaments, and Range of Motion		
Sub-Topic: Muscles and their Actions		
Topic: The Leg, Ankle, and Foot - 12.0 hrs		
Sub-Topic: Bones and Bony Landmarks		
Sub-Topic: Joints, Ligaments, and Range of Motion		
Sub-Topic: Muscles and their Actions		
Subject: Adapting Sessions for Clients (ASC) - 100.0 hrs	100.0	166.0
Topic: Adapting Sessions for the Stages of Healing - 20.0 hrs		
Sub-Topic: An Overview of the Inflammatory Response and Healing Cycle		
Sub-Topic: The Acute Stage of Healing		
Sub-Topic: The Subacute Stage of Healing		
Sub-Topic: The Maturation Stage of Healing		
Topic: Adapting Sessions for Clients with Common Pathologies - 40.0 hrs		
Sub-Topic: Sessions for Clients with Arthritis		
Sub-Topic: Sessions for Clients with Bursitis		
Sub-Topic: Sessions for Clients with Cancer		
Sub-Topic: Sessions for Clients with Diabetes		
Sub-Topic: Sessions for Clients with Fasciitis		
Sub-Topic: Sessions for Clients with Fibromyalgia		

Sub-Topic: Sessions for Clients with Headaches		
Sub-Topic: Sessions for Clients with Nerve Compression Syndromes		
Sub-Topic: Sessions for Clients with Osteoporosis		
Sub-Topic: Sessions for Clients with Skin Cancer		
Sub-Topic: Sessions for Clients with Sprains		
Sub-Topic: Sessions for Clients with Stress		
Sub-Topic: Sessions for Clients with Strains		
Sub-Topic: Sessions for Clients with Tendinopathies		
Topic: Adapting Sessions for Special Populations - 40.0 hrs		
Sub-Topic: Sessions for Clients Who Are Over 55		
Sub-Topic: Sessions for Clients Who Are Obese		
Sub-Topic: Sessions for Clients Who Are Children		
Sub-Topic: Sessions for Clients Who Are Pregnant		
Sub-Topic: Sessions for Clients Who Are Athletes or Fitness Oriented		
Sub-Topic: Sessions for Clients Who Are at the End of Life		
Sub-Topic: Sessions for Clients with Disabilities		
Hours Requirements for sections MBA, OPM and ASC must include a minimum of 20 hours of Observation and 66 documented co-treatments. (Maximum: 33 Observation and 110) Documentation should be performed in SOAP note format and have all personal information redacted.		
Subject: Independent Massage Treatment Sessions All treatments must be have an accompanying client feedback form and SOAP notes co-signed by preceptor. *Note apprentice MUST have competencies signed off prior to being released for independent treatments. No apprentice shall use techniques that have not been checked off by the preceptor.	500.0	833.0
Subject: Career Development (CD) - 95.0 hrs	95.0	160.0
Topic: Interpersonal Skills - 10.0 hrs		

Sub-Topic: Communication Sub-Topic: Conflict Resolution		
Topic: Student Clinic - 55.0 hrs		
Sub-Topic: Professionalism		
Sub-Topic: Session Management		
Sub-Topic: Clinic Management		
Sub-Topic: Sessions with Clients		
Topic: Career Planning - 30.0 hrs		
Sub-Topic: Envisioning a Massage and Bodywork Career		
Sub-Topic: Employment		
Sub-Topic: Private Practice		

Job Zone

Title	Job Zone Three: Medium Preparation Needed
Education	Most occupations in this zone require training in vocational schools, related on-the-job experience, or an associate's degree.
Related Experience	Previous work-related skill, knowledge, or experience is required for these occupations. For example, an electrician must have completed three or four years of apprenticeship or several years of vocational training, and often must have passed a licensing exam, in order to perform the job.
Job Training	Employees in these occupations usually need one or two years of training involving both on-the-job experience and informal training with experienced workers. A recognized apprenticeship program may be associated with these occupations.
Job Zone Examples	These occupations usually involve using communication and organizational skills to coordinate, supervise, manage, or train others to accomplish goals. Examples include hydroelectric production managers, travel guides, electricians, agricultural technicians, barbers, nannies, and medical assistants.
SVP Range	(6.0 to < 7.0) https://www.onetonline.org/help/online/svp

Knowledge

Customer and Personal Service
Biology
English Language

Skills

Active Listening
Speaking
Social Perceptiveness
Service Orientation
Critical Thinking
Judgment and Decision Making
Writing
Complex Problem Solving
Reading Comprehension

Technology Skills

Calendar and scheduling software
Medical software
Spreadsheet software
Word processing software

Tools

Balance beams or boards or bolsters or rockers for rehabilitation or therapy
Bath robes
Desktop computers
Electric vibrators for rehabilitation or therapy
Full body immersion hydrotherapy baths or tanks
Hand or body lotion or oil
Mats or platforms for rehabilitation or therapy
Medical heat lamps or accessories
Notebook computers
Personal computers
Therapeutic heating or cooling pads or compresses or packs
Therapeutic heating or cooling units or systems

Abilities

Oral Comprehension
Dynamic Strength
Manual Dexterity
Oral Expression
Trunk Strength
Multi-limb Coordination
Problem Sensitivity
Arm-Hand Steadiness
Speech Recognition
Written Comprehension
Deductive Reasoning
Speech Clarity
Stamina
Static Strength
Extent Flexibility
Finger Dexterity
Inductive Reasoning
Near Vision

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA,US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

Competency 1 - PLAN AND ORGANIZE AN EFFECTIVE MASSAGE AND BODYWORK SESSION

Element 1.1 Structure and function of the human body in health and disease							
	I.	Identify and describe the anatomical organization and general physiological principles of the human body.				COMTA USCI: U1L4,U2L5,U2L6	APP 1
	II.	For all systems of the body, identify, locate, and describe the structures (anatomy), functions (physiology) and pathologies commonly encountered in the practice of massage therapy and bodywork.				COMTA USCI: U1L4,U2L5,U2L6,U3,U4,U5	APP 3, 5, 7, 8, 9, 11, 13, 15; OPM 1-15
	A.	Integumentary system				COMTA USCI:U1.L4,U2L5	APP 3
	B.	Musculoskeletal system				COMTA USCI:U1.L4,U2L6	APP 5, 7, 8, 9; OPM 1-15

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C.	Cardiovascular system and blood					COMTA USCI:U1.L4,U2 L5	APP 13
D.	Lymphatic and immune system					COMTA USCI:U1.L4,U2 L5	APP 15
E.	Nervous system					COMTA USCI:U1.L4,U2 L5	APP 11
F.	Endocrine system					COMTA USCI:U1.L4,U2 L5	APP 15
G.	Respiratory system					COMTA USCI:U1.L4,U2 L5	APP 15
H.	Digestive system					COMTA USCI:U1.L4,U2 L5	APP 15

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I.	Urinary system					COMTA USCI:U1.L4,U2 L5	APP 15
J.	Reproductive system					COMTA USCI:U1.L4,U2 L5	APP 15
Element 1.2 Effects of touch, massage and bodywork techniques							
I.	Identify and describe the physiological effects of touch and specific massage or bodywork techniques.					COMTA USCI:U2.L8, U2.L9, U5.L22,U3.L12	MTP 4, 5, 6 MBA 10
II.	Identify and describe potential emotional effects of touch and specific massage or bodywork techniques.					COMTA USCI:U4.L17	MTP 4, 5, 6

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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:							
	III. Identify specific indications, contraindications and precautions to touch, massage and bodywork, considering pathologies and various populations.					COMTA USCI:U5.L22, U2.L8	MTP 7, 8, 9; MBA 10, 15; APP 4, 6, 10, 12, 14, 16; ASC 1, 3, 5
Element 1.3 Healthcare and bodywork terminology							
	I. Use healthcare and bodywork terminology to communicate treatment findings and therapeutic results.					COMTA USCI:U1.L4	TTR 9 AD 1, 2, 8, 9, 10
Element 1.4 Therapeutic environment							
	I. Define and describe the interpersonal and physical components of a therapeutic environment.					COMTA USCI:U4.L17,U5L24,U1L3	MPP 1 TTR 1
Element 1.5 Wellness model							
	I. Define and describe a wellness model.					COMTA	APP 2

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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	II. Identify the scope of practice of massage and bodywork in relation to a wellness model.					COMTA	MTP 5, 6 MBA 10, 15
Element 1.6 Assessment and data collection							
	I. Describe the purpose of assessment and data collection.					COMTA U4L17,	AD 1
	II. Perform assessment and data collection.					COMTA	AD 2,3,4,5,6,7,OPM 1
	A. History taking					COMTA	AD 2
	B. Observation					COMTA	AD 4
	C. Palpation					COMTA	AD 3; OPM 1
	D. Functional testing					COMTA	AD 5, 7
	E. Pain assessment					COMTA	AD 6
Element 1.7 Clinical reasoning and treatment planning							

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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

I.	Develop a safe and effective initial session and on-going treatment plan, based on client goals, assessment findings, and understanding of effects of massage and bodywork.					COMTA USCI:U4L17, U5L22	MTP 8, 9; APP 4, 6, 10, 12, 14, 16 MBA 7, 9; ASC 2, 4, 6; CD 7
II.	Write clear, concise and accurate notes of client treatment sessions.					COMTA USCI:U4L17	AD 9, 10 CD 6

COMPETENCY 2 - PERFORM MASSAGE THERAPY AND BODYWORK FOR THERAPEUTIC BENEFIT

Element 2.1 Organization and management of the client session							
I.	Communicate the plan and rationale for a treatment session to the client.					COMTA	MBA 9; CD 5, 6, 7
II.	Obtain informed consent from the client prior to beginning a treatment session.					COMTA USCI:U1L3	TTR 4; CD 5, 6, 7
III.	Modify the plan and therapeutic approach used during a treatment session based on client response.					COMTA USCI:U4L17	MTP 10; MBA 7, 9 CD 5, 6, 7

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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	IV.	Manage time within a treatment session.					COMTA	MBA 9, 11, 12, 13, 16, 17, 18; CD 5, 6, 7
	V.	Develop and implement strategies to address challenging client-therapist interactions.					COMTA USCI:U1L3,U5L24	CD 1, 2, 3, 5, 6
Element 2.2 Application of techniques								
	I.	Demonstrate techniques that are within the scope of training and practice of commonly recognized massage therapy or bodywork disciplines.					COMTA USCI:U2L9,U3L12,U5L20,U5L21	MBA 6, 8, 9, 11, 12, 13, 16, 17, 18
	II.	Identify and apply principles and protocols for massage and bodywork sessions.					COMTA USCI:U2L9,U3L12,U5L20,U5L21	MBA 1, 5, 6, 8, 9, 10, 11, 12, 13, 15, 16, 17, 18
	III.	Vary the choice and application of techniques as appropriate to the client's needs, including those of special populations.					COMTA USCI:U2L9,U3L12,U5L20,U5L21	MTP 9, 10; MBA 7, 9 APP 4, 6, 10, 12, 14, 16; ASC 2, 4, 6; CD 7

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IV.	Demonstrate techniques that are appropriate for each body area, including endangerment sites.					COMTA USCI:U2L9,U3L12,U5L20,U5L21	MTP 10; MBA 9 CD 7
V.	Identify and practice appropriate methods of sanitation and personal hygiene in the performance of massage and bodywork sessions.					COMTA USCI:U5L23	MPP 2, 3, 4 MBA 9; CD 4, 6, 8
VI.	Describe and demonstrate standard precautions.					COMTA USCI:U5L23	MPP 3, 4; CD 4, 6, 8

Element 2.3 Equipment and supplies

I.	Demonstrate safe and effective use of equipment (such as massage tables, massage chairs, bolsters) and supplies (such as linens, lubricants, gloves).					COMTA	MPP 1, 2, 3, 4 MBA 2; CD 5, 6, 8
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Element 2.4 Hydrotherapy

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	<p align="center">Date met:</p>	<p align="center">Preceptee initials:</p>	<p align="center">Preceptor initials:</p>	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

I.	Describe various hot and cold hydrotherapy techniques (such as hot or cold packs, immersion baths, paraffin, ice massage).					COMTA USCI U4.L19	MBA 5, 6
II.	Identify the indications, contraindications, precautions, effects and uses of hydrotherapy techniques.					COMTA USCI U4.L19	MBA 5, 6
III.	Identify the physiological principles and mechanisms involved in the effects of hydrotherapy.					COMTA USCI U4.L19	MBA 5, 6
IV.	and sanitation for hydrotherapy applications.					COMTA USCI U4.L19	MBA 5, 6

COMPETENCY 3 - DEVELOP AND IMPLEMENT A SELF-CARE STRATEGY

Element 3.1	Self-assessment and stress management
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Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p style="text-align: center;">Required Competencies:</p> Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	I. Assess personal needs, behaviors, beliefs, attitudes, and knowledge relevant to the practice of massage therapy and bodywork.					COMTA	"Massage Learning in the Affective Domain"
	II. Identify how personal and cultural values, attitudes, and ethics influence professional values, attitudes and ethics.					COMTA	"Massage Learning in the Affective Domain"
	III. Identify the physiological and psychological effects of stress.					COMTA	MTP 5 MPP 6
	IV. Identify various stress reduction techniques and their benefits.					COMTA	MTP 5 MPP 6
Element 3.2	Self-care and performance						
	I. Identify and describe the effect of physical fitness and life style habits on the performance of massage and bodywork techniques.					COMTA USCI:U2L8	MPP 6

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	II.	Define and describe the effect of centering, focusing, grounding and breathing on the performance of massage and bodywork techniques.					COMTA USCI:U2L8	MPP 6, 7, 8
	III.	Identify and demonstrate biomechanical skills necessary for the safe and effective performance of massage and bodywork techniques.					COMTA USCI:U2L8	MPP 6, 7, 8 MBA 6, 11, 12, 13, 16, 17, 18

COMPETENCY 4 - DEVELOP SUCCESSFUL AND ETHICAL THERAPEUTIC RELATIONSHIPS WITH CLIENTS

Element 4.1 Communication in the client-therapist relationship								
	I.	Define and demonstrate active listening, rapport, empathy and feedback.					COMTA USCI:U4L17, U1L3	MBA 5, 6, 11, 12, 13, 16, 17, 18 CD 1, 2, 3, 8

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA,US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	II. Identify strategies to effectively deal with emotional and behavioral client responses to massage therapy and bodywork treatment.					COMTA USCI:U4L17, U1L3	TTR 6, 7, 8 CD 2, 7
	III. Describe the principles of conflict resolution and apply conflict resolution skills effectively in the client-therapist relationship.					COMTA USCI:U4L17, U1L3	CD 1, 2, 3

Element 4.2 Professional boundaries

	I. Identify the qualities and characteristics of boundaries.					COMTA USCI:U1L3,U5L24,U4L17	TTR 6
	II. Identify cultural differences related to boundary issues.					COMTA USCI:U1L3,U5L24,U4L17	TTR 6
	III. Define and discuss the differences between a personal and a professional relationship.					COMTA USCI:U1L3,U5L24,U4L17	TTR 6

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p style="text-align: center;">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	IV. Discuss the importance of professional boundaries.					COMTA USCI:U1L3,U5L24,U4L17	TTR 6
	V. Define and discuss transference and counter transference.					COMTA USCI:U1L3,U5L24,U4L17	TTR 1, 2
	VI. Describe techniques for establishing and maintaining safe and respectful boundaries with clients.					COMTA USCI:U1L3,U5L24,U4L17	TTR 6, 7, 8
	VII. Discuss and demonstrate the use of draping during treatment as a professional boundary.					COMTA USCI:U1L3,U5L24,U4L17	MBA 1, 3, 4, 6, 11, 12, 13; CD 8
Element 4.3 Professional ethics							
	I. Identify and describe the purpose of a code of ethics.					COMTA USCI:U1L3,U5L24	TTR 3

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA,US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	II. Identify and describe the purpose of Standards of Practice specific to massage therapy and bodywork.					COMTA USCI:U1L3,U5L 24	TTR 3
	III. Identify confidentiality principles related to massage therapy and bodywork practice, including requirements for HIPAA compliance.					COMTA USCI:U1L3,U5L 24	TTR 3; AD 8
	IV. Identify common ethical situations in massage therapy and bodywork.					COMTA USCI:U1L3,U5L 24	TTR 3, 4, 5
	V. Describe processes by which to effectively resolve ethical issues.					COMTA USCI:U1L3,U5L 24	TTR 3, 4, 5

COMPETENCY 5 - DEVELOP A STRATEGY FOR A SUCCESSFUL PRACTICE, BUSINESS OR EMPLOYMENT SITUATION

Element 5.1	Basic business practices						
	I. Identify common business practices and structures in massage therapy and bodywork practice.					COMTA	CD 9

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p style="text-align: center;">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

II.	Identify and design effective methods for time management, client scheduling, and maintenance of the work environment.					COMTA	CD 4, 6, 9
III.	Create a business plan or outline an employment strategy, including short and long-term professional goals.					COMTA	CD 9, 10
IV.	Identify the basic aspects of legal agreements, contracts, employment agreements and professional insurance.					COMTA	CD 9
V.	Identify basic principles of accounting and bookkeeping suitable for various business structures.					COMTA	CD 9
VI.	Create, maintain and identify legal requirements for retaining client, financial and tax records.					COMTA	AD 8 CD 9

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	VII.	Demonstrate knowledge of federal, state and local regulations as they pertain to massage therapy and bodywork practice.					COMTA	MPP 5 CD 9
	VIII.	Demonstrate knowledge of ADA requirements and their implication for massage therapy and bodywork practice.					COMTA	ASC 5 CD 9
Element 5.2 Job search and marketing								
	I.	Identify the elements of effective job search and marketing materials (such as resumes, brochures, business cards).					COMTA	CD 9, 11
	II.	Identify and discuss common methods of marketing for massage therapy and bodywork.					COMTA	CD 9

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	III. Identify strategies to develop and maintain a client base.					COMTA	CD 9
Element 5.3 Professional referrals							
	I. Identify strategies for effective communication with other professionals regarding client care and referrals.					COMTA USCI U2L8,U5L24	CD 5
	II. Describe the process used to identify the scope of practice of allied health professions.					COMTA USCI U2L8,U5L24	MPP 5
	III. Describe the appropriate use of medical release and consent forms.					COMTA USCI U2L8,U5L24	TTR 4
Element 5.4 Professional relationships							
	I. Discuss the process for establishing and maintaining professional relationships in the workplace.					COMTA	CD 5 & "Massage Learning in the Affective & Interpersonal Domains"

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	<p align="center">Date met:</p>	<p align="center">Preceptee initials:</p>	<p align="center">Preceptor initials:</p>	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

II.	Discuss strategies for establishing and maintaining professional relations with peers and with other professionals.					COMTA	CD 5 & "Massage Learning in the Affective & Interpersonal Domains"
III.	Identify strategies for conflict resolution with other professionals, including the need for documentation.					COMTA	CD 5 & "Massage Learning in the Affective & Interpersonal Domains"

COMPETENCY 6 - IDENTIFY STRATEGIES FOR PROFESSIONAL DEVELOPMENT

Element 6.1	History of the profession						
I.	Describe the history of massage therapy and bodywork.					COMTA USCI U1.L1.L2	MTP 1
II.	Identify the role of professional associations for massage therapists and bodyworkers.					COMTA USCI U1.L1, L2. U5.L24	MTP 1
Element 6.2	Ongoing education						
I.	Discuss the value of ongoing education and skill development as a professional.					COMTA USCI U1.L1.L2	MTP 11 MBA 10, 15

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p align="center">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	<p align="center">Date met:</p>	<p align="center">Preceptee initials:</p>	<p align="center">Preceptor initials:</p>	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

	II. Describe methods for identifying advanced training programs to enhance performance, knowledge and skills.					COMTA USCI U1.L1.L2	MTP 11 MBA 10, 15
Element 6.3	Research literacy						
	I. Explain the value of research to the profession.					COMTA	MTP 2, 3
	II. Identify sources of published research literature on therapeutic massage and bodywork.					COMTA	MTP 2, 3
	III. Critically read and evaluate a published research article in the field of massage therapy and bodywork.					COMTA	MTP 2, 3, 9

COMMENTS:

Self assess: 1= Limitation- little or no experience 2= Capable- familiar, but may need assistance 3= Independent - can perform tasks safely 4= Proficient - extensive experience	<p style="text-align: center;">Required Competencies:</p> <p>Main categories followed by associated competencies and critical elements. (What the preceptee needs to prove he/she can do safe and effectively.)</p>	Verification method & comments: D —Demo via direct contact T —Test M —Module, class, video V —Verbalize via case studies, scenarios, etc.	Date met:	Preceptee initials:	Preceptor initials:	Competency References: COMTA, US Career Institute (USCI) core curriculum, Entry-Level Analysis Project (ELAP); policies, procedures, regulatory and specialty organizations' scope, standards	ELAP Subject Task Reference to COMTA Competencies: MTP: Massage Theory & Principles; MPP: Massage Professional Practice; TTR: The Therapeutic Relationship; APP: Anatomy, Physiology & Pathology; AD: Assessment & Documentation; MBA: Massage & Bodywork Applications; OPM: Orientation to Palpation & Movement; ASC: Adapting Sessions for Clients; CD: Career Development
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The orientee will incorporate relevant assessment & intervention skills in performing procedures & utilizing equipment:

Date	Preceptor Signature	Initials	Date	Preceptor Signature	Initials