

CONTINUING EDUCATION POLICY

APPROVED BY OREGON BOARD OF MASSAGE THERAPISTS JANUARY 2014

POLICY

(1) The intent of continuing education is to **protect the public by maintaining and enhancing the licensee's competencies in the practice of massage therapy**. The Board's Executive Director administers this policy as the agency's Continuing Education (CE) policy.

(2) This policy clarifies the continuing education requirements for the Oregon Board of Massage Therapists that are outlined in OAR 334-010-0050 & 334-010-0047.

(3) A licensee's first renewal is not required to submit CE's. If a licensee does submit CE's with the first renewal those contact hours submitted will be carried forward to the next renewal. No carry-over is allowed for non-contact.

(4) A renewal must be accompanied by a listing of 25 CE's comprised of a minimum of 12 contact hours and the remaining 13 can be non-contact. Any contact hours being submitted that exceed the required 25 CE's may be carried forward to the next renewal only.

(5) OAR 334-010-0050 (7) states that continuing education must be in areas related to the practice of massage or bodywork and includes theory, research, technique or business development. The topics under the broad categories of theory, research, technique or business development must still conform to the competencies listed in OAR 334-010-0047.

(6) OAR 334-010-0047 (1) Knowledge of (classes, seminars, books, videos – to gain knowledge of a skill) include:

1. Massage & bodywork – training in massage/bodywork (includes all modalities, energy/spiritual classes)
2. Anatomy – understanding the function of the organs and systems of the human body
3. Physiology – the scientific study of the human body
4. Kinesiology – the study of the movement of the human body
5. Pathology – the study of disease as it pertains to the human body – includes Herbology.
6. Legal and Business requirements – business classes that **directly** pertain to managing a massage practice. (Classes such as international finance, foreign languages, computer programming, international marketing, homeopathy, statistics, algebra, art, feng shui, interior design, and other similar classes that do not **directly** pertain to operating a massage practice will not be accepted.)
7. Ethical principles – classes in ethics, ethical decision making, boundaries will apply
8. Basic CPR – classes to attain CPR certification and first aid

(7) OAR 334-010-0047 (2) Practical skills (classes, seminars, books, videos to learn new skills or enhance a therapist's skill level) include:

1. Techniques of soft tissue manipulation and treatment – includes massage/bodywork modality classes

2. Safe utilization of thermal modalities, topical preparations, mechanical assistive devices/appliances, hydro-therapy, and movement and exercises that lengthen and shorten soft tissues. (this includes yoga and Pilates training)
3. Principles of body mechanics in the application of massage and bodywork
4. Locating muscle attachments and bellies
5. Draping/coverage practices

(8) OAR 334-010-0047 (3) Demonstrating treatment and business skills

1. Includes developing treatment plans, informing and obtaining informed consent, and identification of indications and contraindications
2. Classes that improve communication both verbal and non-verbal (does not include foreign language, hypnotism, or meditation)
3. Classes on CPT codes and insurance billing

(9) Classes or training that do not directly pertain to the practice of massage will not be allowed as continuing education.

(10) Licensees who attend board meetings, board committee meetings, board task force meetings, or serve on these committees/task forces will receive one hour of contact continuing education credit for each meeting.