



Massage for People Living with Cancer©

Mary Peifer, RN, LMT, Instructor

Learning Outcomes

Participants will:

- Explore their emotional relationship to cancer.
- Be introduced to the basics of metastasis and understand the role of genetic mutation in the process of cancer.
- List the cautions needed with massaging cancer patients who have undergone surgery, radiation, and chemo.
- Explain the relationship between lymphedema and cancer treatment and demonstrate adjustments for working with a client at risk for lymphedema.
- Practice the intake process and then perform it with a cancer patient.
- Administer or observe a relaxation massage to a client who has cancer or is in survivorship.

Course Hours

Class will be held from 8am-5pm each day. (Please arrive 15 minutes early on the first day to complete any final registration tasks.) In order to receive a certificate of completion, participants must attend all 24 hours of instruction. In the case of an emergency, that prevents the participant from being in attendance for up to 2 hours, instructor can assign make-up work that approximates missed material.

Enrollment Requirement

This course is intended for licensed, certified, or professional massage therapists or massage students enrolled in a professional training program who have completed Swedish Massage I or the equivalent. Bodyworkers certified in other non-invasive modalities may be admitted by instructor permission.

Learning Activities

- Lecture
- Group sharing
- Demonstration
- Hands-on practice with class participants
- Visual aids
- Practice clinic with clients who have a history of cancer treatment.

Required Materials

- Folder for handouts
- Clip board
- Kleenex

FOR IN CLASS LEARNING AND HANDS ON WORK (Days 1 & 2)

- Please, no heavily-scented detergents
- Unscented professional massage oil
 - no containers that require dipping
 - no commercial or massage cream
- 1 set of twin sheets
- 2 hand towels and 2 bath towels
- 2 clean pillows and pillow case

FOR SUNDAY CLINIC SESSION (Day 3)

- Clean set of twin sheets
- Clean towels
- 1 blanket for client warmth
- Pillows and clean pillow cases

SPONSOR MAY PROVIDE (you'll be notified of this ahead of time)

- Small portable table or standing tray for setting oils, towels, etc.
- Table cleaner
- Alcohol-based hand cleaner
- Massage table

Required Reading

To better prepare for the class some advanced reading is required from:

Medicine Hands: Massage for People Living with Cancer, 3rd Ed. (2014, Findhorn Press).

Amazon provides the best price on this book. The following sections are required before attending class:

- **Chapter 4:** The Side Effects of Cancer Treatment: Why The Need for a Less Demanding Approach
- **Chapter 5:** Pressure, Site and Position: An Organizational Framework

Additional recommended reading includes:

- **Chapter 6:** Gathering Information: An Essential Part of the Massage Session
- **Chapter 7:** First Do No Harm: Adjusting for the Common Side Effects of Cancer Treatments
- **Chapter 8:** The New Normal: The Role of Massage During Recovery.

Additional Advanced Assignment

1). Please view the **Biology of Cancer** at the following link:

<http://www.cancerquest.org/cancer-biology-animations.html>

2). Also watch an overview of the Lymphatic System at:

www.youtube.com/watch?v=O8lknSRggu4

If you have difficulty accessing this I would suggest you do a search on YouTube for “Lymph System Part I- Rene LaMontagna, Biology 107. A 10 min. video should pop up for you.

Class Size

Class size is limited. Generally, 10-14 practitioners are in each class. Register early!

Cost/Payment

Tuition is \$425.00 due at least 2 weeks prior to class; \$475.00 if registering less than 2 wks prior to first day of class.

Full payment is expected at time of registration.

Personal checks are accepted.

Please provide a current copy of your Certificate of Insurance (liability) along with a copy of your state license when registering.

Special Needs

Participants with hearing/visual impairments, learning disabilities or other physical handicaps will need to contact me at least 2 weeks prior to the start of class to arrange for special learning needs. Arrangements can be made ahead of time for these participants to receive handouts.

Cell Phones

Cell phone usage is encouraged only during lunch and once class is over. Connecting with one's colleagues has many benefits and it can occur with more ease if cell phone usage is limited.

Clinic Experience – Day 3/Dress and Grooming

The culminating experience of this course is to massage someone experiencing cancer—either in or out of treatment. Please bring suitable clothing. No jeans, shorts, low cut shirts, or open toed shoes. Many people are sensitive to the scents. Please be mindful of this when preparing to come to class and clinic.

Lunch

Lunch is approximately one hour long occurring mid-way through the day. Nearby restaurant recommendations will be provided. On the third day it is advised to bring a sack lunch.

Certificate of Completion

This class provides you with a "certificate of completion." As with any single continuing education course, this class does **not certify** you as an Oncology Massage Therapist. To be "certified" in a particular modality or specialty such as oncology massage, it requires an extensive length of study and practice. Such a program of study includes coursework, supervision, a series of exams, and practical experiences that demonstrate advanced knowledge, competency and skill.

Instructor Bio

Mary Peifer, RN, LMT has been offering therapeutic massage and bodywork in Peoria, Illinois since 2005. As a Registered Nurse since 1995, Mary's background in community health, along with oncology nursing experience, allows her to embrace the best of both worlds by offering education, nurturance, support and healing to those she serves. Her practice offers restorative, comfort-oriented massage along with Eastern bodywork, Manual Lymphatic Drainage, and scar tissue work. Mary is a frequent guest speaker and presenter on a variety of health related topics especially massage education. She graduated from the Peregrine Institute of Oncology Massage Training in November 2010. You may contact her at bodykneadsllc@gmail.com or 309-219-1790 or visit her website—www.thebodykneadsmassage.com.