



**Welcome to
OV College
of Massage**

**Massage Therapy
training for todays in
demand career
choice**





OV College of Massage
Vernon, British Columbia



Experience education surrounded by hiking trails, lakes and mountains in our beautiful valley. Take time to grow and develop your inner and outer strengths. Learn the art and science of massage therapy, help others on their wellness path and recovery, and impact your own health too. Come join us!

We'd love to show you how.



Vernon, BC
250.558.3718
www.ovcmt.com



OV College of Massage Therapy

Nestled in the quaint downtown core of Vernon, BC, OV is surrounded by 3 lakes each within 10 minutes of campus. Local spirit keeps the downtown core busy with boutiques, cafe's and local ownership.

Coffee shops, groceries, funky clothing stores, restaurants, chocolatiers and tea houses are all steps from the college.

Here we are, outside the campus, for the Sunshine Festival. (The irony that it was overcast that day was not lost on us.)

Community events, such as the Sunshine Festival, are one of many ways OV College of Massage reaches out to our community.

Students work with a broad range of individuals, explaining and showing, what massage therapy is all about.

Some events are best suited to chair massage. For other events, such as marathons, bike races or other sports competitions, students use massage tables.





Registered Massage Therapists can enjoy **careers spanning more than 3 decades** with increased focus on biomechanics learned while in college.

Many choose to work independently as contractors within multidisciplinary centers while others choose employment in clinics or spas. Regardless of where you go, demand is high, as reported by the Huffington Post Canada (Jan. 26, 2017).

In fact, **Massage Therapist ranks the MOST in demand for careers across Canada.** Statistics Canada indicated BC ranked second for greatest job growth.



Photo bomb!

While the program is intense, we still have a good time together!

Support is a major factor in managing the stress of the programs volume and fast pace.

Fortunately, the career is much less stressful!

Massage therapy is considered a physical job in a low stress environment, receiving the lowest stress occupation award. (US Department of Labour 2016)

Some speculation on why includes: being your own boss, working with people who enjoy coming to see you, being able to help people, travelling and setting your own hours.

I WANT TO BE A MASSAGE THERAPIST. HOW MUCH WILL I MAKE?

Excerpt from:

SALARIES SERIES

BRENDABOUW

Globe and Mail

Last updated Wednesday,

Sept. 24, 2014 5:58PM EDT

The role: Massage therapists use a range of techniques to manipulate the soft tissues and joints of the body. The goal is to maintain and improve how a body functions, and to relieve pain. Andrew Lewarne, a registered massage therapist and executive director of the Registered Massage Therapists' Association of Ontario, says the job starts with assessing patients and developing short and long-term treatment plans for them. Many massage therapists are self-employed, so the job can also include bookkeeping and even laundering the sheets and towels used on the practice table.

Salary: According to a recent survey, the average income for a registered massage therapist in Ontario was \$42,771 before taxes including full-time and part-time workers. Mr. Lewarne says most full-time massage therapists earn about \$60,000 to \$72,000, while part timers earn \$12,000 to \$17,000. The money can increase to well over \$100,000 for those who own and operate a successful massage therapy clinic.

Education: Either a three-year advanced diploma from a community college or a (diploma) from a private career college, which is an 18-month to two-year intensive program. In provinces where the profession is regulated, which include B.C., Ontario, New Brunswick and Newfoundland, graduates are also required to pass a provincial registration exam, Mr. Lewarne says.

By the numbers: There are about 26,000 massage therapists in Canada, according to the 2011 National Household Survey. About 80 per cent are women, and 20 per cent men. About two-thirds of all massage therapists are self-employed, while the rest are employees of clinics or organizations such as professional sports teams.

Job prospects: "Very good," Mr. Lewarne says. More Canadians are seeking massage therapy treatment to help improve and maintain their health as they age and as their lives become more stressful. They also rely on massage therapists to treat sports injuries.

Challenges: Massage therapists help others with their aches and pains, but the work is also rough on the therapists' own bodies. "The physical piece is probably the single largest challenge," Mr. Lewarne says. "There are also the challenges of running your own business and being self-employed, such as marketing, administration and patient interaction."

Why they do it: "Most of the time, it's because massage therapists like to look after folks," Mr. Lewarne says. They also want to work in the health care field. Massage therapists enjoy the chance to develop long-term relationships with their patients, helping them to improve their health and well-being.

OV trains therapists to work in the medical model and appropriately submit reports to allied care providers as well as insurance companies.

We also prepare you to interact with the general public, medical professionals in other disciplines, as well as your clients with respect, knowledge and always from a place of empathy with appropriate boundaries.

Often, it comes down to knowing the field, your scope in the health care system and using good communications skills, both of which are an academic focus from day one.



Letters home

"I never imagined that I would end up going to school for massage therapy after university. Like most human kinetics grads, my dreams of pursuing physiotherapy did not pan out and I was unsure of what to do next. After taking a few years off to travel I applied to massage therapy ... that decision was one of the best I've made.

In my experience, OVCMT offered a supportive approach to learning that I hadn't encountered in university. There was a sense of community both within our class, and within the school as a whole. Our instructors genuinely cared about our learning experience. I felt that as RMTs, our teachers recognized that one day we would likely be their colleagues. As such, they did their best not only to prepare us for our provincial Board Exams but also for successful careers. "

August 2016 graduate remaining in Vernon

"the North has so much work up here for RMT's."

Winter 2016 graduate upon returning to Prince George

"A shout out to let you know how much I am loving the working world. I've been at Scandinave Spa since Sept now and it's going really well. Big thanks to you and all the staff at OVCMT for literally everything.... and yes that includes research!!!"

Summer 2016 graduate in Whistler

OVCMT Graduate Survey Response Summary Data		
On year after graduation/registration 2007-2016:		
Last Survey	Averages Over These Years	
93%	94%	Working as RMT
57%	69%	RMT full time
64%	66%	self employed
63%	56%	in private practice
100%	80%	earning over \$30k
38%	40%	earning \$30k to \$50k
62%	40%	earning over \$50k
0%	16%	earning over \$70k

We keep in touch with graduates; where they go, what they do. We offer continuing education courses to help our graduate achieve meaningful growth and earn registration renewal requirements.

Above, our responses from graduates show higher wages than Andrew Lewarne's Ontario based results. It is important to note, these are new graduates, whereas his article polled RMT's at various stages in their career.

OV College of Massage two-year diploma has a balance of academic and practical courses

Practical

Massage Theory & Practice
1 & 2

Hydrotherapy

Clinical Assessment

Myofascial Release/
Neuromuscular Techniques

Sports Massage

Maternity & Infant Massage

Clinic

Clinical Theory & Practice
1 & 2

Joint Mobilizations

Advances Techniques

Academic

Anatomy & Physiology
1 & 2

Musculoskeletal Anatomy
1 & 2

Communications & Ethics
1 & 2

Pathology 1 & 2

Research

Neuroanatomy

Business

All classes have quizzes, midterm and final written exams. Some classes also have group and individual projects and presentations. Practical classes also have "oral practical" exams known as OP's when your *show* your instructor what you know.



Therapists come in all shapes and sizes, and so do their patients!

OV College of Massage annually supports the Kamloops Highland games. Not only do we treat the athletes, but members of faculty, alumni and current students often participate too!



Outreaches are scheduled in the senior year introducing students to specific segments of the population.

Our community partners with the college enabling us to offer practical treatment experiences to our students working with patients with **scars, cancer care, geriatrics, maternity, pediatrics, psycho- social- cognitive, neurological and systemic conditions as well as sports, addictions rehabilitation, orthopedic, pre and post-surgery and diverse populations.**

[Click here](#) for a link to patients in our scar program on how the outreach impacted their lives, and advice they have for students.



Managing your time sounds simple, but students who figure out how to plan and manage their time are less stressed AND more successful. Here is a Time Management Matrix to consider. By working away at Section I and II, and avoiding III and IV, you have MORE TIME for II and have less of I.

	Urgent	Not Urgent
Important	I	II
	<ul style="list-style-type: none"> • Crises • Pressing problems • Deadline-driven projects, meetings, preparations • Immediately productive activities 	<ul style="list-style-type: none"> • Preparation • Prevention • Developing Mission • Planning • Relationship building • True re-creation • Empowerment
Not Important	III	IV
	<ul style="list-style-type: none"> • Interruptions, some phone calls • Some mail, some reports • Some meetings • Many proximate, pressing matters • Many popular activities 	<ul style="list-style-type: none"> • Trivia, busywork • Junk mail • Some phone calls • Time wasters • "Escape" activities

Multi Task: Study with friends at the beach! Whether a school sanctioned outing or your own idea, time management helps get the most out of your day! Kal Beach: 7.5 minute commute from campus.



For students joining us from the Prairies, or Northern BC, remember to check out the Okanagan climate.



Jojo the clown in the Winter Carnival

<https://www.theweathernetwork.com/ca/weather/british-columbia/vernon>

Tourism Vernon has some information you'll also find valuable.

<http://www.tourismvernon.com/en/discover/Vernon-Visitor-Centre.aspx>



The valley area borders between lush green treed lake side spaces and dryer ranges more desert like offering a unique place to hike and explore.



Love the snow? We don't have a long winter in the valley, but no worries! Head up the hill to Silver Star Mountain Resort and enjoy day and night skiing, snowboarding, cross-country skiing, snowshoeing, tubing, skating, fat biking, hot chocolate and much more!



There is a lot to see and do in the local area. Zip line or soak in the sun.



You wont find much humidity, so carry water with you.



Welcome to Sparkling Hills. You'll see many familiar faces at this world class resort and health spa, as OVCMT has preferential hiring status.



Sometimes, instructors take advantage of our surroundings and conduct class in nearby parks, or up a short trail.

(Previous image: This trail is minutes from the school. On this day, students studied the bylaws of the College of Massage Therapists of British Columbia and acted out the various committees...with a view.)

While not always possible, it's one of the creative ways our instructors help students stay fresh and alert in mastering the volumes of information they need to absorb each week.



The two-year program runs in 4 terms, **Monday to Friday 8:30am to 4pm.**



Here is a sample week schedule. Morning and afternoon classes are listed. In this case Clinical Assessment (CA), Musculoskeletal Anatomy 2 (MS), Anatomy and Physiology 2 (AP2), Communications & Ethics 2 (CE2) and Myofascial Release (MyoR). The instructor's initials are listed, and a colour coded system for classes, to help get your rhythm.

Date for the week				
	CA-A	AP2-A	CA-A	C&E2-A
	P2	M1	P2	A1
	OHS/TW	KL	OHS/TW	RnK
	MS2-A	MS2-A	AP2-A	MyoR-A
	M1	P1	M1	P1
	SW	SW	KL/	CTH/TW
				CA-A
				P2
				OHS/TW

Also, in term 2 you will have one clinic shift after school one night a week. Clinic lets you experience the nuts and bolts of a real clinic, including laundry, reception, and filing. This experience prepares students to run their own clinic or work in a team/multidisciplinary environment. It also teaches time management so in the real world you can work in a clinic with ease. We are big into building real world experiences and real world skills.

[Click here to do a quick tour of student clinic!](#)

When not in classes in term 3 and 4 you will see outreach patients during the week, which often includes an evening outreach. Unlike clinic, you will see the same patients for a number of weeks. Most of these patients have complex needs, allowing students to critically apply their vast knowledge and develop solid treatment plans. Students may be surprised at the volume of courses and studying. Therefore, we strongly discourage students working while attending college if at all possible. Resources to review ahead of time include:

The Anatomy Colouring Book – Lawrence Elson and Wynn Kapit

Trail Guide to the Body

- Andrew Biel

Atlas of Human Anatomy

- Dr. Frank Netters



Books or e-books can be purchased through the college or on Amazon. Check the “used books for sale” section on our “student wall” on campus! There are many anatomy apps available as well. “Complete Anatomy” app is used by some instructors in some classes.

We also post information about local accommodations listings on our website.

OV College of Massage also offers an Anatomy and Physiology college preparation course (on-line or on campus) which we highly recommend for students needing or wanting to upgrade or review before beginning the program.

“I would recommend it strongly for anyone and everyone who is interested in pursuing the program”

2017 Student

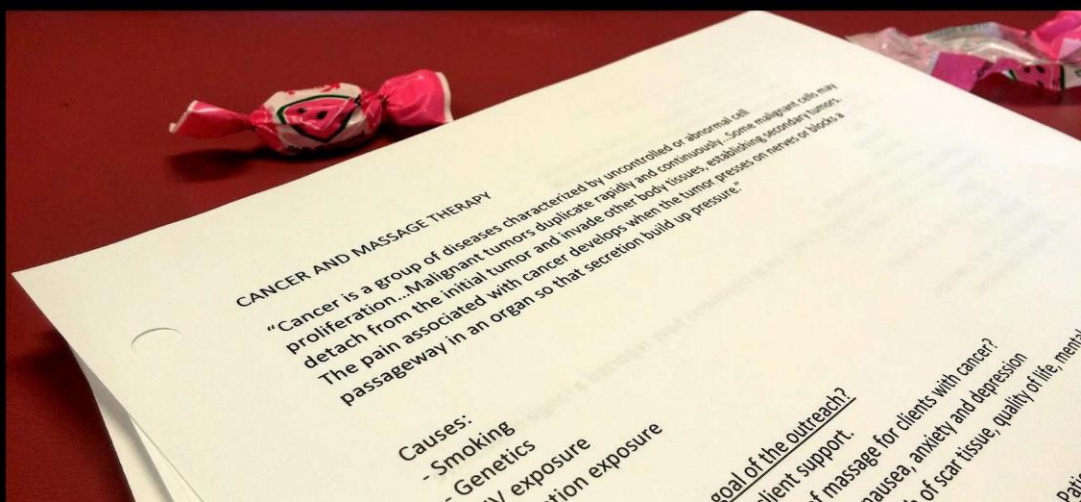
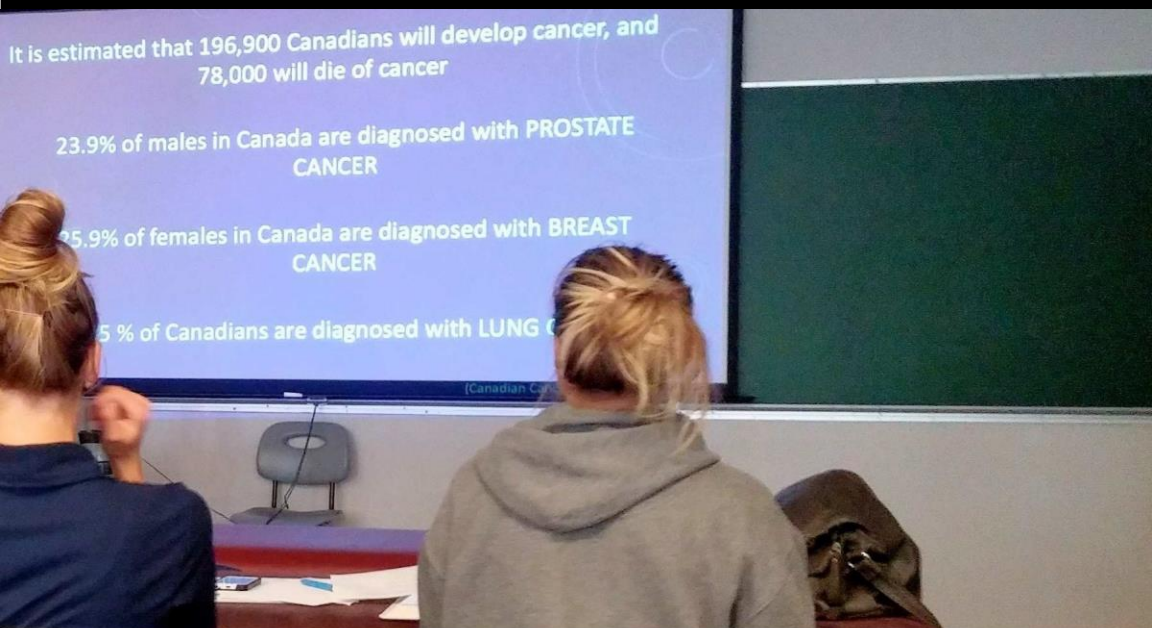
Learning comes in all shapes and sizes. That's why classes include **lectures, projects, assignments, quizzes (in class and online) and presentations (groups and individual)**. Even midterms and finals have **both written as well as oral practical exams** where you **SHOW** the instructors what you know.



A blend of lecture, activity and relatability is strongly encouraged, as it builds good habits for when you present to the public as a therapist. Education of the public is an important aspect of what we do as therapists, and an excellent way to promote yourself in your community once you are registered.

Here, a first year group presents information on upcoming outreach, where students work with patients with or recovering from cancer.

By asking everyone to pick from a bag of pre-selected candies, this group did a tremendous job relating the cancer statistics to the class. The candy ratio was equal to various cancers in a population. The pink candy you see here represented ovarian cancer.





The Vernon Performing Arts Centre and Vernon Public Art Gallery welcome our students to explore the arts. We often work on site with dancers at the Performing Arts Centre. Students enjoy complementary tickets to watch the athletes they treated perform.

Picture above: A number of students, alumni and faculty meet out front of the VPAC before the show.



[Click here](#) to watch Kafig Brazil, whose sore muscles we work with when they come to town.

OV College of Massage enjoys a close relationship with the arts communities of Vernon. We embrace growth that includes artistic expression and endeavor to offer a wide range of experiences beyond anatomy and pathology study. Wellness and balance require diversity!

Below is an example of a pumpkin carved for the annual OV pumpkin carving competition. This student won an Art Gallery membership for her work!

Students get an inside perspective on-site at the gallery. [Click here!](#)

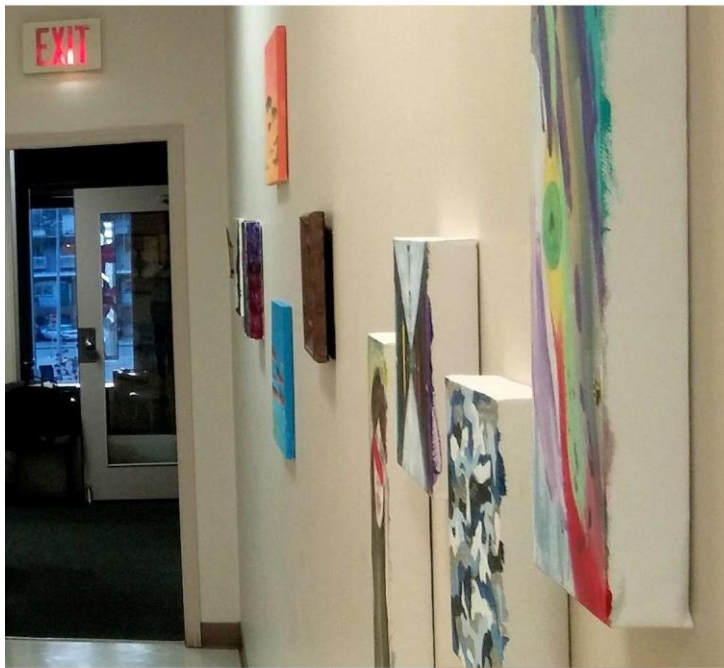
The Art Gallery has graciously invited our students in for private tours of the shows, as well as free tickets to events like Art After Dark, an annual favorite!





HALLOWEEN

Means anatomical body paint on campus! Senior students paint their knowledge for all to see! Muscles, nerves, veins and arteries; you have to know them all!



OV hosts four exhibitions of art by students, faculty and outreach patients.

We promote personal expression, embracing the concept that each student develops their own style of treatment within the bounds of what is safe and effective.

Try something new!

We all learn different ways.

Independent review, re-writing notes, group study, auditory tapes, creating games and quizzes...

Part of the process is learning how YOU learn.





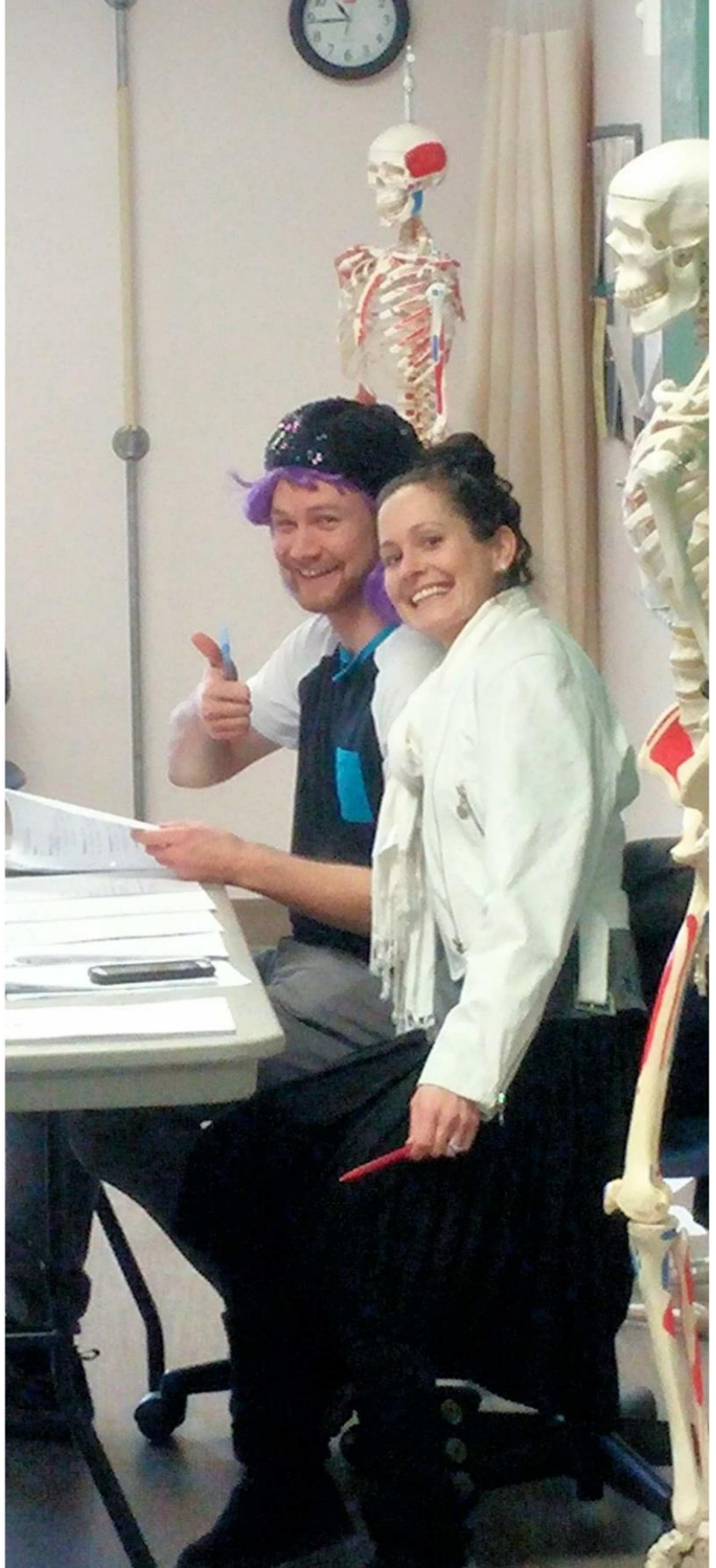
Managing your stress is part of the learning curve in this fast paced program. Everyone manages stress differently. Tap into the resources and tools that work for you.

This class is writing their Musculoskeletal Anatomy final. They look pretty relaxed don't they?

That may be because they decided to dress up their instructors for built in **comic relief** during the exam.

No judgment here!
Whatever works!

What a pair of rockstars!



We strongly encourage you to come in to the college to be a student for a day. See the facility, get a snap shot into some material, but most importantly, get an opportunity to speak with students and get their opinions, experiences and feedback.



Clinic and outreach are long days.

These students are half way through their outreach day and still going strong. [Click Here!](#)

Pot luck is one way to stay nourished to keep your brain sharp. It's also fun, and a great way to bond with your peers.



Advice for Oral Practical exams (OP's) from other students

“You got this. Practice your vitals and your treatments. Your instructors have set you up for success, and you are way more prepared than you feel you are. You get points for things you have been doing all your life, like talking, and washing your hands. Just take a few deep breaths and do your best. And go to Spa Day!”

What is Spa Day?

An opportunity to work with students in all terms, no marks, just lots of ideas for students who have been there!





There are two “bodies” (besides all the anatomical body parts you’ll soon learn) that you should familiarize yourself with: The Registered Massage Therapists Association of BC (RMTBC)



RMTBC is an association for RMTs and students training to be massage therapists. Students qualify for free membership, and receive benefits like access to the librarian, who can pull costly abstracts and research papers. You also receive regular newsletters about courses and changes in the professions around the globe as well as news. RMTBC offers sample forms, advise, and even has a law team should you need legal advice regarding your contract, once you graduate and are ready to enter the work force. RMTBC also provides comprehensive insurance many RMTs take advantage of.



CMTBC stands for the **College of Massage Therapist of British Columbia.**

They govern the profession, and keep the public safe.

Look around their website to learn more about selecting a recognized school and for the provincial exams you'll do once you've finished your diploma in order to become registered.

As a self-regulated profession, the CMTBC is mostly made up of RMT's. Getting involved in volunteer or paid positions is a great way to give back to the profession and be part of its evolution.

Check them out here for more information.

www.cmtbc.ca

ot Instructions

g its annual Board election to select RMTs
e the directors of the College who provide
e College's public protection mandate.
velope (small envelope), and a return

statements and photographs (if provided)
out/governance/2017-board-election.

ding to vote. Each Active Registrant in Good
ed to one ballot only (Bylaw 5(2)). As votes
e envelopes to ensure that the voter is an
here is no duplication.

date for each of the three impending vacant
that you may select up to but no more than

ked ballot inside the ballot envelope (small
name on the outside of the ballot envelope,
t envelope (Bylaw 5(3)).

lope in the envelope addressed to the College

lege's Registrar at the College office no later than
Bylaw 5(3)). In order to ensure that your ballot is
lege recommends that you place it in the mail at
deadline (i.e., by February 21).

ntact the College Registrar, Eric Wredenhap at
cmtbc.ca.

CMTBC Elect

You may check up
Please us

- Lauren Howell
- Judy Kliewer
- Claudia Lee

Name: _____

Signature: _____



OVCMT TO DO list

In any order you please...

- Read e-book
- Book a college tour
- Book student for a day opportunity
- Register for introductory workshop
- Start your application

THEN...

- Start your future!

Need help?

- ✓ Contact us at 250-558-3718 or toll free at 1-800-701-8863
- ✓ Visit www.ovcmt.com for more info
- ✓ Email Heather at info@ovcmt.com



