

# Becoming a culturally competent massage therapist: five-part series

**The four hour initial session is a prerequisite  
for parts two through five.**

This five-part program addresses issues in the context of record-keeping, health interviews, and health assumptions of massage therapists and registered massage practitioners.

Practitioners encounter a diverse client population in spas, sports massage, healthcare and other settings. Increased cultural competency and knowledge about underserved populations will better position massage therapist to impact health care in the future

This course is designed to help practicing massage therapists and registered massage practitioners create a more culturally appropriate approach to record keeping, health care assessment, and treatment plans as it relates to massage therapy.

By understanding the nature of cultural competence and examining record-keeping and health interviewing processes, massage therapists and registered massage practitioners will improve their ability to talk about health concerns without biases in the context of cultural differences, gender, sexual orientation, differently-abled clients or mental health stigma hindering the conversation.



Take your professional responsibilities seriously. Improve your professional recordkeeping and assessment skills with cultural competence training.



*Experienced  
educator*

*Professional  
education*

*Professional  
Expectations*

## **Tara McManaway and Associates** **Tara McManaway, LMT, LCPC**

*For more information and workshop dates*

[Waldorf Center for Higher Education](#)

**July 21, Monday, 9 am to 1 pm**

**July 26th Saturday, 8:45 am to 12:45 pm**

**September 20, Saturday 9am-1pm**

**October 4th Saturday, 8:30am-12:30pm**

[Register by clicking here](#)

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Tara McManaway and Associates can bring a workshop to your region. Ask for details.

**Enroll in one or more sessions each renewal year**

**Part 1** Covers gender and sexual orientation discrimination issues and combines 3 hours of ethics and one of cultural competency for 4 contact hours (pre-requisite for parts 2-5)

**Part 2** covers information to increase Military cultural competency including veterans, active duty and their families for 1.5 contact hours

**Part 3** covers information to decrease stigma and increase awareness of mental health issues for 2 contact hours

**Part 4** covers information to increase awareness of age, physical ability cultural competency issues for 1 contact hour

**Part 5** covers information to increase race and ethnic heritage cultural competency for 2 contact hours

*The Maryland Board of Chiropractic and Massage Therapy Examiners requires continuing education units in ethics and cultural competency every two years.*

***\*This course series has been approved for 10.5 CE contact hours for Maryland Massage Therapists and Practitioners.***

## Participants in the five-part series will develop



It is very important to understand that culture is more than race and ethnic heritage. The goal for massage therapists and all health care professionals is to have a motivation to engage in the process of being culturally aware rather than fulfilling an obligation to take one course for cultural competency.

This series of classes will help inspire massage professionals to understand the importance of cultural desire rather than just simply checking the course off the required list.

**Part 1** is approved\* for one hour of cultural competency and 3 hours of risk management, recordkeeping, jurisprudence;

**Part 2** is approved\* for one hour cultural competency;

**Part 3** is approved\* for 2 contact hours of cultural competency;

**Part 4** is approved\* for one hour of cultural competence; and

**Part 5** is approved\* for 2 hours to satisfy the cultural competency requirement.

It is anticipated that participants may take one of these over the series of several years and licensing cycles.

Course fees are \$20.00 per contact hour.

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***\*\* Campinha-Bacote (2002)***

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