

The Valley School of Healing Arts

A Division of
The Valley Spiritual Center
and School of Healing Arts

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FIFTEENTH CATALOG ISSUE

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Courses and Diploma Programs in

**Therapeutic Massage
Reflexology
Alternative Healing**

Licensed by the Pennsylvania
Board of Private Licensed Schools

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Dedication

To all students who pass through the doors of The Valley School of Healing Arts we offer our deepest veneration to you for your desire to awaken to many wonderful non-invasive means of healing yourselves and others.

**Franklin J. and Patricia A. Sterner
Founders
The Valley Spiritual Center
and School of Healing Arts**

Educational Philosophy

The programs of The Valley School of Healing Arts endeavor to develop specific skills in healing in a context of larger principles and practices, vibrationally and spiritually, of alternative healing. Ultimately our goal is to further the spiritual growth of the healer or therapist through compassionate service, and of the client through the experience and recognition of healing that is more than merely physical.

About The Valley School of Healing Arts

The Valley School of Healing Arts, a part of The Valley Spiritual Center and School of Healing Arts, is located along the Susquehanna River on Routes US 11/15 between Selinsgrove and Port Trevorton, PA.

The organization was originally incorporated in Pennsylvania in 1974. It is non-profit, and tax-exempt under paragraph 501 c 3 of the Internal Revenue code. Our mission is “To be in God’s service for the brotherhood of mankind and all creatures great and small.” Healing is our chief focus of service.

For many years our activities centered around the works and teachings of our founders, Franklin and Patricia Sterner, who devoted their lives and consistently used their time and energy traveling inside and outside our country to develop and improve their skills in the healing arts.

Public speaking was fine-tuned and much of it was directed to the student bodies in high schools . . . along with other speaking engagements.

During the years of research, learning and teaching they shared information with physicians, nurses, chiropractors, etc. in the main stream medical field . . . thus combining the two. They continue to help others wherever they can along the way and always at their own expense.

The main facilities of The Valley Spiritual Center and School of Healing Arts consist in two buildings, one for classes, appointments, offices, and stores, and a smaller cottage/office on a plot a little over an acre overlooking the Susquehanna River.

We emphasize the development of personal spirituality not through the promulgation of specific religious dogmas, but through thought, word and deed . . . as all religious systems agree. We hold no prejudices on the basis of race, color or creed.

Healing has become our central focus.

We honor the good in all, and welcome students and faculty of many different faiths.

The Founders

Franklin and Patricia Sterner, founders of the Valley Spiritual Center and School of Healing Arts, also headed the Board of Directors as Co-chairpersons. The Valley Spiritual Center was founded in 1974 and preceded the School by 26 years. It was a little girl's dream come true for Patricia. Later it became known that Franklin--as a child--envisioned helping others also by entering the ministry. Between the two their desires were put into reality by creating an outlet where all peoples could join together in a non-denominational spiritual setting. Both Franklin and Patricia, traveling far and wide, spent decades studying and developing skills in many of the healing modalities—too numerous to mention. Through these many years of extensive studies they proved that the transmitting of these healing energies is, indeed, successful. This has been learned through their teamwork. Patricia suffered through numerous major illnesses and at times was not expected to survive. Together Franklin and Patricia attributed her recoveries and survival far beyond expectations to the healing energies. Thus, this School was born. Always willing to lend a sympathetic ear to others, they held the Valley Spiritual Center together since its beginning. Franklin and Patricia could always be counted on to help in any way possible, whatever the problem . . . may it be humans or animals. Their examples of persistence through overwhelming adversities inspired all who worked with them.

Board of Directors

The Valley Spiritual Center and School of Healing Arts

Marlana E. Sterner Flaherty, Governing Chairperson, Director of School, Treasurer.

Marlana is the Director of The Valley School of Healing Arts. Always devoted to service, she became early on a member of the Valley Spiritual Center and has since focused great energy in healing and in leadership. She has studied virtually all of the healing methods taught at our School, and teaches Therapeutic Massage and Reflexology. Recently she has been chosen to continue in the footsteps of our Co-founders Patricia and Franklin Sterner, as Governing Chairperson.

Peter B. Waldeck, Ph.D., Business Administrator/ Secretary. Also an Acting Director of the Valley School of Healing Arts, Peter is a retired professor of German and Linguistics and author of a number of scholarly books and articles. He has a deep interest in spiritual questions and methods of energy healing.

Daniel T. Flaherty, Jr., J.D, was until retirement an Administrative Law Judge for the Commonwealth of Pennsylvania. After many years of spiritual exploration, he found his way to The Valley Spiritual Center and School of Healing Arts, where he has learned many healing modalities and contributed to the many tasks of Center activities. Until his retirement from the legal profession he served the Valley Spiritual Center as legal adviser.

Karin Phillips is an Acting Director of the School, our resident Reiki instructor, and a mainstay of our operations at the Center. She is devoted to energy healing and to our larger mission. She is employed in Dietary at Hershey Medical Center and is a practicing reflexologist.

Ronald A. Schirk is a new member of our Board. An engineer by profession and owner of Cenn-Penn Designs, he has studied extensively at our school and helps with many tasks at the Center.

Nancy D. Waldeck is an Acting Director of the Valley School of Healing Arts and the Secretary of Far Point Animal Rescue. She has specialized in the study and teaching of Homeopathy, and designed and taught our homeopathy program. She also served many years as Assistant Business Administrator of our organization.

New member Michael J. Zook has a widely varied background in technology and in the military as well as being a long-time musician. He is also well-studied and proficient in homeopathy. He teaches our homeopathy courses.

Also a new member, Patricia Zook is a long-time employee of Hershey Medical Center, currently as a patient relations representative. She is a Reiki Master Teacher, reflexologist, and is providing vital assistance in our massage program.

Faculty

Marlana E. Sterner Flaherty. **Massage Therapy, Reflexology.**

Jack A. Braunstein is a certified practitioner of flower essences healing (Certified by The Flower Essence Society, Nevada City, CA, 1999). He is also certified in New York as an elementary and secondary teacher of English and art. Author of an article on flower essence character archetypes, he brings a special knowledge and sensitivity to our program. **Flower Essences.**

Trey Casimir is a licensed acupuncturist with an established practice in Lewisburg, PA. He has a Master of Science degree from the Swedish Institute of Acupuncture in New York and experience as a professional exercise therapist. He brings both experience and expertise to the Valley School. **Acupuncture Meridians. Introduction to Oriental Medicine.**

Curtis L. Green is a licensed massage therapist who has also taught a number of courses at the Pittsburgh School of Massage Therapy. He comes to us highly recommended with excellent education and teaching experience in massage therapy and related areas. **Neuro-muscular Therapy.**

Norma Hayhurst, RN, CHT. CST, is certified by the Upledger Institute to teach CranioSacral Therapy. She comes to us with a rich and varied background in the healing profession. **CranioSacral Therapy.**

Susan Hepler operates her own beauty shop in Kulpmont, Pa. She has been trained at the PA School of Muscle Therapy, King of Prussia, Pa. She has acquired a great variety of massage-related and energy-based healing techniques, including therapeutic massage, shiatsu, reflexology, and chair massage. **Chair Massage.**

Arlyne Hoyt has a Master of Science degree in Education from Bucknell University (1970), and a diploma from the International School of Shiatsu (1998), Doylestown, PA. Her 622 hours of varied training include Shiatsu, Shin Tai, Oriental Medical Theory, Anatomy, Physiology, Food and Healing, Client relationships, Clinic and Business Skills. She is also a licensed psychologist. **Qigong.**

Cynthia Koons, RN, has a nursing diploma from Geisinger Medical Center, and a BS in nursing from the University of Phoenix, as well as extensive work in herbal studies from Mt. Nittany Institute of Natural Health in State College, PA. She has been a staff nurse in Obstetrics at Divine Providence Hospital, and is currently employed at Geisinger in the Same Day Surgery Department. She also has extensive training in herbology, which is a special interest to her. **Pathology, HIV and the Workplace, Herbal Simpling.**

Bonnie Luther operates the Mountain Tai Chi School, Newport, PA, which has been named a chapter of the Bow Sim Mark Tai Chi Arts Association (Feb. 2000). A sought-after practitioner and teacher of Tai Chi, she has conducted numerous classes and workshops at various places in Pennsylvania. She studies with Bow Sim Mark. She is also a farrier, and has contributed most helpfully to Far Point Animal Rescue. **Tai Chi.**

John Miller began his career in Yoga by taking a course at our school taught by Yoga master Sudharman. Thereafter he studied with Sudharman at the Integral Yoga Center and was warmly recommended by the latter to replace him on our faculty. **Yoga.**

Mary D. Nelson comes to us with decades of experience in both teaching and practicing massage therapy and the healing arts. She is the founder/creator of LaStone therapy, a highly successful healing technique in great demand, and teaches world-wide. **LaStone Therapy.**

Tammy Nickel is a certified practitioner of Healing Touch with many years of private practice as well as contract employment at the Masonic Village in Elizabethtown, PA. She is also a licensed massage therapist trained at the Lancaster School of Massage. **Healing Touch.**

Karin Phillips, a student of Geane Armstrong, is an experienced teacher of Reiki as well as trained in two levels of Lomi Lomi Massage and Magnified Healing. She comes to us also with a wide variety of life experiences including police work and managerial positions, and was a photographer for many years in the Harrisburg area. She has found a second home here at the Valley School of Healing Arts, where she is also an Acting Director. **Magnified Healing, Reiki.**

Diane Ruth Shewmaker is a teacher of healing, Reiki and other holistic modalities who comes to us all the way from Washington state. She is the author of “All Love,” the only book on Sekhem-Seichim-Reiki. She travels widely as a sought-after teacher of energy healing methods. **Sekhem-Seichim-Reiki, Karuna Reiki, Integrated Energy Therapy.**

Sandra M. Snyder, CHT, owns and operates a healing center providing massage therapy and physical therapy. A member of the American Massage Therapy Association, she has also explored many spiritual paths and many healing modalities. She has studied under John Barnes. **Myofascial Release.**

Ruth Steck, a nationally certified massage therapist for many years, has had prior teaching experience at the Mt. Nittany Institute of Natural Health, State College, Pennsylvania, and the Liberty Isle Living Arts School of Liberty, Pennsylvania. She is also an Acting Director of our school. **Therapy for Cancer; Anatomy and Physiology.**

Karen Stoner, LMT, became a massage therapist after a car accident forced her to “retire” from her career as a professional ballerina at the ripe old age of 23. Since then, she has been helping relieve people’s pain from injuries, stress, car accidents, and body discomfort, as well as maintain good bodily and mental health as the owner of A Caring Touch: Massage Therapy in State College, PA where she specializes in Prenatal, Fertility, and Infant Massage therapy and instruction. **Pregnancy and Infant Massage.**

Linda Weihbrecht is an instructor in clinical aromatherapy with R. J. Buckle Associates, LLC. She also comes with a widely varied background in health care with Pinnacle Health as patient access representative, managed care coordinator, and occupational health coordinator as well as having served as a medical assistant and a medical claims examiner. **Aromatherapy.**

Cynthia Wood is a senior practitioner of Ortho-Bionomy and is a member of the American Massage Therapy Association. She also graduated from the Chicago School of Massage Therapy. **Ortho-Bionomy.**

Michael Zook has studied homeopathy and other healing modalities at The Valley School of Healing Arts and has several years of additional study and practice of homeopathy. **Homeopathy.**

CALENDAR

The first term begins the week after the fourth of July holiday and ends before Christmas. The second term begins after the new year and ends at the end of June. There are two-week vacations at Christmas and around the fourth of July holiday. Precise dates will vary slightly from year to year.

Students may select which courses they need and will not necessarily be in attendance the entire time courses are in session. They may commence their diploma program whenever an individual course is offered, provided there are no prerequisites for that course.

Specific course offerings may vary at a given time, subject to the needs of currently enrolled students. For updated course schedules visit our website: www.valleyschoolofhealingarts.com. Courses are subject to rescheduling, in which case enrolled students will be notified. They may also contact the school at 570-374-2222.

Normally courses are offered every other year. Enrolled students may elect to omit a course offering in a given year, but should bear in mind the time limits for completion of the diplomas in Therapeutic Massage and Alternative Healing of 6 years, and in Reflexology of 4 years.

For a list of available courses see Course Descriptions below.

COURSE DESCRIPTIONS

I. Energy work

Reiki I. The first course in the Usui Reiki tradition teaches the use of symbols conveyed by hand motions or mentally as a framework to enhance the projection of healing energies. This first course emphasizes hands-on transmission of energies, with the attunement to and use of the first Reiki symbol. No prerequisites. 14 hours. Fee: \$195 includes text. Karin Phillips.

Reiki II. The second course in the Usui Reiki tradition, emphasizing the use of symbols conveyed by hand motions or mentally as a framework to enhance the projection of healing energies. This second course instructs the students in distance healing, with the appropriate attunement and symbol. Prerequisite: Reiki I. 14 hours. Fee: \$240. Karin Phillips.

Reiki III. The third course in the Usui Reiki tradition, emphasizing the use of symbols conveyed by hand motions or mentally as a framework to enhance the projection of healing energies. This third course teaches the use of--and attunement to-- the remaining Reiki symbols. Prerequisite: Reiki II. 7 hours. Fee: \$265 includes text. Karin Phillips.

Reiki Master Class. The last course in the Usui Reiki tradition emphasizes the use of symbols conveyed by hand motions or mentally as a framework to enhance the projection of healing energies. This last course offers instructions in the procedures to enable the student to give all attunements to others and to teach Reiki. Prerequisite: Reiki III. 14 hours. Fee: \$525. Karin Phillips.

Sekhem-Seichim-Reiki, Facets 1-7. SSR (Egyptian Reiki) is a unique joining of three related, yet distinct, universal energies into one unified system that stimulates and supports healing of body, mind, emotions and spirit. SSR has seven facets that are taught together. The SSR FACETS I & II attunement opens the person to this universal healing energy and provides the student with five symbols that direct the healing energy for specific purposes such as focusing and amplifying the energy, releasing patterns, giving mental-emotional treatments, distance healing and unifying all polarities. The attunement for SSR FACETS I-VII provides six additional sacred symbols, including the master symbols. These powerful multidimensional symbols open the central light channel, and help to ground the person to the heart of the Earth and the Universal Source. The class includes instruction in how to give SSR attunements. The person who completes the class becomes an SSR and a Reiki Master, and may give attunements for SSR Facets I-VII and Reiki I-III, as well as teach classes. 20 hr. Fee: \$550 plus text. No prerequisites. Diane Ruth Shewmaker.

Integrated Energy Therapy Basic Practitioner Workshop

This class is designed an entry level class for those wanting to use energy therapy to heal their lives, or to heal others. Students learn to facilitate healing sessions for others as well as for themselves, both in person and absentee. Students are attuned to the IET Basic Level ray which expands, realigns, and restructures the 1st (physical) and 2nd (emotional) energy levels, and allows the clearing of physical and emotional blockages. The angelic heartlink, as well as the nine cellular memory areas, the nine sets of IET integration points will be included. 8 hours. Prerequisites: None. Fee: \$190. Diane Shewmaker.

Integrated Energy Therapy Intermediate Practitioner Workshop

This class is the next step in the IET system, expanding upon both the depth and the breadth of the Basic Level techniques through the pullout/release technique to clear imprints from the human energy field, including the physical, emotional, mental and spiritual/karmic levels. The “pink bubble” technique is included, along with the Intermediate Level attunement. 8 hours. Prerequisite: IET Basic Workshop. 8 hours. Fee: \$245. Diane Shewmaker.

Integrated Energy Therapy Advanced Practitioner Workshop

The advanced level training focuses on the soul’s mission and bringing dreams to life. Students will receive the advanced level attunement which expands, realigns, and restructures the 4th (soul profile) and 5th (soul cluster) energy levels. Students will create vision boards to help them become aware of their soul missions. The four E’s of living one’s soul mission and the harm that can be done by energy blockages are included. Students will also learn to facilitate the IET muscle tension-relaxation, soul star clearing and heartbeam techniques. Prerequisites: Basic and Intermediate IET workshops. 8 hours. Fee: \$245. Diane Shewmaker.

Integrated Energy Therapy Healing Angels of the Energy Field Workshop

This class is for two groups of students: Those who want to add a spiritual dimension to their healing sessions, and those who simply wish to call upon the healing gifts each of the nine angels brings. Students learn the special prayers of invitation for each angel, as well as each angel’s relationship to the cellular memory map. Prerequisites: None. 8 hours. Fee: \$160. Diane Shewmaker.

Integrated Energy Therapy for Pets Workshop

This class focuses on using IET healing energies and techniques to support pets (specifically cats, dogs and horses). Students will learn of the soul nature of these pets, how their cellular memory functions and how to clear energy blockages. The nine cellular memory areas, integration points, and session procedures for energizing, integrating and clearing these areas are included. Prerequisite: Basic IET Workshop. 8 hours. Fee: \$150. Diane Shewmaker.

Integrated Energy Therapy Master-Instruction Training.

This course builds on the knowledge and techniques acquired in the prerequisite courses and focuses on working with the 12-strand DNA. The course has two main focuses: attuning students to, and teaching, the Basic, Intermediate and Advanced levels; and enhanced Master-Instructor techniques for clearing cellular memory and the human energy field. This course was developed by The Center of Being, Inc., which has approved the instructor. Prerequisites: IET Basic, Intermediate and Advanced. 16 hours. Fee: \$695 (text included). Instructor: Diane Ruth Shewmaker.

Healing Touch I. Healing Touch was developed by Janet Mentgen, RN, BSN. The program began as the Healing Touch certificate program sponsored through Am. Holistic Nurses Assoc. in 1990 and became AHNA certified in 1993. In 1996 Healing Touch International, Inc. became the certifying authority with AHNA endorsement. Healing Touch I is designed to develop concepts and skills in energy based therapy. Topics include discussion of the human energy system, assessment of the client's energy field and energy centers, the basic Healing Touch sequence, and applications in personal and professional practice. No prerequisites. 20 hours. Fee: \$380, plus text. Instructor: Tammy Nickel.

Healing Touch II. Healing Touch was developed by Janet Mentgen, RN, BSN. The program began as the Healing Touch certificate program sponsored through Am. Holistic Nurses Assoc. in 1990 and became AHNA certified in 1993. In 1996 Healing Touch International, Inc. became the certifying authority with AHNA endorsement. Healing Touch II is designed to continue the development of Healing Touch I with additional specific techniques. Topics include assessment and interviewing techniques, the client/healer interaction, back and neck techniques, Hopi techniques, mind clearing, wound closing, sensing and pain. Prerequisite: Healing Touch I. 20 hours. Fee: \$380, plus text. Instructor: Tammy Nickel.

Healing Touch III. Level 3 continues to deepen skills learned in Levels 1 and 2 as well as expand the student's comprehension of the human energy system and how to integrate this understanding to a further level of practice and professionalism. This course includes: development of higher sense perception (HSP), sequencing of healing techniques, working with guidance, self-care and self-development. It is a modification of Barbara Brennan's work. Review and practice from Level 1 and 2 are recommended. Prerequisite: Healing Touch II. 20 hours. Fee: \$380 (includes text). Instructor: TBA.

Seminar: Magnified Healing. Magnified Healing is a technique combining the transmission of energy with visualizations and positive verbal suggestions. A variety of specific techniques is presented. No prerequisites. 14 hours. Fee: \$310 includes text, practice CD and essence. Karin Phillips.

Karuna Reiki Practitioner and Master Teacher Workshop. Karuna is a Sanskrit word used in Hinduism, Buddhism and Zen meaning compassionate action taken to diminish the suffering of others. Karuna Reiki, when coupled with Usui Reiki, accelerates even more profound levels of healing. In the two practitioner levels, students receive eight new symbols for use during

treatments and guidance and practice in their use. Examples of their applications include preparing the person for deep healing, releasing fears and traumas at the cellular level, healing addictions, breaking up negative patterns, healing the shadow self, restoring balance and love, healing relationships, empowering and manifesting goals, grounding, connecting the higher self and increasing clairvoyance. Two of the symbols assist with healing all of humanity and the Earth. Prerequisite: Reiki Master for at least 6 months. 20 hours. Fee: \$550. Diane Ruth Shewmaker.

II. Body Work and Related Studies

Therapeutic Massage. This course covers techniques of giving a gentle therapeutic full body massage in a safe, relaxed, peaceful setting. Students also learn basic energy and clearing techniques. The importance of honoring and respecting clients and being sensitive to their needs and feelings is emphasized. Basic anatomy of the muscular and skeletal systems is covered. Body mechanics, business skills and ethics are included, as well as extensive clinical practice. Physician's statement required. No prerequisites. (Not applicable to Reflexology and Alternative Healing diploma programs.) 125 hours. Fee (includes massage table, headrests, sheets, holster, two textbooks and oils): \$3025. (\$100 deposit requested to ensure place in the course). Marlana Flaherty.

Reflexology. Reflexology utilizes massage of reflexes in the feet relating to various parts of the body. A comprehensive course developed at The Valley School of Healing Arts. Includes specific massage techniques, reflex areas of the foot, clearing and balancing, rhythm and flow, client management, meditation. No prerequisites. 30 hours. Fee: \$495. Marlana Flaherty.

Chair Massage. This course covers a structured sequence of giving an acupressure chair massage including the shoulders, arms, hands, back, neck and scalp. Relevant anatomical terms used in class are explained as well as body mechanics. Means of ensuring clients' comfort and safety are emphasized, along with ethics. Business and marketing information is included. No prerequisites. 32 hours. Fee: \$478. (Massage chair is purchased separately by the student.) Susan Hepler.

Pregnancy and Infant Massage. This course prepares the student to work with female clients throughout pregnancy and the birth process, and also presents techniques for infant massage, which can be practiced by the therapist as well as taught to the new mother. Students will learn the physiological and psychological changes which occur during pregnancy, techniques to facilitate stress reduction and contraindications for massage during pregnancy and delivery. Prerequisite: Therapeutic Massage. (Not applicable toward Reflexology and Alternative Healing diploma programs.) 12 hours. Fee: \$210 includes text. Karen M Stoner.

Anatomy and Physiology A. This is one-half of a comprehensive course in Anatomy and Physiology. In addition to learning theory, students will experience some practical demonstrations. Intended to provide therapists and healers with a useful working knowledge of the body. Students must have mature reading and mental capacities in order to complete this course. A written final exam is required. May be taken either before or after Anatomy and

Physiology B, or by itself. No prerequisites. Hours: 65. Fee: \$590plus textbook and workbook . Ruth Steck.

Anatomy and Physiology B. This is one-half of a comprehensive course in Anatomy and Physiology. In addition to learning theory, students will experience some practical demonstrations. Intended to provide therapists and healers with a useful working knowledge of the body. Students must have mature reading and mental capacities in order to complete this course. A written final exam is required. May be taken either before or after Anatomy and Physiology A, or by itself. No prerequisites. Hours: 65. Fee. \$590plus textbook and workbook. Ruth Steck.

Pathology. An introduction to and overview of common illnesses relating to body systems as shown by symptoms. Intended to aid therapists and healers in knowing when to recommend that a client consult a physician. Prerequisites: Anatomy and Physiology A or B. 48 hours. Fee: \$525 includes textbook. Cynthia Koons.

Myofascial Release I. This is a comprehensive introductory course. Myofascial Release is a highly interactive stretching technique that requires feedback from the patient's body to determine the direction, force and duration of the stretch and which facilitates maximum relaxation of the tight or restricted tissues. Intensive hands-on work included. Prerequisites: Therapeutic Massage or by permission of the instructor. 45 hours. Fee: \$735. Sandra Snyder.

Myofascial Release II. Myofascial Release is a highly interactive stretching technique that requires feedback from the patient's body to determine the direction, force and duration of the stretch and which facilitates maximum relaxation of the tight or restricted tissues. This course will develop advanced techniques to facilitate deep unwinding and release of structural barriers. Intensive hands-on work included. Prerequisites: Myofascial Release I. 32 hours. Fee: \$545. Sandra Snyder.

Neuro-Muscular Therapy (NMT). An introduction to the neuro-muscular entity known as "the triggerpoint." This is a method of finding, assessing, and addressing triggerpoints, often the cause of myofascial pain. This course is intended to provide competency in a specialized area for students in the Therapeutic Massage program. (Not applicable towards diploma programs in Reflexology and Alternative Healing.) Prerequisite: Therapeutic Massage, Recommended: Anatomy and Physiology A. 36 hours. Fee: \$550. Curtis Green.

Therapy for Cancer. This one-day course considers cancer from a physiological, metaphorical and ecological view, and extols the virtues of wise and skillful touch for people who have cancer. No prerequisites. 8 hours. Fee: \$215. Ruth Steck.

Shiatsu I. Shiatsu is a Japanese form of bodywork/massage that promotes the body's natural healing abilities by regulating a person's energy along "meridians" (energy pathways) in the body. Participants will learn the basic philosophy and history of Shiatsu, the basic theory of traditional Chinese medicine, and the concepts of traditional Shiatsu. Includes the sequence for a complete treatment as well as self-healing techniques. No prerequisites. 45 hours. Fee: \$565 includes text. Instructor: TBA.

Shiatsu II. Shiatsu is a Japanese form of bodywork/massage that promotes the body's natural healing abilities by regulating a person's energy along "meridians" (energy pathways) in the body. Students will continue the work of Shiatsu I with emphasis on the mastery of techniques in practice, including especially hara diagnosis and treatment. Prerequisite: Shiatsu I. 30 hours. Fee: \$380. Instructor: TBA.

Seminar: HIV and the Workplace. HIV is preventable and education is the key. In this interactive 3 hour program, participants learn basic information about HIV, including current statistical trends, the progression of the disease, transmission routes, prevention and risk reduction, testing procedures, and current methods of treatment. Participants will be provided with information to help them respond safely and compassionately to clients who may be HIV-positive. No prerequisites. 3 hr. Fee: \$85. Cynthia Koons.

LaStone Therapy. The Original Body course incorporates the science of heated and chilled stones blended with Swedish strokes. The student will learn the science behind the safe application of Geo-thermo-therapy, the degrees and duration of temperatures that can be offered to the client within each treatment. The philosophy behind breath-work with stone placement, understanding the use of the stones with massage and the effects LaStone Therapy has on the *Body-Mind-Soul*, allowing the stones to do the work, thus eliminating undue stress on the provider's body. How to heat and chill the stones, the proper care of stones and equipment, and how this therapy aids clients in physical, emotional and spiritual healing. Prerequisite: Therapeutic Massage. 30 hr. Fee: \$625 plus purchase of stones and equipment totaling around \$675. Mary D. Nelson.

Introduction to CranioSacral Therapy. The purpose of this course is to demonstrate to participants that every human being possesses a natural ability for healing which can be directed to others as well as used for self healing. It is the belief of the Upledger Institute that much of the violence and anger manifest in today's society is due to a generalized sense of frustration and helplessness, present not only in health, but also in economic status, social status, exposure to environmental pollutants and toxins, war and violence, etc. This workshop will begin the process of empowerment by showing the participants through hands-on application that they have the ability to heal themselves and others. Prerequisites: None. 12 hours. Fee: \$325. Norma Hayhurst.

Ortho-Bionomy. Ortho-Bionomy is a gentle but deeply effective form of therapeutic bodywork. The work is done on a massage table with the client clothed. The technique uses gentle positioning, movements and compression to trigger the body's own self-correcting reflexes. By gently exaggerating the body's postural imbalance, the proprioceptive nerves are employed to bring about self-correction. This technique relies on the body's own wisdom and ability to heal itself. In this Basic Course, students will learn the principles of Ortho-Bionomy and the procedure, which will enable them to apply the work creatively. They will practice these principles and the procedure as they learn specific techniques for the spine, shoulder girdle, pelvic girdle, ribs and extremities. Prerequisites: None. 16 hours. Fee: \$325. Cynthia Wood.

Lomi Lomi Sacred Massage. Lomi Lomi Nui, an ancient healing art practiced by native Hawaiians, is a sacred ritual and rite of passage for those seeking their true life's calling. Lomi, meaning to weave, unweaves patterns which no longer serve evolution and personal growth while weaving new patterns of energy into the body. One can re-establish the abundant flow of life

energy while releasing etheric and energetic blocks. Lomi Lomi is a flowing and nurturing Sacred Touch incorporating acceptance with rocking and cradling. Energetically powerful, it is referred to as a “heart Centered” modality, weaving the energies in a dance into the physical body of the client. Prerequisites: None. 32 hours. Fee: \$575. TBA.

III. Miscellaneous Healing and Self-Healing Techniques

Tai Chi Beginnings. This class is a basic introduction to Tai Chi. Basic postures and techniques that compose a Tai Chi movement are introduced. The class also explores the Tai Chi requirements of calm, relaxed and circularity. Suitable and practical for a daily routine to maintain fitness as therapists and healers. No prerequisites. 8 hours. Fee: \$125. Bonnie Luther.

Taste of Tai Chi. This class teaches a basic 12 movement Tai Chi form, allowing a beginning student the opportunity to explore the art of Tai Chi. Suitable and practical for a daily routine to maintain fitness as therapists and healers. No prerequisites. 30 hours. Fee: \$310. Bonnie Luther.

Rooting Pine Exercises: Essence of Tai Chi Chi Kung. The students will learn a set of six exercises to increase their flexibility of body and build internal energy. Suitable and practical for a daily routine to maintain fitness as therapists and healers. 5 hours. No prerequisites. Fee: \$115. Bonnie Luther.

Qigong. This course (Chinese Yoga) uses movement instead of postures. It teaches some basic principles of Qigong and of the human energy system, introduces the meridians or energy pathways of the body, and focuses on a form of Qigong called Primordial Qigong. Three ways Qigong functions in healing are to cleanse the body of stagnant energy or qi; to recharge the body with fresh healing qi; and to blend or harmonize the primordial qi of the universe with the qi of the body. The course is suitable for those who are looking for a greater aliveness, an understanding of healing energy, and a personal practice for maintaining health. Prerequisites: None. 6 hours. Fee: \$105. Arlyne Hoyt.

Yoga. This course develops the practice of Hatha Yoga, including asanas (postures), pranayama (breathing practices), chanting and meditation, along with a variety of helpful lifestyle topics, including diet and fasting, physical and mental elimination, positive thinking. No prerequisites. 16 hours. Fee: \$175. John Miller.

Seminar: Aromatherapy I. This course is a basic introduction to the art and science of aromatherapy. It is designed to provide a basic understanding of essential oils and how they can be used safely in a therapeutic manner by massage therapists or other healing practitioners. No prerequisites. 6 hours. Fee: \$125. Linda Weihbrecht.

Seminar: Aromatherapy II. This is an introduction to the tools of aromatherapy and creating therapeutic blends. It will describe in detail ten essential oils, building on the information from the level one course. Topics include the differences between essential oils and aromatics, methods of extraction, tests for quality, identifying functional groups, uses of hydrosols and carrier oils,

oils for stress and pain management, methods of application, precautions and safety issues, identifying hazardous oils, and using reference materials. Prerequisite: Aromatherapy I. 6 hours. Fee: \$142. Linda Weihbrecht.

Seminar: Flower Essences. Introduction to the use of flower essences in healing, based on the work of Dr. Edward Bach. Theory of vibrational healing. How essences are prepared. The relationship between use of flower essences and homeopathy. No prerequisites. 4 hours. Fee: \$85. Jack Braunstein.

Seminar: Flower Essence Therapy. This is a second course on the use of flower essences in healing, based on the work of Dr. Edward Bach. It will focus on the practical selection and application of flower essences for use with clients. Students will (a) conduct consultations in pairs to determine which singular remedy and which flower essence blend to use on the partner as client, using only the 38 remedies explored by Dr. Bach; and (b) topically apply and massage both remedies to the partner. Prerequisite: Seminar: Flower Essences. 4 hours. Fee: \$90 includes three bottles of flower essences and a glass atomizer. Jack Braunstein.

Getting Started in Herbal Simpling. This course will introduce the student to the basic tenets and practices of Herbal Simpling. It will include caveats to ensure proper utilization of some basic tonic herbs. Instruction will include identifying some basic herbs, making teas, infusions, decoctions, infused oils and ointments. At no time will students make any sort of diagnosis or prescription for any physical ailment, as this is the exclusive realm of licensed medical professionals. Prerequisites: None. 24 hours. Fee: \$350. Cynthia Koons.

Advanced Herbal Simpling. This secondary, advanced course is designed to build upon the introduction from “Getting Started in Herbal Simpling,” developing more understanding of herbs and their uses. Included will be hands-on instruction in the making of various types of herbal medicines, from simple teas to tinctures to infused oils, salves, sealed steam glycerites and others. Prerequisite: Getting Started in Herbal Simpling. 24 hours. Fee: \$350. Cynthia Koons.

First Aid/ CPR. This is the official course in First Aid and Cardio-pulmonary Resuscitation as developed by the Red Cross, and taught by an instructor approved by the Red Cross. Components include responding to an emergency, adult CPR, infant and child CPR, and basics of first aid. Prerequisites: None. 8 hours. Fee: \$125. TBA.

Getting Started in Homeopathy. This introductory course in homeopathy covers basic theories of homeopathy and helps students learn how to use homeopathy for themselves and their families to treat minor accidents and illnesses at home. No prerequisites. Hours: 24. Fee: \$475 includes text and remedy kit. Michael Zook.

Methods in Homeopathy. This second course in homeopathy covers basic skills needed to select appropriate homeopathic remedies: case taking, case analysis, and repertorising. Prerequisite: Getting Started in Homeopathy or permission of the instructor. Hours: 24. Fee: \$395. Nancy Waldeck/Michael Zook.

Introduction to Oriental Medicine. Oriental Medicine is based on a world view that is fundamentally different from western society. This course will cover assessment techniques which describe imbalances and disturbances in *chi* (life force energy) in the body. The student will learn how to take simple pulse readings, check the tongue for imbalances and fit observations of voice quality, skin color and texture, posture and symptoms into an overall pattern. These skills may be used to enhance a holistic health practice. Prerequisites: None. Fee: \$525 includes text. 36 hours. Trey Casimir.

Acupuncture Meridians: Their Points and their Energetic Dynamics. Acupuncture meridians are used to manifest yin/yang and Five Element dynamics. In addition to locating the points of each meridian, class discussion will consider the anatomical areas connected by these points, the energetic dynamic of different categories of points and of each meridian, the nature and tendencies of the meridian's associated internal organ, and the special relationships between meridians and organs. Included are the twelve primary meridians, sinew meridians, luo vessels, extraordinary vessels and divergent meridians as well as important point categories and groupings. The theoretical underpinnings of Chinese medicine will be included. No prerequisites. 48 hours. Fee: \$610 includes text. Trey Casimir.

DIPLOMA PROGRAMS

General Policies

Admission Requirements

Applicants for diploma programs must be 18 years old and must have a high school diploma or GED.

Applicants with mental, emotional or physical limitations that in the opinion of the Director or Acting Director may preclude successful completion of a program may be rejected, or accepted provisionally, pending demonstration of capabilities. In addition, students in the Therapeutic Massage program must also submit a physician's statement attesting to their physical fitness to do work in massage. Applicants with mental, emotional or physical limitations that in the opinion of the Director or Acting Director may preclude successful completion of a program may be rejected, or accepted provisionally, pending demonstration of capabilities. Students may receive diplomas upon completion of programs in Therapeutic Massage, Reflexology, or Alternative Healing.

Costs

Payment of tuition and fees is on a course-by-course basis. Fees are listed with each course description. Payment in full is required before the student attends a class. Tuition costs for the program in Therapeutic Massage are \$12,497.00, paid on a course-by-course basis (includes massage table, books, sheets, carrying case, holster, oils), for Alternative Healing \$7,889.00, and Reflexology 6144.00. In the student's last term of study course fees will be adjusted to match the overall tuition total. The total tuition fee will be the one in effect when the student signs the enrollment agreement. Books and supplies will vary, with some courses not requiring any text, and others including text and other supplies in the tuition fee. Overall students should plan on an additional expense for textbooks and supplies of about \$200 not included in tuition. Therapeutic Massage students must purchase a massage chair. The cost at present is approximately \$675.00. Each student must also submit a physician's statement attesting to their physical fitness. For Therapeutic Massage students electing to take the course, LaStone Therapy, there is an additional cost of approximately \$500 for stones and other equipment.

Students may choose to take new elective courses introduced after their enrollment agreement, if these courses are applicable to their diploma program under the new catalog, **but must pay the current tuition fee for such courses. This may increase the total cost of the program.** No scholarship aid is available from The Valley School of Healing Arts at the present time. There are no interest or finance charges. There are no additional fees.

Time limits

Time limits on program completion are 6 years for Therapeutic Massage and Alternative Healing, 4 years for Reflexology. Students exceeding those limits will be required to sign current enrollment agreements, with the provision that new costs will apply only to courses not already completed.

Starting dates

Students may begin a program at any time an applicable course is offered, so long as any prerequisites are met. Some courses are designed to have no prerequisites.

Scheduling of Courses

Courses are scheduled on weeknights or weekends over two half-year terms, with one to two week vacations over Christmas and beginning in the last week of June. We are beginning day classes in some courses. The completion times of three years for the diplomas in Therapeutic Massage and Alternative Healing, and two years for Reflexology assume a continuous and intensive course of study. Students may prefer to take a longer period to complete required course work within the time limits listed above. **Diploma students must in any case maintain a continuous enrollment by completing at least one course per half-year.** Students will receive information of scheduled classes through the Center's newsletter, but are encouraged to make their intentions to take a course known to School personnel, so that they may be contacted directly should any scheduling changes be necessary.

Certificates

Certificates are awarded for the successful completion of each course.

Payment

Payment for each course is due by the first meeting of the course. No diploma or certificate will be issued without payment of all tuition due.

Cancellation or termination, and refund policies

A student withdrawing from a course before 50% of the classes will receive a full refund of tuition, but a student withdrawing after 50% of the classes have been conducted will receive no tuition refund. Refunds will be made within thirty days of the last class attended. **A student must enroll in, pay tuition for, and complete, successfully or unsuccessfully, at least one course per half-year in order to maintain his/her place in the program.**

Employment assistance

Other than letters of recommendation from individual instructors, no provisions are made for employment assistance. **The Valley School of Healing Arts cannot guarantee employment for any graduate of its programs.**

Complaint procedure

Complaints should be made to the individual instructor, with appeal to the School Director, then the Board of Directors. If the problem is still not resolved the student should contact the State Board of Private Licensed Schools, Pennsylvania Department of Education, 333 Market Street, 12th floor, Harrisburg, PA 17126-0333.

The Valley School of Healing Arts is licensed by the Pennsylvania State Board of Private Licensed Schools.

Transfer of Credits

A maximum of one half the instructional hours of a diploma program may be transferred into the program. Courses transferred from other institutions must be approved by The Valley School of Healing Arts and assigned an equivalence to courses in the program. Hours of credit awarded may not exceed the hours of our comparable courses. Credit hours will be calculated as equal to fifteen instructional hours of our programs. A credit hour is a unit of measure, not necessarily an indicator of transferability of credit. The receiving institution, rather than the training institution, decides whether to accept credits for transfer. Demonstration of proficiency may be required. Courses taken individually at The Valley School of Healing Arts may be transferred automatically, subject to the overall limit of one half the diploma program hours. Tuition costs for the diploma will be adjusted accordingly. **Students contemplating enrolling in a diploma program are advised to consult the diploma requirements from the beginning of studies, in order to ensure that all credits taken at the school can be utilized in the diploma program of choice.**

Evaluation, Attendance and Discipline

The Valley School of Healing Arts does not issue letter grades. Successful completion of a given course is determined by tests (whether written or through demonstration of skills), quality of class participation, and attendance. The evaluation that a student has or has not successfully completed a course is made by the course instructor. Grading is either “satisfactory” or “unsatisfactory,” i.e., unsuccessful. Unsuccessful completion of a course and the reason(s) for it will be conveyed to the student either orally or in writing, and the reasons will be listed in writing for the student’s file. The student may also request a written explanation for any grade of “unsatisfactory” (unsuccessful). Courses not passed successfully may be repeated without prejudice.

Students are expected to attend each scheduled class. A student may miss up to 15% of the class meetings in a course without penalty, or one class per eight meetings. The instructor will offer at least one make-up class per eight class meetings, if needed by a student. A make-up class shall be at least one hour in length and shall be scheduled at a time of the convenience of the instructor. Each make-up class will replace a missed class. An instructor may require that all missed classes be made up, provided that he/she schedules sufficient make-up classes to achieve this. Make-up classes will be charged at \$35 per student per hour, with the entire amount going to the instructor. This policy applies to weekday classes only. Weekend seminars and other intensive courses are expected to be completed in their entirety when scheduled for “satisfactory” completion.

No smoking, imbibing of alcoholic beverages, or consumption of illegal drugs are permitted on the premises of The Valley School of Healing Arts. Any student committing such acts or otherwise acting persistently in a disruptive manner may be expelled by the Director, with remission of tuition on a pro-rata basis for courses currently being taken by the student.

Graduation Requirements

All courses applied toward a diploma must be completed with an evaluation of “satisfactory.” Upon successful completion of the required course work and required number of hours of instruction as well as the payment of all tuition due the student will be awarded the appropriate diploma. No diploma will be issued until all coursework is successfully completed and all fees and other charges are paid.

Placement Assistance

No formal structure exists for placing students. However instructors are expected to provide suitable written recommendations upon request by the student. Students anticipating repeated requests for recommendations should ask that recommendations be kept on file at the Center.

Diploma in Therapeutic Massage

Purposes of the program:

- (1) To enable the student to be of competent healing service to others both informally and professionally in a context of therapeutic massage.
- (2) To develop a wide variety of healing skills which may support and enhance the healing quality of the therapeutic massage in order to best serve the needs of a particular client or friend.
- (3) To help the student to develop spiritually through compassionate service to others.
- (4) To help the student learn to center and balance him/herself in order to be of better service to others.

The diploma is in “Therapeutic Massage” and prepares the student for entry-level competency in that profession. Employment opportunities may include a variety of health care professionals such as chiropractors and holistic healing centers, as well as self-employment.

Course Requirements

Students must successfully complete a total of 700 hours of instruction, including the following courses:

Specified Required Courses (630 hours):

Therapeutic Massage	125
Anatomy and Physiology A and B	130
Pathology	48
Reflexology	30
Myofascial Release I	45
Seminar: Flower Essences	4
Shiatsu I	45
Healing Touch I and II	40
Pregnancy and Infant Massage	12
Neuro-Muscular Therapy	36
Therapy for Cancer	8
Seminar: Aromatherapy I	6
Seminar: Aromatherapy II	6
Seminar: HIV and the Workplace	3
Tai Chi Beginnings	8
First Aid/CPR	8
Introduction to CranioSacral Therapy	12
Ortho-Bionomy	16
Acupuncture Meridians	48

70 hr from Electives Available

Reiki I	14
Reiki II	14
Reiki III	7
Reiki Master Class	14
Karuna Reiki	20
Seminar: Magnified Healing	14
Taste of Tai Chi	30
Rooting Pine Exercises	5
Myofascial Release II	32
Qigong	6
Getting Started in Homeopathy	24
Methods in Homeopathy	24
Yoga	16
Chair Massage	32
Seminar: Flower Essence Therapy	4
Shiatsu II	30
Sekhem-Seichim-Reiki	20
La Stone Therapy	30
Integrated Energy Therapy—Basic	8
Integrated Energy Therapy—Intermediate	8
Integrated Energy Therapy—Advanced	8
Integrated Energy Therapy—Healing Angels	8
Integrated Energy Therapy for Pets	8
Integrated Energy Therapy Master-Instructor	16
Healing Touch III	20
Introduction to Oriental Medicine	36
Getting Started in Herbal Simpling	24
Advanced Herbal Simpling	24
Lomi Lomi Sacred Massage	32

Diploma in Reflexology

Purposes of the program:

- (1) To enable the student to be of competent healing service to others both informally and professionally in a context of reflexology.
- (2) To develop a wide variety of healing skills which may enhance the healing quality of the reflexology in order to best serve the needs of a particular client or friend.
- (3) To help the student to develop spiritually through compassionate service to others.
- (4) To help the student learn to center and balance him/herself in order to be of better service to others.

The diploma is in “Reflexology” and prepares the student for entry-level work in that profession. Employment opportunities may include a variety of health care professionals such as chiropractors and holistic healing centers, as well as self-employment.

400 hours are required.

Specified Required Courses: (346 hours)

Reflexology	30
Anatomy and Physiology A and B	130
Pathology	48
Seminar: Aromatherapy I	6
Getting Started in Herbal Simpling	24
Reiki I	14
Reiki II	14
Reiki III	7
Therapy for Cancer	8
Seminar: HIV and the Workplace	3
First Aid/CPR	8
Qigong	6
Acupuncture Meridians	48

54 Hours from Electives Below

Reiki Master Class	14
Seminar: Magnified Healing	14
Taste of Tai Chi	30
Rooting Pine Exercises	5
Getting Started in Homeopathy	24
Methods in Homeopathy	24
Yoga	16
Shiatsu I	45
Shiatsu II	30
Sekhem-Seichim-Reiki, Facets 1-7	20
Karuna Reiki	20
Healing Touch I	20
Healing Touch II	20
Healing Touch III	20
Integrated Energy Therapy—Basic	8
Integrated Energy Therapy—Intermediate	8
Integrated Energy Therapy—Advanced	8
Integrated Energy Therapy—Healing Angels	8
Integrated Energy Therapy for Pets	8
Integrated Energy Therapy Master-Instructor	16
Introduction to Oriental Medicine	36
Advanced Herbal Simpling	24
Introduction to CranioSacral Therapy	12
Aromatherapy II	6
Ortho-Bionomy	16
Flower Essences	4
Flower Essence Therapy	4

Diploma in Alternative Healing

Purposes of the program:

- (1) To provide the student with competence in a variety of useful healing techniques in order to be of service to others in a sensitive manner best suited to their individual needs.
- (2) To help the student to develop spiritually through compassionate service to others.
- (3) To enable medical practitioners to become familiar with alternative healing methods.
- (4) To help the student learn to center and balance him/herself in order to be of better service to others.

The diploma is in Alternative Healing, and prepares the student for entry-level work in the field of holistic healing. Employment opportunities may include holistic health centers and self-employment.

500 hours required.

Specified Required Courses (435 hours):

Anatomy and Physiology A and B	130
Pathology	48
Seminar: Flower Essences	4
Seminar: Aromatherapy I and II	12
Reiki I	14
Healing Touch I	20
Getting Started in Homeopathy	24
Methods in Homeopathy	24
Seminar: HIV and the Workplace	3
Therapy for Cancer	8
Integrated Energy Therapy—Basic	8
Introduction to Oriental Medicine	36
Getting Started in Herbal Simpling	24
Advanced Herbal Simpling	24
First Aid/CPR	8
Acupuncture Meridians	48

65 hr from Electives Available

Introduction to CranioSacral Therapy	12
Integrated Energy Therapy—Intermediate	8
Integrated Energy Therapy—Advanced	8
Tai Chi Beginnings	8
Qigong	6
Seminar: Magnified Healing	14
Healing Touch II	20
Healing Touch III	20
Reiki II	14
Reiki III	7
Integrated Energy Therapy—Healing Angels	8
Integrated Energy Therapy for Pets	8
Integrated Energy Therapy Master-Instructor	16
Reflexology	30
Reiki Master Class	14
Taste of Tai Chi	30
Rooting Pine Exercises	5
Yoga	16
Seminar: Flower Essence Therapy	4
Shiatsu I	45
Shiatsu II	30
Karuna Reiki	20
Sekhem-Seichim-Reiki, Facets 1 – 7	20
Ortho-Bionomy	16

