

**Delaware Board of Massage and Bodywork**  
**Approved Continuing Education Courses for the Period Ending August 31, 2018**

***“Continuing Education must maintain, improve, or expand the skills and knowledge obtained prior to licensure or certification, or develop new and relevant skills and knowledge.”***

Certified Massage Technicians and Licensed Massage Therapists must complete **24 hours** of continuing education (CE) during each two-year license cycle. The 24 hours of CE must include:

- At least three hours in ethics, which you may take online,
- Six hours of elective credits, all of which you may take online,
- 15 hours of core credits, all which you must take *in a classroom, hands-on setting* – not online.

For complete information on CE requirements, see Section 9.0 of the [Rules and Regulations](#).

- Explanation of categories (as shown below on listing):

Elective course means a CE course with a subject matter that is outside the “practice of massage and bodywork,” which does not directly contribute to the professional competency of the massage/bodywork therapist or massage technician. Elective courses must have one of the following subject matters: modalities outside the “practice of massage and bodywork,” personal growth, self-improvement and business management. You may take elective courses online.

Core course means a CE course with a subject matter within the “practice of massage and bodywork,” which contributes to the professional competency of the massage/bodywork therapist or massage technician. Core courses must be designed to maintain, improve, or expand skills and knowledge or to develop new and relevant skills and knowledge. **You must complete core courses other than the ethics requirement in a classroom/hands-on setting. You may complete the ethics requirement online.**

- The Delaware Board automatically approves the content of courses that are approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), American Massage Therapy Association (AMTA) and Associated Bodywork and Massage Professionals (ABMP) (Section 9.5.1 of the Board’s [Rules and Regulations](#)). Approval is subject to the requirements and limitations under Sections 9.4 of the Board’s [Rules and Regulations](#). If you take a course that none of these organizations nor the Delaware Board has approved, you may submit a request for approval of the course. To request approval, click [Request for Approval of Continuing Education](#) and follow instructions on the form.
- Make sure that you receive a certificate for all of the CE courses that you take. Keep them in a safe place so you can present them if you are selected for an audit. However, do not send copies of your certificates to the Board office unless you receive an Audit Notice. You must also keep your CPR current at all times.

### **Information for CE Providers**

Delaware Massage Practitioners heavily rely on this list to find continuously offered and approved courses in Delaware for their renewal requirements.

If the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), American Massage Therapy Association (AMTA) or Associated Bodywork and Massage Professionals (ABMP) has already approved your company as a provider or has approved your courses, do not submit the courses to the Delaware Board for approval because the Delaware Board automatically approves the content of these courses under Section 9.5.1 of its [Rules and Regulations](#). Please enter your NCBTMB provider number or other identifying number on the certificates issued.

Board-approved CE courses remain approved until the end of the current license period on August 31 of the next even year. However, please notify the Board office by email or mail if you:

- Change your contact information
- Change a course title or instructor
- Close your business or stop offering a course

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**1 Touchistory**

Contact: Vincent Spalding  
Phone: (302) 521-7656  
Email: [touchistory@gmail.com](mailto:touchistory@gmail.com)  
Website: [www.touchistory.com](http://www.touchistory.com)

**Course Title: Muscle Energy Techniques and Trigger Point Therapy**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021607

**Course Title: Lowe Techniques**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021608

**Course Title: MFR for Cervical Neck**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021609

**Course Title: MFR for Lumbar and Hip**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021610

**Course Title: MFR for Thoracic and Abdominal**

Date(s) Offered: Various  
CE Hours: 5 Cores  
Approval #: 021611

**Course Title: Traditional Deep Tissue**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021612

**Course Title: MFR for Upper and Lower Extremities**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021613

**Course Title: MFR Craniosacral**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #:021614

**Course Title: MFR Cupping**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021615

**Course Title: ROM Stretching and Orthopedic Tests**

Date(s) Offered: Various  
CE Hours: 5 Core  
Approval #: 021616

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**Course Title: Cupping Deep Tissue**

Date(s) Offered: Various

CE Hours: 5 Core

Approval #: 021617

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**American College of Healthcare Sciences**

Contact: Susan Yirku

Phone: (503) 244-0726

Email: [ceapprovals@achs.edu](mailto:ceapprovals@achs.edu)

Website: [www.achs.edu](http://www.achs.edu)

**Course Title: CE 516 Aromatherapy for Massage Therapists I**

Date(s) Offered: TBD

CE Hours: 6 Elective

Approval #: 091604

**Course Title: Aroma 101 – Introduction to Aromatherapy**

Date(s) Offered: TBD

CE Hours: 6 Elective

Approval #: 091605

**Course Title: Aroma 305 – Aromatherapy Chemistry**

Date(s) Offered: TBD

CE Hours: 6 Elective

Approval #: 091606

**Course Title: HERB 101 – Basics of Herbalism (History and Uses of Herbs)**

Date(s) Offered: TBD

CE Hours: 19 Elective

Approval #: 091607

**Course Title: NAT 210, NAT211, NAT212 - Anatomy & Physiology**

Date(s) Offered: TBD

CE Hours: 19 Core

Approval #: 091608

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**A Touch of Heaven**

Contact: Elizabeth Richmond, CMT

Phone: (302) 387-3324

Email: [heal2me@aol.com](mailto:heal2me@aol.com)

**Course Title: Shoulder and Back**

Date(s) Offered: June 2016, On-Going

CE Hours: 12 Core

Approval #: 051601

**Course Title: Arm and Hand**

Date(s) Offered: June 2016, On-Going

CE Hours: 12 Core

Approval #: 051602

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**BAMA**

Contact: Anita Benedictis  
Phone: (443)- 857-9009  
Email: [anitabenedictis@gmail.com](mailto:anitabenedictis@gmail.com)  
Website: [www.midatlanticbodyworkers.org](http://www.midatlanticbodyworkers.org)

**Course Title: Communicable Diseases: What Every Therapist Should Know**

Date(s) Offered: 4/28/16 & 4/30/16  
CE Hours: 3 Core  
Approval #: 041601

**Course Title: SATSM for the Massage Therapist**

Date(s) Offered: 4/29/16  
CE Hours: 6 Core  
Approval #: 041602

**Course Title: Ethics for the Millennial Massage Therapist**

Date(s) Offered: 4/28/16, 4/19/16, 4/30/16  
CE Hours: 3 Core  
Approval #: 041603

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**Batman Massage**

Contact: Marie "Mimi" Batman  
Phone: (302) 588-4548  
Email: [batman.massage@gmail.com](mailto:batman.massage@gmail.com)

**Course Title: Foot Reflexology Massage- East Meets West**

Date(s) Offered: 1/3/2016, 4/13/2016, 7/17/2016, 8/7/2016, 8/21/2016, 9/25/2016  
CE Hours: 8 Core  
Approval #: 011602

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**Butterflies & Wildflowers**

Contact: Marnie Hass  
Phone: (443) 350-0781  
Email: [Marnie@Butterfliesandwildflowers.com](mailto:Marnie@Butterfliesandwildflowers.com)

**Course Title: Reiki I**

Date(s) Offered: Ongoing  
CE Hours: 6 Elective  
Approval #: 111601

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**Massage & Reflexology of Delaware**

Contact: Theresa Meyer  
Phone: (302) 633-4035  
Email: [mandrofde@comcast.net](mailto:mandrofde@comcast.net)  
Website: [www.massageandreflexologyofdelaware.com](http://www.massageandreflexologyofdelaware.com)

**Course Title: Ethics/HIV**

Date(s): Various  
CE Hours: 6 Core  
Approval #: 021601

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**Course Title: Introduction to Foot Reflexology**

Date(s): Various  
CE Hours: 14 Core  
Approval #: 021602

**Course Title: Deep Tissue Isn't Pressing Harder**

Date(s): Various  
CE Hours: 14 Core  
Approval #: 021603

**Course Title: Medical Cervical Massage**

Date(s): Various  
CE Hours: 12 Core  
Approval #: 021604

**Course Title: Medical Lumbar Massage**

Date(s): Various  
CE Hours: 12 Core  
Approval #: 021605

**Course Title: Business 101**

Date(s): Various  
CE Hours: 7 Elective  
Approval #: 021606

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**Relaxing Touch Bodyworks**

Contact: Janet Fante  
Phone: (302) 378-1781  
Email: [relaxingtouche@verizon.net](mailto:relaxingtouche@verizon.net)  
Website: [relaxingtouchebodyworks.com](http://relaxingtouchebodyworks.com)

**Course Title: Introduction to Shiatsu Theory & Technique**

Date(s) Offered: TBD  
CE Hours: 12 Core  
Approval #: 011603

**Course Title: Chair Massage**

Date(s): TBD  
CE Hours: 6 Core  
Approval #: 011604

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**Rosalyn Skinner**

Contact: Rosalyn Skinner  
Phone: (302) 236-2338  
Email: [bronwyndancer@gmail.com](mailto:bronwyndancer@gmail.com)

**Course Title: Reiki I**

Date(s) Offered: TBD  
CE Hours: 8 Elective  
Approval #: 011602

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**Tranquil Spirit**

Contact: Holly Overmyer  
Phone: (302) 538-1135  
Email: [Tranquil\\_Spirit@comcast.net](mailto:Tranquil_Spirit@comcast.net)  
Website: [www.tranquilspirit.vpweb.com](http://www.tranquilspirit.vpweb.com)

**Course Title: 30 Minute Sequence: Head, Neck & Sinus Massage**

Date(s) Offered: Ongoing  
CE Hours: 4 Core  
Approval #: 091603

**Course Title: Body Scrubs**

Date(s) Offered: Ongoing  
CE Hours: 4 Elective  
Approval #: 091601

**Course Title: Incorporating Hot Stones**

Date(s) Offered: Ongoing  
CE Hours: 6 Core  
Approval #: 091602

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**Zing Nafzinger**

Contact: Zing Nafzinger  
Phone: (302) 442-1279  
Email: [I.M.ZING@comcast.net](mailto:I.M.ZING@comcast.net)  
Website: [www.meditatingforhealth.com](http://www.meditatingforhealth.com)

**Course Title: Reiki I**

Date(s) Offered: As Needed  
CE Hours: 8 Elective  
Approval #: 091609

**Course Title: Reiki II**

Date(s) Offered: As Needed  
CE Hours: 8 Elective  
Approval #: 091610

**Course Title: Reiki III**

Date(s) Offered: As Needed  
CE Hours: 8 Elective  
Approval #: 111602

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