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How to Choose the Right Massage Therapy School for You by New York College Of Health Professions

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Have you started to consider a career in massage therapy? Massage therapy school can be the perfect option for someone looking to become a licensed health care practitioner who wants to make a real and positive impact on the lives of their patients.

Across America, there is a growing demand for trained, licensed massage therapists. Often, patients suffering from physical as well as mental disorders find comfort from massage therapy. Massage is a wonderful way to relax muscles, stimulate the lymphatic system, and improve circulation. As a massage therapist, you can be part of the solution in helping patients find relief and a new start.

Your massage therapy curriculum should include both academic studies in the health sciences, as well as hands on training. You will be required to study anatomy and physiology, myology and neurology, as well as ethics. The practical part of the training should include learning the techniques of Swedish massage, shiatsu or other Asian massage, reflexology and craniosacral therapy. The better massage therapy schools will require training in T'ai Chi Chuan, Qi Gong or Yoga to help massage therapy students better understand their own bodies, posture and energy, thereby enhancing their ability to treat patients.

A first step in selecting a Massage Therapy School is the assessment of the quality of instruction offered. A good place to visit first is the schoolâ€™s website. Is it an accredited school? Will your credits be transferrable if you want to go on with your studies in health care? Does it offer college degrees or just a diploma? Does the course work prepare you to become licensed in your state, or nationally certified? Also, check out online profiles of professors and read up on their experiences working and teaching within the massage therapy field and other areas of health care. Getting to know the professors will prepare you for the type of environment that you will be studying in.

A second step in your application process is a personal visit to the campus. (You canâ€™t learn massage techniques online!) Be sure to carefully observe the student life and environment, asking questions along the way. A happy staff and student body is a great indication that the campus can be a great match for you. Also ask to see the clinics where all the students do their internship on real patients. Happy, satisfied patients are the ultimate test of how well the students have learned their craft.

After your research and campus visit, it is a good idea to reassess your reasons behind your original interest in massage therapy. A career in massage therapy is rewarding and satisfying. It can be your entry to a long and successful career helping people as you help yourself. As a therapist, you will be able to touch and heal your patients by bringing positive changes into their lives. After your final assessment, you are on your way to a career in massage therapy!

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New York College Of Health Professions - About Author:
New York College of Health Professions is renowned for providing world class holistic health and wellness education in the Tri-state area. They were the first school in New York State approved to give college degrees in massage therapy. This college offers institutionally accredited Associate degrees in Massage Therapy and Bachelor degrees in Advanced Asian Bodywork through its a Massage therapy school. Graduates are eligible to sit for the New York State Licensing Exam in Massage Therapy and for national certification. Many of their alumni have their own private practices as well as work in spas, wellness centers, hospitals, with sports teams and at luxury resorts. For more information about various holistic healing programs offered by the college, log on to http://www.nycollege.edu.

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