

CATALOG

The O'Hara School of Massage and Energy Therapies

28350 Country Road 317

Buena Vista, CO 81211

(303) 917 - 0271

[info@oharamassageschool.com](mailto:info@oharamassageschool.com)

[oharamassageschool.com](http://oharamassageschool.com)

Owned/Founded by: Kearsty Bogenrief

Volume No. 1

5/1/2024

Approved and regulated by the Colorado Department of Higher Education, Private Occupational School  
Board

## Table of Contents

Mission Statement, Introduction, and Faculty Members	Page 3
Programs and Descriptions	Page 4-5
Program/Course Costs	Page 6
Class Schedule	Page 6-7
Admissions Requirements/Procedure, Enrollment, Postponement of Start Date	Page 8
Attendance Requirements, Progress Policy, and System for Reporting Grades	Page 9
Conduct Policy, Dismissal	Page 10
Facility, Educational Services	Page 11
Previous Credits, Student Grievance Procedure, Cancellation/Refund Policies	Page 12-13
Important Information	Page 14

## **Mission Statement**

At the heart of our endeavor is the empowerment of our students, enabling them to spread the healing power of Massage Therapy across all communities.

We pledge to provide our students with up-to-date and thorough information, ensuring they develop into ethical and knowledgeable healers committed to their chosen profession.

By facilitating self-awareness and spiritual growth, embracing the potency of touch, and nurturing intuition, we strive to inspire and guide our students on their path to becoming skilled and compassionate Massage Therapists.

## **Introduction**

The O'Hara School of Massage and Energy Therapies offers an intimate learning environment, ensuring each student receives personalized attention and guidance. Founded on the belief in the profound healing potential of touch, our school is dedicated to nurturing the art of therapeutic massage.

## **Faculty Members**

*Kearsty Bogenrief, instructor*

Kearsty has more than 20 years of experience in the field. Her passion comes from inspiring students to follow their dreams. She has been a massage therapist since 2001 and has studied human Biofield since 2000. Always craving knowledge, she has decided to start sharing the knowledge she has gained throughout the years.

*Molly Burn, Administrator*

Molly can help with any questions about enrollment, fees, schedules, and protocols. She is a great asset to the team.

## **Programs and Descriptions**

### **Weekend Courses for everyone**

#### The Philosophies of Energy Therapies Certificate (16 - hours)

The goal of the Philosophies of Energy Therapies course is to familiarize students with the principles supporting the Electric Body – The Aura. Participants in this course will explore the concepts of energy flow and subtle energies in the Electromagnetic Field of the human body. After learning these flows, students will explore the healing modalities offered for supporting them.

The course will draw from teachings in both Chinese Medicine and Ayurvedic Science, offering a comprehensive understanding of holistic healing practices. These activities encompass a nurturing approach to the mind-body-spirit connection, from soothing breathwork to rhythmic chanting sessions. Students are guided through meditation practices, sound baths, dynamic and static movement, chanting, and taking a moment to journal and discuss their experiences.

Begin your journey of self-discovery here by immersing yourself in this course of enlightenment.

#### Sound Therapy Certification Course (25 – hours)

In this course, you will learn how to feel your own vibration, use sound tools such as tuning forks, crystal bowls, and gongs, administer a sound therapy treatment, and facilitate a sound bath.

This is a three-day intensive course. On the first day, we will meet for seven hours, and on the next two days, we will meet for nine hours each. Students will learn through hands-on experiences, demonstrations, and lots of discussions. There will be recommended reading given after enrollment.

### **Massage Program**

#### Medical Massage Therapy Program (650- hour program)

At the end of this course, the student will have a basic knowledge of anatomy, the ability to administer a full-body therapeutic massage in a spa or medical environment and be equipped to pass the MBLEX.

The program consists of five courses to complete the program. These courses involve two foundation courses, an introduction to therapeutic touch, an extensive medical massage course, and clinic work. Completing the basic massage program will take six and half months.

Course One: Introduction to the Body (275 hours)

Course Two: Core Touch Techniques: Exploring the Fundamental Aspects of Touch (125 hours)

This course is split into three parts: Massage 101, Explanation of Fascia, and Palpation of Anatomy.

Course Three: Therapeutic Touch (50 hours)

Course Four: Medical Massage: Advance Methods (100 hours)

Course Five: Clinic, Student Check-ins, Individual Reviews (100 hours)

Students are asked to dedicate 25 hours a week to this program. The coursework will be taught in the evenings and weekends and will require the student to have a computer. Students are asked to do nightly homework and weekly massages outside of classroom hours. The student can practice these massages on each other, family, and friends. The school can help by getting massage volunteers if needed. The work hours are logged, and the massages are journaled. All these items are turned in to be reviewed by your instructor. Students are required to be there every day. The day's range from seven to eight hours, depending on the course, with both theoretical instruction and hands-on lab work integrated into the classroom time.

### **Advance Training**

#### Therapeutic Touch Certificate (100 – hours)

The objective of this course is to teach massage therapists Therapeutic Touch as an advanced skill. Students will learn how to script their own treatments, identify problems in the biofield, and sense their own magnetic fields. Therapeutic Touch involves light hand placement on and above the body. The instructor will incorporate training in pressure point work and some unique petrissage techniques.

Method of Instruction: The class will meet three days a week for seven hours. There will be four hours of weekly homework assigned by your instructor. Students will practice feeling their own energetic body through chanting, movement, meditation, and sound waves. The course involves hands-on learning by practicing on each other and on outside clients provided by the school. Group discussions are held at the end of each day.

#### Fascial Therapy Specialist Certification (100 – hours)

This course is designed for professionals working with the body, such as bodyworkers, fitness trainers, nurses, and caregivers. It offers a clear understanding of fascia anatomy and its role in joint mobility and movement. Students will gain practical skills in myofascial anatomy, stretching techniques for dysfunctions, and palpation, while building confidence in applying these to their field of practice.

Method of Instruction: Over the course of one month, students commit to 25 hours per week. Classes run three days a week for 7 hours, with an additional 4 hours of homework. Each day is divided into lecture-based theory sessions from experts and hands-on lab practice, where students work with each other to apply the techniques and modalities covered.

## Program/Course Costs

Program	Registration fee	Tuition
The Philosophies of Energy Therapies Certificate	\$50 (non-refundable)	\$500
Sound Therapy Certification	\$50 (non-refundable)	\$650
Massage Therapy Program	\$150 (non-refundable)	\$8,700 (deposit of \$1,250)
Fascial Therapy Specialist Certification	\$50 (non-refundable)	\$1000
Therapeutic Touch Certification	\$50 (non-refundable)	\$1000

### Class Schedule

#### The Philosophies of Energy Therapies Certificate (Two-day course)

Reading requirements are given after signing up for the course. This course is offered every three months.

Two days with eight hours of structured learning which is a combination of lecture and participation on both Saturday and Sunday.

#### Sound Therapy Certification Course (Three-day course)

Reading requirements are given after signing up for the course. This course is offered every three months.

This is a three-day course of seven hours one day and then the next two days are nine hours each. All tools are provided to use.

#### Medical Massage Therapy Program (Six-month course)

**Week one through eleven** – Two days a week with eight-hour days. Weekly homework and massages will be required outside of classroom hours.

**Weeks twelve through twenty-six**- Three days a week with seven-hour days. Weekly homework and massages will be required outside of classroom hours.

Schedule MBLEx test

### Fascia Therapy Specialist Certificate (One month)

The students will meet at the school three days a week for seven hours with four hours of homework a week. Weekly practice is also required.

This course will be offered one a year in spring or winter.

### Therapeutic Touch Certificate (One month)

The class will meet three days a week for seven hours. They will have four hours of weekly homework.

This course will be offered one a year in spring or winter.

When an unexpected closure occurs due to extraordinary conditions such as inclement weather, students will be notified as soon as possible by email.

Classes are not held on the following holidays:

New Year's Eve, New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day & the Friday following, Christmas Eve, and Christmas Day

## **Admissions Requirements/Procedure**

The school does not discriminate based on race, sex, religion, ethnic origin, or disability.

The following are required for admission to the O'Hara School of Massage and Energy Therapies

- Prospective students must have a High School Diploma or equivalent.
- Every student must have consistent and reliable access to a computer and Wi-Fi capabilities. This includes the ability to join Zoom calls.
- Once the student completes training The Massage School can only help with placement assistance for a job within a 10-mile radius of the school.

## **Enrollment**

To Enroll email the school ([info@oharamassageschool.com](mailto:info@oharamassageschool.com)) to request Information on the program as well as admissions documents.

- Subject Line: "Request Massage Therapy Program Admissions Documents"

The registration fee will be collected when the admissions documentation is turned in.

Students may enroll at any time throughout the year for the upcoming semester. Students who meet the course, program, and financial requirements will be enrolled on a first come, first-served basis. When classes are full, students will be placed on a waiting list. A deposit is required for all courses. This deposit will be applied toward the total tuition. The Massage Program will begin every fall, the other courses will be every term. The terms beginning and ending dates will be provided on the calendar on the website.

## **Postponement of Start Date**

Postponement of a start date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:

- a. Whether the postponement is for the convenience of the school or the student, and.
- b. A deadline for the new start date, beyond which the start date will not be postponed.

If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline in accordance with the school's refund policy and all applicable laws and rules concerning the Private Occupational Education Act of 1981.



## Attendance Requirements

All students must have their 500 hours documented and logged. Students must be present for every in-person lab scheduled. If a student misses a lab day, for an unforeseeable emergency, the student must contact an administrator and schedule a private lab make-up day. Private labs may be a fee depending on how many you have missed. The course will not be completed for any student who has not successfully completed every lab, whether during regularly scheduled hours or with a make-up day. Instructors may request a student's withdrawal from a course or program if absences or tardiness exceed 70%.

## Progress Policy and System for Reporting Grades

In terms of evaluating a student's progress through each section of this course, there will be weekly opportunities given to meet with the instructors and go over any questions or areas of struggle and get additional support.

## Grades and Reporting grades:

Grades are based on weekly homework, weekly quizzes, hours logged and instructor reviews. The following definitions will be used as a guide for the assignment of Graduate grades.

- H- High Pass, Clear Excellence
  - A = 4
- P- Pass, Entirely Satisfactory
  - B = 3
- L- Low Pass, Minimum Passing Level of Attainment
  - C = 2
- F- Fail - Failed, Unacceptable Level of Achievement
  - F = 0
- IN- Work Incomplete

A temporary grade that converts to an F\* unless the grade is replaced with a permanent grade by the last day of classes for the same term one year later.

- AB- Absent from Final Examination.

A temporary grade that converts to an F\* unless the grade is replaced with a permanent grade by the last day of classes for the same term one year later.

## Grading Scale:

94 – 100% = 4.0

85 – 93% = 3.0

75 – 84% = 2.0

Below 75% - failing

## **Conduct Policy**

All students are expected to act maturely and are required to respect other students and faculty members. All students will be required to wear a school logo shirt while on school grounds. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

Cell phones are not allowed in the classroom, labs, and clinic treatment rooms.

Students must treat all fellow students, staff and school property with respect and care.

Avoid any behavior which is detrimental to the welfare or safety of other students or school personnel, or behavior which interferes with the school's ability to provide educational opportunities to other students including:

Inappropriate draping.

Obscenities or vulgarities.

Sexual innuendos, including any sexual jokes or comments.

Inappropriate use of school facilities and equipment.

Students must comply with state laws regarding massage training.

The O'Hara School of Massage and Energy Therapies has a zero-tolerance policy for sexual harassment. Any student participating in such acts is grounds for dismissal. The O'Hara School of Massage and Energy Medicine Therapies complies with all applicable federal and state nondiscrimination laws and does not engage in prohibited discrimination based on race, color, nationality or ethnic origin, gender, age, disability, or veteran status in either employment or the provision of services.

## **Dismissal**

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

The Director of Education may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. The director will review each case and decide upon re-admittance.

## Facility

The school is in the iconic Sawatch Mountain Range, Buena Vista, Colorado. Just two hours away from Denver in the heart of the healing Rocky Mountains. With breathtaking views and secluded environment this makes a perfect area to learn a new craft.

Silver Cliff Ranch, the school's secondary classroom, is a non-profit rental facility that provides an additional learning environment for our massage program. The peaceful, well-equipped facility offers students an affordable option for weekend certification courses, helping to reduce costs while maintaining a high-quality learning experience. By holding courses at Silver Cliff Ranch, students can immerse themselves in their studies within a serene and supportive environment.

## Educational Services

Programs	Courses	Subjects	Occupational Objectives	Tuition
Medical Massage Therapeutic Program	<ul style="list-style-type: none"><li>• 500-hours Classroom and home studies.</li></ul>	Massage Therapy	Attain Colorado massage license	\$8,700
Fascia Specialist Certificate	<ul style="list-style-type: none"><li>• 100-hours Advance training</li></ul>	Fascia	Advance training	\$1000
Therapeutic Touch Certificate	<ul style="list-style-type: none"><li>• 100-hours Advance training for Massage Therapist.</li></ul>	Therapeutic Touch advance massage techniques	Advance training	\$1000
Sound Therapy Certification	<ul style="list-style-type: none"><li>• 25-hour intensive training</li></ul>	Sound Therapy	Certification	\$650
The Philosophies of Energy Therapies Certificate	<ul style="list-style-type: none"><li>• 16-hours for attending weekend course.</li></ul>	The Electric Body	Certification	\$500

If students miss classes and need to make up assignments, students will be required to pay for the instructor's time. The rate will depend on the instructor's personal hourly rate.

## **Previous Credits**

Credits from another institution will be evaluated on a case-by-case basis. The O'Hara School of Massage and Energy Therapies does not guarantee transferability of our credits to another institution unless there is a written agreement with another institution.

## **Student Grievance Procedure**

All students should feel free to take their grievances or complaints to the administration of The O'Hara School of Massage and Energy Therapy. They may submit it by email or mail it in letter form and send it to the school. The school will take all grievances very seriously and will send follow-up information.

## **Student Complaints**

Attempting to resolve any issue with the school first is strongly encouraged. Complaints may be filed by a student or guardian at any time online with the Division of Private Occupational Schools (DPOS) within two years from the student's last date of attendance or at any time prior to the commencement of training at <http://higherred.colorado.gov/dpos>, 303-862-3001.

## **Cancellation/Refund Policies**

If for any reason an applicant is not accepted by the school, the applicant is entitled to a refund of all monies paid.

**Three-Day Cancellation:** An applicant who provides written notice of cancellation within three days (excluding Saturday, Sunday, and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all monies paid. The school shall provide a 100% refund no later than 30 days after receiving the notice of cancellation.

**Other Cancellations:** An applicant requesting cancellation more than three days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid, minus the registration fee of \$150.

Refund after the commencement of classes:

1. Procedure for withdrawal/withdrawal date:
  - A. A student choosing to withdraw from the school after the commencement of classes is to provide written notice to the Director of the school. The notice is to indicate the expected last date of attendance and be signed and dated by the student.
  - B. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from the Leave and failed to do so.
  - C. A student will be determined to be withdrawn from the institution if the student has not attended any class for 30 days.
  - D. All refunds will be issued within 30 days of the determination of the withdrawal date.
2. Tuition charges/refunds:
  - A. Before the beginning of classes, the student is entitled to a refund of 100% of the tuition, minus the registration fee of \$150.

B. After the commencement of classes, the tuition refund, minus the registration fee of \$150 will be determined as follows:

<b>% of the clock hours attempted</b>	<b>Tuition refund amount</b>
10% or less course one	90%
After 10% but within first 25% of program Course one-two	75%
After 25% but within first 50% of program Course one-three	50% less cancellation charge
After 50% but within first 75% of program Course one-three	25% less cancellation charge
After 75% Clinic [if paid in full, cancellation charge is not applicable]	NO Refund

The percentage of the clock hours attempted is determined by dividing the total number of clock hours elapsed from the student's start date to the student's last day of attendance, by the total number of clock hours in the program.

All refunds will be made within 30 days of the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:

- a. The date on which the school receives written notice of the student's intention to discontinue the training program; or
- b. The date on which the student violates published school policy, which provides for termination.
- c. Should a student fail to return from an excused leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier of the date the school determines the student is not returning or the day following the expected return date.

The student will receive a full refund of tuition and fees paid if the school discontinues a Program/Stand Alone course within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.

The student may cancel this contract at any time prior to midnight of the third business day after signing this contract.

The policy for granting credit for previous training shall not impact the refund policy.

Holder in Due Course Statement:

Any holder of this consumer credit contract is subject to all claims and defenses which the debtor could assert against the seller of goods or services obtained pursuant hereto or with the proceeds, hereof Recovery hereunder by the debtor shall not exceed amounts paid by the debtor (FTC Rule effective 5-14-76).

## Important Information

This School does not have any prerequisites other than a High School Diploma (or equivalent) and does not accept any former training as a “credit” toward the programs a student enrolls in. Every course will be completed in full, regardless of any prior experience or training. Courses are not to be modified.

State Massage License Requirements: Colorado has a Mandatory Practice Act, which means you cannot practice as a Massage Therapist in this state without a Colorado license. To become eligible for the Colorado Massage Therapy license, ALL of the following must be completed:

- Successful completion of a state approved Massage Therapy program.
- Fingerprint / Background check.
- Successful passage of the MBLEx (Massage and Bodywork Licensing Exam).
- Successful completion of the Colorado State Massage Therapy License application.
- Current professional liability insurance.

The school does not guarantee the passage of the Massage Therapy examination as part of a state requirement for licensure as a Massage Therapist. Success is enhanced by diligent review of Anatomy, Physiology, and Massage Levels 1, 2, and 3, in addition to participation in the CSHA MBLEx prep classes and/or other outside resources.

**IMPORTANT:** Any of the following, regardless of the age of the individual at the time the incident occurred, may result in a delay or denial of your Colorado State Massage Therapy license application and liability insurance.

- A misdemeanor.
- A DUI or DWAI.
- A felony.
- An arrest for a sexual offense.
- A medical or mental health diagnosis that affects your ability to practice Massage Therapy safely and competently.
- A record of excessive use of drugs or alcohol.
- Any disciplinary action against a Massage Therapy License in another state or another health care license in Colorado.

For further information on Colorado Massage Therapy Licensing, go to [www.colorado.gov/pacific/dora/Massage\\_Therapy](http://www.colorado.gov/pacific/dora/Massage_Therapy). Licensing requirements vary by state, please see [www.fsmtb.org/consumerinformation/regulated-states](http://www.fsmtb.org/consumerinformation/regulated-states).

Also, local municipal ordinances may apply in the absence of state law.