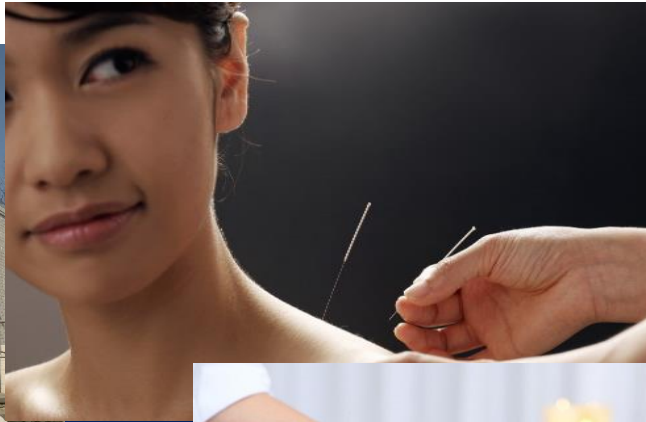




New York COLLEGE

OF HEALTH PROFESSIONS



Pioneering Holistic Health Education for 40 Years

Massage Therapy Syllabus

www.nycollege.edu

A Message from the President



I warmly welcome you to New York College of Health Professions, an institution dedicated to preparing professional leaders and practitioners in the field of Holistic Health and Integrative Medicine. With our Holistic approach to education and clinical practice, we blend Eastern and Western therapies in prevention, healing and the promotion of wellness. New York College is committed to its students, its clinic patients and the general population through our unique and breakthrough technologies in healthcare and related industries.

We are proud to be an educational center with national institutional accreditation dedicated to becoming the gold standard in our field.

The College's clinic facilities at Bellevue Hospital and Syosset provide opportunities for our students, graduates, and faculty to immerse themselves into all forms of medicine.

New York College maintains very affordable tuition while preserving standards that let us to be one of the few institutions of our kind to have both institutional and programmatic accreditation. In fact, we are the only private not-for-profit institution of our kind in the metropolitan New York City area.

I hope that you will review our catalog and website at www.nycollege.edu, visit us on campus or at the site at Bellevue Hospital and join with us in helping the world solve its health problems through a holistic approach.

A Li Song
President

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About New York College of Health Professions

Founded in 1981, New York College of Health Professions is the leader in holistic health education. Institutionally accredited by the New York State Board of Regents and Commissioner of Education¹, the College offers programs in Massage Therapy (Associate of Occupational Therapy), Acupuncture (Bachelor of Professional Studies/Master of Science) and Oriental Medicine (Bachelor of Professional Studies/Master of Science). The Acupuncture and Oriental Medicine programs are also programmatically accredited by the Accrediting Commission for Acupuncture and Oriental Medicine².

The College is committed to excellence in health care education. Members of the faculty serve on the boards of national and state organizations and are helping to raise the standards of the holistic health professions to levels of excellence.

The current student body represents a cross section of ages, nationalities, ethnicities, and interests, all sharing a common goal to positively impact the health care system. The growing acceptance of Traditional Chinese Medicine (TCM) and complimentary care integrated with western medicine will continue to enhance career opportunities. Alumni report that their comprehensive education and training have prepared them to effectively participate in health care activities in the 21st century.

Vision

New York College of Health Professions is committed to the maintenance and enhancement of health, including physical health, psychological health, and spiritual health. In the service of this commitment, the College seeks affiliations with other institutions and explores a wide variety of approaches to enhancing and maintaining wellness and quality of life.

Mission

New York College of Health Professions is dedicated to offering quality degree programs in holistic health. The mission as three main components.

Education: To provide students with the knowledge and skills to enable them to become expert practitioners in their fields. To provide the knowledge and skills to enhance the health, wellness, and quality of life in the larger community, and to develop educational materials to achieve the same purpose.

Service: To provide clinical and pharmacological services to the community as a complement of the program of professional education. To provide services and products to the community that complement the programs offered by the College.

Research: To develop and implement, with outside parties, new product development in health care, wellness, and quality of life products.

¹ 89 Washington Avenue, Albany, NY 12234 Tel: (518)474-3852

² 8941 Aztec Drive, Suite B, Eden Prairie, MN 55347 Tel: (952)212-2434

Educational Objectives

The following are the principal educational objectives in support of the College's Mission:

- To provide students with the knowledge, skills, and professionalism to become highly qualified practitioners in select health care fields.
- To enable students to be fully capable of obtaining employment in their health care field.
- To prepare students to pass the licensure and/or certification exams required to become licensed or certified practitioners in the state of New York.
- To develop in students a sense of ethical responsibility in the therapist-client dynamic and with fellow practitioners.
- To provide students with an appreciation for continued learning throughout their professional careers.

Educational Opportunities

The programs offered by New York College of Health Professions provide the highest standards of education and training in massage therapy, acupuncture, and oriental medicine. The College is breaking new ground and creating a bridge between Traditional Chinese Medicine with western medicine by creating an alliance with Bellevue Hospital, a major medical institution in the New York City metropolitan area.

Why Holistic Health Care

The National Center for Complementary and Integrative Health or the NCCIH (formerly the National Center for Complementary and Alternative Medicine,) a component of the NIH, is the federal government's lead agency for scientific research on Complementary and Alternative Medicine (CAM). Founded in 1999, it uses rigorous scientific investigation to define the usefulness and safety of complementary and alternative medicine interventions (CAM) and to provide the public with research-based information to guide health-care decision making.

As defined by the NCCIH, CAM includes a large and diverse group of interventions, practices, and disciplines, including those taught at New York College of Health Professions such as massage therapy, acupuncture, herbal medicine, yoga, Qi Gong and Tai Chi, which are used to improve health and well-being and in the treatment of illness or symptoms such as chronic pain or stress. Analysis by the NCCIH and the Centers for Disease Control of research data from a 2012 National Health Interview Survey³ on the use of complementary modalities found that about 59 million Americans spend up to \$39.2 billion a year out-of-pocket on CAM. This represents 9.2% of the total out-of-pocket expenditures in health care⁴. There is great interest across many health care disciplines regarding the potential application of some CAM approaches to a variety of challenging health problems and to health promotion. In large part this interest is based on emerging evidence from research carried out over the past decade. In several studies acupuncture was found to ease chronic pain such as low-back pain and neck pain. It may also help reduce the frequency and

³ [http:// nih.gov](http://nih.gov)

⁴ <http://nccih.nih.gov/research/results/spotlight/americans-spend-billions>

tension of headaches and prevent migraines. Chronic back pain, which affects approximately 25% of adults, is by far the most frequent health problem for which Americans turn to CAM. A recent Wake Forest Medical School and Duke University School of Medicine study funded by the NCCIH found that when compared to the usual care, acupuncture may significantly reduce hot flashes associated with menopause⁵. The World Health Organization recognizes acupuncture and oriental medicine as effective for over 43 common ailments.

Research on massage therapy is conducted annually by the American Massage Therapy Association (AMTA). Their 2016 consumer survey reports that 78% of individuals who received a massage in the past year did so for medical reasons such as pain relief, soreness, spasms, injury recovery, pregnancy, migraines and stress relief. Their research estimates Massage Therapy as a \$12.1 billion industry in the US with roughly 43.8-57.8 million adults (19-25%) having had at least one massage between July 2015 and July 2016⁶. The US Bureau of Labor Statistics projects the growth of massage therapist employment at 22% over the period 2014–2024, faster than average for all occupations.

From 2011-2015, revenue from CAM healthcare providers increased 14% and employment increased 19%. Revenue is projected to grow an average of 3.6%/year through 2020⁷.

Academic Programs

The New York State Education Department has authorized New York College of Health Professions to award degrees and certificates in the following accredited programs.

Associate of Occupational Studies (AOS) – Massage Therapy

Started in 1981, New York College's nationally recognized Massage Therapy Program was its first educational program. In September 1996, the Board of Regents of the University of the State of New York granted approval to the college to award a 68-credit Associate in Occupational Studies (AOS) degree with a major in Massage Therapy (HEGIS Code 5299), the first in the United States. The college has modified the original AOS degree to a 72-credit program, which can be completed in six trimesters (24 months) of full-time study. Students have up to three years (36 months) to complete the program if taking the program part time. Graduates are eligible to take the New York State Massage Therapy Licensing Examination. They are also eligible to sit for the Massage and Bodywork Licensing Examination (MBLEx), which allows them to seek licensure in states outside of New York.

⁵ Menopause Journal, "Acupuncture, as Practiced in Clinical Settings, May Significantly Improve Menopause-related Symptoms, March 18, 2016

⁶ AMTA 2015 Consumer Survey and 2015 Industry Survey

⁷ IBIS World Industry Report 62139b Alternative Healthcare Providers in the U.S., December 2016

Bachelor of Professional Studies/Master of Science (BPS-MS) – Acupuncture

The acupuncture program was approved by the Board of Regents in 1992, the first such program approved in the state. The program was granted Bachelor/ Master degree status in 1998 (Bachelor of Professional Studies/Master of Science). The acupuncture program (HEGIS Code 1299 /1299), is a 9-trimester curriculum that requires 145 credits and awards a combined Bachelor of Professional Studies in Health Science/Master of Science in acupuncture degree (BPS/MS). The program can be completed in three academic years (36 months) of full-time study. Students have up to six years (72 months) to complete the program if taking the program part-time.

Bachelor of Professional Studies/Master of Science (BPS-MS) – Oriental Medicine

The oriental medicine program was approved by the Board of Regents in 1992, the first such program approved in the state. The program was granted Bachelor/ Master degree status in 1998 (Bachelor of Professional Studies/Master of Science). The oriental medicine program (HEGIS Code 1299 /1299), is a 10-trimester curriculum that requires 185 credits and awards a combined Bachelor of Professional Studies in Health Science/Master of Science in oriental medicine degree (BPS/MS). The program can be completed full time in approximately three and a half (42 months) years. Students have up to eight years (96 months) to complete the program if taking the program part-time.

For alumni who graduated with the BPS-MS degree in Acupuncture, the College offers a Chinese herbal program. The Oriental Medicine Program for Acupuncture Alumni is a 47-credit program in herbal classroom and clinical training. This program can be completed in two years (24 months). Alumni will surrender their BPS-MS degree in Acupuncture upon completion of this program as they will be awarded the BPS-MS degree in Oriental Medicine.

Accreditations and Registrations

All degree and certificate programs offered by New York College of Health Professions are registered by the:

Office of Professions
New York State Education Department
89 Washington Avenue, 2nd Floor, West Wing
Albany, NY 12234
(518) 486-2967

And / or

New York State Education Department
Office of College & University Evaluation
89 Washington Avenue, 5th Floor, Mezzanine
Albany, NY 12234
(518) 474-1551

Enrollment in other than registered or otherwise approved programs may jeopardize a student's eligibility for certain student financial aid awards.

Program Title	Degree Awarded	HEGIS Code
Massage Therapy	AOS	5299
Health Science/Acupuncture	BPS/MS	1299/1299
Health Science/Oriental Medicine	BPS/MS	1299/1299

New York College of Health Professions is chartered by Board of Regents of the University of the State of New York. All programs are registered and approved by the New York State Education Department (NYSED).

Other accreditations/memberships are:

The following programs offered by New York College of Health Professions are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM):

- (1) Master of Acupuncture
- (2) Master of Acupuncture with a Chinese herbal medicine specialization [currently named Master of Science in Oriental Medicine]

At its August 2021 meeting, ACAOM placed New York College of Health Professions' master's programs on Probation for failing to demonstrate compliance with criteria across each of ACAOM's accreditation standards. Probation is a sanction used by ACAOM to alert the institution that if it does not substantially correct deficiencies by the end of the probationary period, accreditation status could be in jeopardy consistent with ACAOM's Commission Actions Policy.

Accreditation status and notes may be viewed on the ACAOM Directory.

ACAOM is recognized by the United States Department of Education as the specialized accreditation agency for institutions/programs preparing acupuncture and Oriental medicine practitioners. ACAOM does not accredit any programs at the undergraduate/bachelor level. ACAOM is located at 8941 Aztec Drive, Eden Prairie, Minnesota 55347; phone 952/212-2434; fax 952/657-7068; www.acaom.org

- Institutionally accredited by New York State Board of Regents and the Commissioner of Education⁸.
- Approved provider of continuing education by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).
- Approved provider of continuing education by the National Certification Commission for Acupuncture and Oriental Medicine.
- Approved provider of continuing education by the New York State Education Department.
- American Massage Therapy Association Council of Schools (AMTA)

⁸ 89 Washington Avenue, Albany, NY 12234 Tel: (518)474-3852

- Council of Colleges of Acupuncture and Oriental Medicine (CCAOM)
- American Oriental Bodywork Therapy Association Council of Schools & Programs (AOBTA)
- Acupuncture Society of New York (ASNY)

Continuing Education Workshops

A range of Continuing Education workshops are offered each trimester designed to meet the needs of working health care professionals as well as the community at large. Review courses for the New York State Massage Therapy Licensing Examination and national certification exams are also offered on a regular basis in massage therapy, acupuncture and Chinese herbology. The current schedule and fees can be found on the College's website (www.nycollege.edu) or can be obtained by calling the Continuing Education Department at 1-800-922-7337 extension #130.

Locations

New York College of Health Professions is located in Syosset, New York, on the north shore of Long Island, approximately 30 miles east of Manhattan. The campus is easily accessible via the Long Island Railroad. The campus in Syosset contains the administrative offices for all educational programs, a physical arts deck, academic health care clinics, the herbal dispensary, the Steve Kaufman Library, bookstore, faculty work room, and student lounge. All offices of Enrollment Services are located at the main campus in Syosset.

New York College of Health Professions has a teaching site in Manhattan at Bellevue Hospital New York City Health and Hospitals Inc, located at 462 1st Avenue, which has clinic and classroom space. Students have the option of taking classes at the main campus in Syosset or at the Bellevue Hospital site.

The academic health care teaching clinics are an integral part of a student's educational experience. With over 20,000 patient treatments annually, these teaching clinics are also important in providing affordable holistic health care to members of the community. The academic health care teaching clinics offer fully supervised holistic treatments to the community while providing a clinical internship for student practitioners. Treatments include Swedish massage, Asian bodywork massage, reflexology, acupuncture, and herbal consultations.

Herbal Dispensary

The Herbal Dispensary carries a variety of herbal products constituting a traditional Chinese herbal pharmacy. These include raw herb materials, prepared materials in pill, powder, tincture, extract and topical forms, as well as homeopathic remedies and nutritional supplements. Some of the products are dispensed only after consultation and recommendation from a clinic health care professional. The herbal dispensary is open to the community.

Bookstore

The College bookstore in Syosset carries all the required student texts, as well as a wide selection of books and educational materials covering many other aspects of holistic health. It also stocks uniforms, logo merchandise, face cradle cushions, massage tables, acupuncture needles, moxa, massage oils and creams, and other professional supplies.

Steve Kaufman Library

The Steve Kaufman Library, located on the Syosset campus, contains the most extensive collection of holistic medicine materials available on Long Island. The library contains books, anatomical models, journals, multimedia and online resources specializing in acupuncture, herbal medicine and massage therapy. The mission of the New York College of Health Professions Steve Kaufman Library is to support the College's mission by maintaining a quality of collection of materials and offering those services which further the education, clinical and research needs of the College as a whole.

The library is open Monday – Thursday 10:00 AM to 7:00 PM, and Friday 11:00 AM to 3:00 PM. The library is open to students, staff and faculty. Alumni, clinical patients and those conducting research are encouraged to use the library as well. Wireless internet is available throughout the library and networked computer workstations as well as the college's webpage provide online access to the library's catalog, the Internet, email, and Microsoft Office Suite. Online indexes to professional periodical literature include subscriptions to online resources and are available on and off campus. These databases include full-text research articles focusing on holistic approaches to health care and medicine. A tutoring room is available for one-on-one assistance and small study groups. The College library is a member of the Long Island Library's Resource Council and MEDLI which fosters cooperation and sharing of resources among medical libraries on Long Island.

Enrollment Services

Admissions

Admissions to New York College of Health Professions is considered on an ongoing basis. Prospective students who wish to enroll must apply through admissions. Regardless of program, applicants to the School of Massage Therapy and the Graduate School of Oriental Medicine must meet academic admissions criteria, and they must submit all required documentation prior to the start of the trimester for which they are matriculating. Applicants to the College will submit the following as part of the admissions process:

1. Application for Admissions
2. Application Essay
3. Official High School and/or College Transcripts
4. Physical
5. Immunization Record
6. Meningitis Awareness Form
7. Course Registration Form

Once all documents have been received and the interview is completed, all materials are carefully reviewed. Acceptance into the program is then determined together with an appropriate course of study. The admissions staff considers all information provided by the applicant. Applicants are notified in writing of the Admissions Office decision. Once a decision on an applicant is made, the offices of Registrar, Bursar, and Financial Aid will begin to reach out to newly accepted students to complete their enrollment at the College. Students applying for financial aid must meet with a financial aid representative prior to the start of the trimester for which they are matriculating.

Applicants who have been accepted into a program may defer their admission to a subsequent trimester with the approval of the admissions office. Admissions may only be deferred for up to one year. Requests for deferred entrance must be made in writing to the Admissions Office. Students who wish to enroll after the deferment period has ended must reapply to the College.

The College reserves the right to reject, re-admit, or continue a student's participation in any program at its sole discretion, providing such decision does not discriminate in admissions or access to its programs and activities based on race, color, national origin, religion, creed, disability, age, marital status, gender, sexual orientation, or veteran status. Further, in accordance with Title IX of the Education Amendments of 1972, New York College of Health Professions does not discriminate based on sex in its educational programs, activities, or employment practices.

International Students

New York College of Health Professions welcomes international students. An applicant who is a citizen of a foreign country must complete the regular application process and provide the following additional documentation:

- 1) Evaluation of educational equivalency in the United States and a certified English translation of educational credentials by a recognized educational organization including:

Globe Language Services, Inc.

305 Broadway, Suite 401

New York, NY 10007

(212) 693-1489

www.globelanguauge.com

or

World Evaluation Services (WES)

P.O. Box 5087

Bowling Green Station, NY 10274-5087

(212) 966-6311

www.wes.org

- 2) For the purposes of assuring the College and the United States government that all necessary costs to maintain the student throughout his/her tenure at the College will be met, students must submit an Ability-to-Pay statement. (This form can be obtained from the college's admissions office.)

- 3) A valid visa or alien registration card. New York College of Health Professions is authorized under federal law to enroll nonimmigrant alien students. An international student who needs to have his/her visa transferred should consult with the admissions office.
- 4) International students who transfer from American colleges or universities must have their previous school complete the I-20 Transfer Recommendation Form and must also furnish copies of all previous universities' I-20s and a copy of their I-94 from their passport.
- 5) All applicants whose first language is other than English, are required to submit the official score report of TOEFL iBT (Test of English as a Foreign Language and spoken English) as administered by the Educational Testing Service, or an examination deemed to be equivalent by the Admissions Office. The minimum score is 500 written based, or 61 on the computer-based test (iBT), as well as minimum scores of 22 in listening and 26 in speaking. Students may also satisfy the English competency requirement by scoring a level 6 on the International English Language Testing System (IELTS). English competency may be demonstrated and the TOEFL requirement waived, if the applicant has completed at least two years (60 semester credit or 90 quarter credit) of baccalaureate level education from an accredited college or university in the United States, or from an equivalent English language institution in another country; or if the applicant otherwise demonstrates enough English language competency through the interview and written essay required for admission to the program.
- 6) Information about the TOEFL may be obtained from the Educational Testing Service, P.O. Box 6151, Princeton, New Jersey 08541-6151, USA, in writing or by calling 1-800-468-6335, Monday – Friday, 8:00 AM – 7:45 PM Eastern Standard Time or at the TOEFL website: www.ets.org/toefl.
- 7) All expenses incurred by international applicants during this application process are the responsibility of the candidate and are non-refundable. All international students with F-1 visas must be full-time (12 credits) students.
- 8) All international students must submit with their application financial disclosure information including bank statements showing the ability to pay one year of tuition.

Student Services

Student Services provides necessary help and guidance to all enrolled students. Student Services is the key to academic success as they work with students to ensure that they are academically on track to complete their degree. The following are provided by Student Services to ensure student success at the College.

1. Coordination of tutoring for students struggling in their classes.
2. Advising during registration and the add/drop period.
3. Receives and investigates student complaints and grievances as outlined in the Student Handbook.
4. Schedules and conducts both the Committee of Academic Policy and Student-Faculty Committee Meetings.
5. Coordinates New Student Orientation and Graduation.
6. Receives and investigates all student Title IX incidents. For all incidents, please contact Brian Alvarez at balvarez@nycollege.edu or (516) 364-0808 ext. #139.
7. Coordinates reasonable accommodations for students who have a 504 plan.

Student Services works with both the academic and enrollment departments to provide a clear resolution to any student issues at the College.

Student Finances

Official Notice

Students are hereby officially notified that the registration and enrollment process is not complete until all tuition, fees, and other charges are paid in full in accordance with the payment deadline schedule for each trimester. Students will not be able to attend classes if they have not made full payment or made alternative arrangements. Students personally guarantee and are responsible for all obligations to the college for tuition, fees and other charges.

A student who has an outstanding financial balance due to the College or is “on hold” for missing documents is officially given notice that the college will withhold granting degrees and issuing grades. The College will not release official transcripts and academic records until all financial balances are paid in full and all missing documents are received. A student may also be subject to additional collection fees, attorneys’ fees, late fees, fines or interest charges on the unpaid balance.

Bursar

The Bursar office is responsible for assessing and collecting all tuition and fees for the College. The Bursar works with students who either directly pay their tuition to the College each trimester or who owe a balance after their financial aid. Students are encouraged to pay their tuition and fees through Self-Serve, the College’s online student portal.

Below is a breakdown of all tuition and fees for New York College of Health Professions.

Non-Refundable Fees (some or all fees may apply)

Fee	Description of Fee
\$50.00	Non-refundable Application Fee – Massage Therapy Program
\$75.00	Non-refundable Application Fee – Acupuncture/Oriental Medicine Programs
\$25.00	Registration Fee (per trimester)
\$30.00	Liability Insurance Fee (per trimester)
\$25.00	College ID Replacement Fee
\$100.00	Clinic Fee – MT Clinic 1/GSOM Grand Rounds through Clinic 4 (per trimester)
\$75.00	Lab Fee – HS 114, HS 115, EL 104, CH 303, CH 304, CH 401
\$450.00	Acupuncture/Oriental Medicine Clinic Kit (Acupuncture Technique 1)
\$100.00	Graduation Fee
\$325.00	Challenge Exam Fee – Prior Learning (per course)
\$50.00	Installment Plan Fee
\$50.00	Late Payment Fee
\$35.00	Add/Drop Fee (once the trimester begins)
\$250.00	Late Registration Fee
\$10.00	Official Transcript Fee

- \$25.00 Returned Check Fee
- \$45.00 Replacement/Duplicate Diploma Fee
- \$75.00 Make-up Exam Fee

Student Tuition Liability and Refunds

In order to receive a refund of paid tuition and fees, all students who withdraw from all their classes must complete a Change of Enrollment Status Form at the Student Services office and once processed, New York College of Health Professions is authorized to:

1. Calculate the student’s tuition liability and applicable refund for any given trimester as follows:

Period of Withdrawal	Liability	Refund Percentage
Prior to first day of trimester	0%	100%
During the first week	10%	90%
During the second week	25%	75%
During the third week	50%	50%
During the fourth week	75%	25%
After the fourth week	100%	0%

2. Tuition liability during a ten-week course.

Period of Withdrawal	Liability	Refund Percentage
Prior to first day of trimester	0%	100%
During the first week	25%	75%
During the second week	50%	50%
After the second week	100%	0%

If a student cancels his/her enrollment prior to the first day of classes, a full tuition refund will be issued.

Refund Policy for Federal Financial Aid Recipients

A return of Title IV refunds will be calculated for financial aid students based on the percentage of the trimester that the student completes. Students who complete more than 60% of any term (9 weeks of a 15-week trimester, or 6 weeks of a 10-week accelerated trimester) are considered to have earned 100% of the aid based for that period. Students who complete less than 60% of a given term will receive aid based on the percentage of the term completed. Please contact the Bursar office for additional information on the Title IV refund policy. Any unearned Title IV monies will be returned in the following order:

1. Federal Direct Unsubsidized Loans
2. Federal Direct Subsidized Loans
3. Federal Direct PLUS Loans
4. Federal Pell Grant
5. FSEOG

Any financial that is unearned due to withdrawing from the College prior to the 60% point of the term must be returned to the US Department of Education no later than 45 days from the date of determination.

Financial Aid

Students who attend New York College of Health Professions can receive financial aid if they qualify. Note that international students are not eligible for financial aid. Financial aid is broken down between federal student aid, which is awarded by the United State Department of Education, and state tuition assistance, which is awarded by New York State. In order to determine eligibility for federal student aid, students need to complete the Free Application for Student Aid (FAFSA) by going to studentaid.gov and using the Federal School Code 025994. In order for students to apply for state financial aid, students need to apply by going to <https://www.tap.hesc.ny.gov/totw/>.

Federal Student Financial Aid

Once the FAFSA is completed, the financial aid department will be notified as to what a student is eligible to receive. Below is a breakdown of the types of federal student aid.

1. *Pell Grant* – A need-based grant by the federal government for low income students pursuing a first-time bachelor's degree.
2. *Federal Supplemental Educational Opportunity Grant (SEOG)* – Pell eligible students are awarded this grant who have a demonstrated financial need.
3. *Federal Work-study* – Federal work-study is a need-based program awarded to eligible students who want to work while they are attending New York College.
4. *Subsidized Loans* – Students who have financial need qualify for student loans. Subsidized loans do NOT accrue interest while the student is enrolled for at least half-time.
5. *Unsubsidized Loans* – Students who have financial need qualify for student loans. Unsubsidized loans DO accrue interest while student is enrolled for at least half-time.

New York State Tuition Assistance Program

The Tuition Assistance Program is available to eligible New York State residents with a high school diploma or its equivalent from a high school within the United States attending full-time (12 credits or more per term) at New York College. TAP is a grant from the State of New York that is applied toward tuition and is based upon the New York State net taxable income of the student, spouse and/or parents if applicable. New York College is considered an Accelerated Program for TAP purposes. To be eligible for a full-time or half-time accelerated TAP payment, students must be enrolled full-time in the prior term and must also have earned 24 semester hour credits or the equivalent in the prior two trimesters or the equivalent.

Part-Time TAP does not replace Aid for Part-Time Study and cannot be received in conjunction with an APTS award. Student must meet all the eligibility requirements for Full-time TAP; in addition, the student must have earned 12 credits or more in each of the two consecutive trimesters. Students must have been a first-

time freshman in the 2006–07 academic year or thereafter. Students must have a cumulative grade point average of at least 2.0 and be enrolled for at least 6, but fewer than 12 credits per trimester.

Aid for Part-time Study

Awards are available to undergraduate students taking 3 to 11 credits per trimester. Contact the Financial Aid office for more information.

Scholarships

Scholarships may be available to students through New York College merit scholarships, donor organizations or individuals. Students are encouraged to search for scholarships to assist them in helping them pay for tuition and other college expenses. There are several scholarship search services that can be utilized on the Internet.

Vocational Rehabilitation

The Office of Vocational and Educational Services for Individuals with Disabilities (VESID) provides services and financial assistance for education to students with certain disabilities. Further information can be obtained from the Division of Vocational Rehabilitation. Please check the phone book or the Internet for your local office. [http:// www.access.nysed.gov/vr/do/locations.htm](http://www.access.nysed.gov/vr/do/locations.htm)

Department of Veterans Affairs: Educational Benefits & Educational Assistance (The Post 9/11 GI Bill®)

If you need help paying for school or job training and you've served on active duty after September 10, 2001, you may qualify for the Post-9/11 GI Bill®. Find out if you can get education benefits through the Post-9/11 GI Bill®.

What benefits can I get?

- Tuition and fees
- Money for Housing (if you're in school more than half time)
- Money for books and supplies (up to \$1,000 per school year)

Do I have Post-9/11 GI Bill® benefits?

- You can check to see if you have Post-9/11 GI Bill® benefits at www.vets.gov.

How do I get these benefits?

- You'll need to apply to www.vets.gov. The benefit amount depends on which school you go to, how much active-duty service you've had since September 10, 2001, and how many credits or training hours you're taking.

What benefits does the Post-9/11 GI Bill® include?

- The full tuition amount for in-state schools up to the maximum national average of \$26,042.
- A Basic Allowance for Housing (BAH) based on the cost of living where your school is located.
- Up to 36 months of education benefits, in most cases payable for 15 years after your release from active duty.
- A percentage-of-maximum-benefit scale based on how much active service you've had since September 10, 2001.
- Example: If you had 90 days of active service since September 10, 2001, you would qualify for 40% of the maximum amount. Three years of active service would qualify you for 100% of the benefit.

Section 103 - VA Pending Payment Compliance Facility Name: New York College of Health Professions
Facility Code: 319C4132 Person Completing Addendum: Jacqueline McIntyre In accordance with Title 38 US Code 3679 subsection (e), this school adopts the following additional provisions for any students using U.S. Department of Veterans Affairs (VA) Post 9/11 G.I. Bili® (Ch. 33) or Vocational Rehabilitation and Employment (Ch. 31) benefits, while payment to the institution is pending from the VA. This school will not:

- Prevent nor delay the student's enrollment;
- Assess a late penalty fee to the student;
- Require the student to secure alternative or additional funding;
- Deny the student access to any resources available to other students who have satisfied their tuition and fee bills to the institution, including but not limited to access to classes, libraries, or other institutional facilities.

However, to qualify for this provision, such students will be required to produce the Certificate of Eligibility by the first day of class. Application forms, information and assistance are available at the Department of Veterans Affairs offices. (www.gibill.va.gov or 1-800-827-1000). Additional information regarding financial aid can be found in both the Student Handbook and the College's website www.nycollege.edu/financialaid.

Academic Calendars

New York College of Health Professions is a trimester school. Each calendar year there are three 15 week trimesters with either a two or three week intercession between. Below are the academic calendars through the end of the 2023-2024 academic year.

Fall 2021 Trimester

August 30, 2021	Tuesday	Fall Trimester Begins
Sept 6	Monday	Labor Day/Closed
Sept 7	Tuesday	Add/Drop Deadline
Nov 1	Monday	Withdrawal Deadline
Nov 8	Monday	Spring Trimester Registration Begins
Nov 20	Saturday	Spring Trimester Registration Ends
Nov 25/26	Thurs/Fri	Thanksgiving Holiday/Closed
Dec 13	Monday	Fall Trimester Ends
Dec 24/25	Fri/Sat	Christmas Holiday/Closed

Spring 2022 Trimester

Jan 1, 2022	Saturday	New Year's Day Holiday/Closed
Jan 3	Monday	Spring Trimester Begins
Jan 10	Monday	Add/ Drop Deadline
Jan 17	Monday	Martin Luther King Jr. Day Holiday/Closed
Feb 21	Monday	President's Day Holiday/Closed
Mar 7	Monday	Withdrawal Deadline
Mar 14	Monday	Summer Trimester Registration Begins
Mar 26	Saturday	Summer Trimester Registration Ends
Apr 18	Monday	Spring Trimester Ends

Summer 2022 Trimester

Apr 15	Friday	Good Friday Holiday/Closed
Apr 17	Sunday	Easter Holiday/Closed
May 2, 2022	Monday	Summer Trimester Begins
May 9	Monday	Add/Drop Deadline
May 30	Monday	Memorial Day Holiday/Closed
July 4	Monday	Independence Day Holiday/Closed
July 5	Tuesday	Withdrawal Deadline
July 11	Monday	Fall Trimester Registration Begins
July 23	Saturday	Fall Trimester Registration Ends
Aug 15	Monday	Summer Trimester Ends

Fall 2022 Trimester

Aug 29, 2022	Monday	Fall Trimester Begins
Sept 5	Monday	Labor Day/Closed
Sept 6	Tuesday	Add/Drop Deadline
Oct 31	Monday	Withdrawal Deadline
Nov 7	Monday	Spring Trimester Registration Begins
Nov 19	Saturday	Spring Trimester Registration Ends
Nov 24/25	Thurs/Fri	Thanksgiving Holiday/Closed
Dec 12	Monday	Fall Trimester Ends
Dec 24/25	Sat/Sun	Christmas Holiday/Closed

Spring 2023 Trimester

Jan 1, 2023	Sunday	New Year's Day/Closed
Jan 2	Monday	Spring Trimester Begins
Jan 9	Monday	Add/Drop Deadline
Jan 16	Monday	Martin Luther King Jr. Day/Closed
Feb 20	Monday	President's Day/Closed
March 6	Monday	Withdrawal Deadline
March 13	Monday	Summer Trimester Registration Begins
March 25	Saturday	Summer Trimester Registration Ends
Apr 7	Friday	Good Friday/Closed
Apr 9	Sunday	Easter Sunday/Closed
Apr 17	Monday	Spring Trimester Ends

Summer 2023 Trimester

May 1, 2023	Monday	Summer Trimester Begins
May 8	Monday	Add/Drop Deadline
May 29	Monday	Memorial Day/Closed
July 3	Monday	Withdrawal Deadline
July 4	Tuesday	Independence Day/Closed
July 10	Monday	Fall Trimester Registration Begins
July 22	Saturday	Fall Trimester Registration Ends
Aug 14	Monday	Trimester Ends

Fall 2023 Trimester

Aug 28, 2023	Monday	Fall Trimester Begins
Sept 4	Monday	Labor Day/Closed
Sept 5	Tuesday	Add/Drop Deadline
Oct 30	Monday	Withdrawal Deadline
Nov 6	Monday	Spring Trimester Registration Begins
Nov 18	Saturday	Spring Trimester Registration Ends
Nov 23/24	Thurs/Fri	2023 Thanksgiving Holiday/Closed
Dec 11	Monday	Fall Trimester Ends
Dec 24/25	Sun/Mon	Christmas Holiday/Closed

Spring 2024 Trimester

Jan 1, 2024	Monday	New Year's Day/Closed
Jan 2	Tuesday	Spring Trimester Begins
Jan 9	Tuesday	2024 Add/Drop Deadline
Jan 15	Monday	Martin Luther King Jr. Day/Closed
Feb 19	Monday	President's Day Closed
March 4	Monday	Withdrawal Deadline
March 11	Monday	Summer Trimester Registration Begins
March 23	Saturday	Summer Trimester Registration Ends
March 29	Friday	Good Friday/Closed
March 31	Sunday	Easter Sunday/Closed
Apr 15	Monday	Spring Trimester Ends

Summer 2024 Trimester

Apr 29, 2024	Monday	Summer Trimester Begins
May 6	Monday	Add/Drop Deadline
May 27	Monday	Memorial Day/Closed
July 1	Monday	Withdrawal Deadline
July 4	Thursday	Independence Day/Closed
July 8	Monday	Fall Trimester Registration Begins
July 20	Saturday	Fall Trimester Registration Ends
Aug 12	Monday	Summer Trimester Ends

Full-Time or Part-Time Status

Full-time students are those enrolled in courses of 12 or more credits. Part-time students are those enrolled in courses of six to eleven credits per trimester. The recommended programs outlined on the following pages are designed for students who intend to devote their full time and energy to their studies. Many students, however, must work a full-time or part-time jobs while in attendance, or have other responsibilities outside of school. Therefore, many students spend more than nine or ten trimesters at the college. For these students, part-time courses of study are available.

School of Massage Therapy

The field of massage therapy is one of the fastest growing in complementary health care. Increasing acceptance and respect for holistic health care has created many new career opportunities for massage therapists. New York College of Health Professions offers an Associate in Occupational Studies (AOS) degree (AOS) in Massage Therapy. Our graduates consistently score in the upper percentiles of the New York State Massage Therapy Licensing Exam pass rates.

Research estimates that in 2015 massage therapy was a \$12.1 billion industry⁹. The Consumer Survey by the American Massage Therapy Association (AMTA) found that roughly 39.1 million US adults had a massage in 2015 and of those the overall mean was 4.35 massages in the past 12 months. 90% of consumers now believe that massage is beneficial to health and wellness, and that 91% believe it can be effective in reducing pain. Of those surveyed, 85% claim they received a massage for medical reasons (such as pain relief, soreness, injury recovery, migraines or stress). Massage is no longer solely for relaxation and pampering¹⁰.

As the field of holistic health care continues to expand, there is an even greater demand for massage therapists. Employment as a massage therapist is projected to grow by 22% between 2014 and 2024, faster than average for all occupations¹¹. Practitioners are needed in hospitals, wellness and western medical clinics, spas, sports programs, resorts, rehabilitation centers, health clubs and on cruise ships. There are growing specialties ranging from sports massage and pregnancy massage to stress management programs and treatment for cancer patients. As a Licensed Massage Therapist (LMT), you can work independently (67% are sole practitioners¹²) and be your own boss with your own practice, or you can choose to work with spas, resorts, medical facilities or in a group holistic/wellness practice. Students enrolled in the massage therapy program earn an accredited AOS degree and they become a licensed health care professional. With the growing recognition of the benefits of this health care field, it is an exciting time to study and become licensed in Massage Therapy.

The curriculum in the massage therapy program is comprehensive, integrating methodologies of the east and the west. Courses include those in western biosciences, as well as in eastern health care. The curriculum is designed to provide students with the knowledge and skills necessary for their personal and professional growth. Each student in the program receives comprehensive training in both Swedish (Western) massage and Asian bodywork, allowing them to become proficient in different techniques of massage therapy.

Western massage therapy, often referred to as “physiotherapy” and considered by many as “medical massage,” focuses on the manipulation of the body’s soft tissue to promote a balanced state of health.

⁹ IBIS World Industry Report OD6028 Massage Services, January 2015

¹⁰ American Massage Therapy Association 2015 Consumer Survey

¹¹ US Bureau of Labor Statistics

¹² American Massage Therapy Association 2015 Industry Survey

Specific strokes such as effleurage, petrissage, friction and stretching are taught by some of the finest instructors in the field of massage therapy

Asian bodywork combines traditional oriental medical principles for assessing imbalances in the energy system with a western approach to organ dysfunction. Like acupuncture, Asian bodywork focuses on the balance and movement of energy within the body. Whereas the acupuncturist inserts needles into the energy pathways to stimulate and move the energy, the Asian bodywork massage therapist relies primarily on the sensitivity and strength of the hands to manipulate the life energy. Asian bodywork techniques include both deep tissue manipulation that is used in other forms of massage, and the stimulation of energy movement that is the basis of oriental medicine.

All students study physical arts to improve balance, develop sensitivity, increase awareness, strength, and stamina, correct physical posture and energy alignment. An Introduction to Physical Arts class exposes students to Tai Chi Chuan, an ancient Chinese system of exercise and active meditation; Yoga, based on Taoist principles of postures and balancing of the body's energy systems; and Qi Gong, the practice of energy cultivation. Students may then choose the specific physical arts course they wish to continue with to fulfill this integral part of the curriculum in the massage therapy program. Regular practice of physical arts has been shown to produce many healthful effects, including better balance, a clearer mind and an increased ability to direct one's attention, all vital for a student's growth as a competent health care practitioner.

Before graduation, students complete their training with a clinical internship supervised by licensed experienced health care professionals. Through this internship, they have the valuable opportunity to develop proficiency in treating various pathological conditions.

Massage Therapy Program – Associate in Occupational Studies (AOS)

The massage therapy program is a 72-credit program which includes a concentration of electives in either sports massage or advanced massage techniques and can be completed in six trimesters or 24 months. Graduates of the program receive an Associate in Occupational Studies (AOS) degree in Massage Therapy. They are eligible to sit for the New York State Licensing Exam in Massage Therapy and the Massage and Bodywork Licensing Exam (MBLEx) for other state licensure.

This catalog outlines the recommended six trimester (24 month) program for the 72-credit program for students who intend to enroll full-time (12 credits per trimester). For students wishing to complete their degree program faster, it is possible to increase the amount of credits per trimester and complete the 72-credit program in 20 months. If a student must work or has other responsibilities while in attendance, part-time course schedules are available. Students enrolling for part time study must complete the program in no more than three years. *Recommended courses of study for the 72-credit program can be found beginning on page 28.*

Student to Instructor Ratio

The instructor to student ratio for technique classes is 16:1. If the class density exceeds 16 students, a Teacher Assistant is added, or another section is added. The instructor to student ratio for didactic classes may be up to 40:1.

Massage Therapy Law in the State of New York

Massage therapy has been a licensed profession in the state of New York since 1968. The licensed practitioner of massage therapy in New York state may treat patients without first obtaining a medical referral. Article 155 of the New York State Education Law contains the definition of the profession of massage therapy, as well as the scope of practice. The law states that a “Licensed Massage Therapist” is a practitioner who engages in “applying a scientific system of activity to the muscular structure of the human body by means of stroking, kneading, tapping, and vibrating with the hands or vibrators for the purpose of improving muscle tone and circulation.” The massage therapy curriculum at the college exceeds the current 1,000 hour requirement in New York state. Graduates from the College of Massage Therapy are well prepared academically and clinically to join the ranks of other health care professionals in the state of New York.

New York State Licensure Requirements

To qualify for a massage therapy license in the state of New York an applicant must fulfill the following requirements:

- Complete and file an application with the New York State Education Department.
- Candidate must be a high school graduate or have equivalent education.
- Candidate must be a graduate of a New York State registered Massage Therapy program or have equivalent education.
- Pass a written examination satisfactory to the Board and in accordance with the Commissioner’s regulations.
- Candidate must be either a United States citizen or alien lawfully admitted for permanent residence in the United States (USCIS I-551 Status/ “Green Card”).
- Candidate must be of good moral character as determined by the Department.
- Candidate must be at least 18 years of age.
- Candidate must hold current Red Cross or American Heart Association certification in CPR and First Aid.
- Initially a fee of \$108 is paid to the New York State Education Department and a fee of two-hundred and sixty dollars (\$260) to their testing agency. Thereafter, a triennial registration fee of fifty dollars (\$50) is required.
- Effective January 1, 2012, New York State Licensed Massage Therapists must complete 36 hours of mandatory continuing education for license re-registration every three years.

Program Graduation, Retention and Exam Rates

As indicated in the 2018-2019 HEDS report, the Massage Therapy Fall 2015 Full-time entering First Time and Transfer students' graduation rate is 42.1% percent with 13.2% still enrolled. The average pass rate on the August 2017 New York State Massage Therapy Examination by first-time candidates from New York College of Health Professions matched all NYS candidates with an 82% pass rate. Additional information regarding program outcomes can be requested from the Office of the Dean.

Admissions and other Requirements

All applicants to the massage therapy program must be high school graduates. Applicants must follow the admissions procedure outlined in this catalog on pages 11 to 13.

Clinic Entrance Examination

As part of its evaluation process, the School of Massage Therapy conducts a comprehensive Clinic Entrance Exam in order to:

- Afford an opportunity for systematic integrative review of knowledge and skills
- Boost student confidence
- Prepare students for clinical training
- Evaluate the progress of each student
- Provide institutional feedback on the effectiveness of teaching and course content

CPR & First Aid Certification

All students studying in the School of Massage Therapy are required to pass a basic CPR and First Aid course approved by either the American Red Cross or American Heart Association, including hands-on skills practice, prior to entry into clinic. A copy of their current CPR and First Aid Certificate is required to be on file in the massage therapy teaching clinic and a copy must be on file in the Registrar office.

Transfer Credits and Advance Standing

New York College of Health Professions does award credit for prior learning. To receive the AOS degree in massage therapy, the last two trimesters of full-time enrollment in the program must be completed at the College. All courses submitted for transfer credit will be evaluated for applicability to the selected curriculum and compliance with licensure requirements.

An applicant wishing to transfer from another institution must complete the regular application process including the academic requirements and supply the following documents:

- Each candidate must request an official transcript(s) for all prior course work and a complete course description or syllabus be sent to the Admissions Office.

- Applicants who wish to be considered for transfer credits in one or more subject areas must make their request in writing to the Admissions Office during the admissions process. Transfer credit can only be considered and awarded during a student's first academic year. Transcripts are evaluated by the Dean of the appropriate program. Transfer credit will be awarded for equivalent course work completed within the last 5 years with a grade of "B" (3.0) or better. An applicant will be notified in writing of transfer credit to be awarded. When all aspects of the transfer application are completed, an interview with the program Dean may be required. Transfer students must meet the admissions requirements in effect at the time of their official transfer.

Applicants to the College who have completed coursework equivalent to the programs offered at New York College of Health Professions are encouraged to apply to the College. Advanced standing applicants must submit all transcripts from previous institutions at the time of admission so that the appropriate course plan can be created for the applicant, and the correct courses can be registered.

Applicants that are registering as Advanced Standing can request that courses from their previous institutions be awarded in one of the following methods.

1. *Credit by Examination* – Qualified students may receive didactic course credits by taking and passing a written examination or a project equivalent to the final requirement of the course. An equivalent course is determined by the faculty of the department or division and must be approved by the program Dean. The maximum number of exemption credits that can be counted towards a New York College of Health Professions degree is 12. Transfer credits are in addition to exemption credits. Exemption credits will be awarded to degree students only. Requests for Challenge Exams must be made within the first year of study at the College, and a fee of \$325 is collected prior to the taking of the examination. If the Challenge Exam is successful, the credit is awarded and a grade of "AP" (Advanced Placement) is entered on the student's transcript. If the Challenge Exam is not successful, the student must take the course, and fee for the examination is applied to the tuition cost for the course.
2. *Prior Learning Assessment* – Prior Learning Assessment allows student to gain credit for learning that has occurred outside of the instruction provided by the college. For programs with a prerequisite of two-years of college education, students may be awarded a maximum of 30 credits (or 50% of the required credits, of that 50%, no more than 25% of the program clinical training requirements may be accepted as transfer credit) using one or more of the following assessment methods. For other programs, students may be waived from attending certain courses based on one or more of the following methods.
 - a. Standardized Exams - College credits may be earned by successfully passing one or more of the following proficiency exams: The College Scholarship Service's Advanced Placement (AP) Examination; the College Level Examination Program (CLEP); the American College Testing Program Proficiency Examination Program (PEP); exams of the US Armed Forces Institute (USAFI); and the Defense Activity for Non-Traditional Educational Support (DANTES); and the

Excelsior College Examinations. (These credits may be earned even while a student is enrolled at the College.)

- b. For Non-Collegiate Courses - Prior learning credit for non-collegiate courses may also be awarded based on recommended college level equivalencies established by the American Council on Education in The National Guide to Educational Credit for Training Programs and The Guide to Evaluation of Educational Experiences in the Armed Forces, and the New York State Education Department Program on Non-Collegiate Sponsored Instruction (PONSI).
 - c. Portfolio Method - Students may submit a portfolio of documents attesting to course equivalent learning that has been attained through work, non-traditional education, self-study or other non-sponsored forms of learning. Documents supporting this form of learning might include work projects, job descriptions, commendations, or licenses and/or certificates. Supporting letters from employers or other knowledgeable sponsors must accompany all portfolio submissions but are not enough alone to warrant the award of credit. Portfolio assessment is conducted by ad hoc faculty committees with expertise in the relevant subject matter to ensure that such applicants are adequately prepared academically to undertake the course of study at the College.
 - d. Challenge Examination - Students may apply to be excused from enrolling in a course based on their knowledge of the coursework. To demonstrate their knowledge, they will be offered a challenge exam covering the specific course content. Usually this exam will be comparable to comprehensive exams given in the course.
3. *Transfer Credit* – Work completed at another baccalaureate level academic institution will be considered for transfer credit. This form of credits is awarded based on a review of the student’s transcript from the prior institution and the equivalency of courses from the two institutions. Transfer credit will be approved only for courses that have been taken within the last five year and if a grade of “B” or better was earned. Transfer courses requested from prior to five years will be reviewed using one of the other methods outlined above.

Any student seeking to use one or more of the above methods to obtain credits in one of the programs at the College must obtain permission from the program Dean or director of the program.

Any matriculated student with a cumulative grade point average of 2.0 for the AOS program may apply for Prior Learning Assessment. Generally, students applying for this form of assessment have had significant work, military or similar experience. The college may accept credit toward its admissions requirements that has been awarded by portfolio assessment or may accept more than 50% of credit toward its admission requirement earned through Credit by Examination if that assessment was performed and credit was awarded by an institution (other than New York College) accredited by an agency recognized by the U.S. Secretary of Education.

All requests for Prior Learning Assessment must be submitted to the program Dean in a timely fashion so that the award of credit can be completed before the end of the student’s first year of enrollment. Requests for the assessment of prior learning must be accompanied by an Application for Prior Learning Form, relevant documentation, and the assessment fee of \$325 per course.

Note: Although a student may be awarded credit through Prior Learning Assessment, some state agencies and some institutions may not accept prior learning credits that have been awarded by a non-regionally accredited institution.

The program Dean's decision will be forwarded to the Registrar. The award will be indicated on the transcript by the letters PL and will have no bearing on the student's grade point average. Students who wish to challenge the program Dean's award of credit should follow the academic appeals policy, which appears in the Student Handbook.

Courses of Study

MASSAGE THERAPY PROGRAM (AOS) – Full Time			
<i>Six Trimester Recommended Course of Study - 72 Credits/1380 to 1530 Hours</i>			
Year 1 - 36 Credits/705 or 720 Hours			
Trimester 1	12 Credits/225 Hours	Credits	Hours
HS 111	Anatomy and Physiology I	4	75
HS 113	Myology I	3	45
OS 106	Holistic and Public Health	2	30
WT 101	Swedish Technique I	2	45
PA 300	Introduction to Physical Arts	1	30
Trimester 2	12 Credits/210 Hours	Credits	Hours
HS 112	Anatomy and Physiology II	4	75
HS 201	Myology II	3	45
OS 110	Fundamental Theory of Channels and Points	3	45
WT 202	Swedish Technique II	2	45
Trimester 3	12 Credits/255 or 270 or 285 Hours	Credits	Hours
WT 213	Medical Massage I	2	45
WT 110	Swedish Practice Lab	1	30
AT 110	Asian Bodywork I	2	45
WT 218	Reflexology (Required may be taken in another trimester)	2	45
PA 301/311/321	Tai Chi I/Yoga I/Qi Gong I (U)	1	30
HS 214	Neurology	3	45
	Elective	1	15-30
Year 2 - 61 Credits/1125 Hours			
Trimester 4	12 Credits/225 or 240 or 255 hours or 270 hours	Credits	Hours
C 200	Introduction to Clinic	1	15
HS 215	Kinesiology	3	45
WT 214	Medical Massage II	2	45
AT 210	Asian Bodywork II	2	45
	Electives	4	75-120
Trimester 5	12 Credits/240 or 255 or 270 Hours	Credits	Hours
HS 202	Pathology I	3	45
AT 220	Asian Bodywork III	2	45
M 204	Medical Ethics/Practice Management	2	30
C 201	Massage Therapy Clinic I	2	60
	Electives	3	60-90
Trimester 6	12 Credits/225 or 240 or 255 hours or 270 hours	Credits	Hours
HS 203	Pathology II	3	45
TMR 101	Total Massage Review	2	30
C 202	Massage therapy Clinic II	3	90
	Electives	4	75-120

MASSAGE THERAPY PROGRAM (AOS) – Part Time			
<i>Nine Trimester Recommended Course of Study – 72 Credits/1380 to 1530 Hours</i>			
Year 1 - 24 Credits/435 Hours			
Trimester 1	8 Credits/150 Hours	Credits	Hours
HS 111	Anatomy and Physiology I	4	75
OS 106	Holistic and Public Health	2	30
WT 101	Swedish Technique I	2	45
Trimester 2	8 Credits/150 Hours	Credits	Hours
PA 300	Introduction to Physical Arts	1	30
HS 113	Myology I	3	45
HS 112	Anatomy and Physiology II	4	75
Trimester 3	8 Credits/135 Hours	Credits	Hours
OS 110	Fundamental Theory of Channels and Points	3	45
HS 201	Myology II	3	45
WT 202	Swedish Technique II	2	45
Year 1 - 24 Credits/435 Hours			
Trimester 4	8 Credits/195 Hours	Credits	Hours
WT 213	Medical Massage I	2	45
WT 110	Swedish Practice Lab	1	30
AT 110	Asian Bodywork I	2	45
WT 218	Reflexology (Required may be taken in another trimester)	2	45
PA 3X1	Tai Chi I/Yoga I/Qi Gong I	1	30
Trimester 5	8 Credits/130 Hours	Credits	Hours
HS 214	Neurology	3	45
WT 214	Medical Massage II	2	45
HS 215	Kinesiology	3	45
Trimester 6	8 Credits/150 or 180 Hours	Credits	Hours
AT 210	Asian Bodywork II	2	45
C 200	Introduction to Clinic	1	15
M 204	Medical Ethics/Practice Management	2	30
	Electives	3	60-90
Year 3 - 24 Credits/ Hours/495 or 585 Hours			
Trimester 7	8 Credits/165 or 225 Hours	Credits	Hours
AT 220	Asian Bodywork III	2	45
	Electives	6	120-180
Trimester 8	8 Credits/165 Hours or 195 Hours	Credits	Hours
HS 202	Pathology I	3	45
C 201	Massage Therapy Clinic I	2	60
	Electives	3	60-90
Trimester 9	8 Credits/165 Hours	Credits	Hours
HS 203	Pathology II	3	45
TMR 101	Total Massage Review	2	30
C 202	Massage therapy Clinic II	3	90

Electives for 72 Credit Massage Therapy Program			
Course Code	Course Name	Credits	Hours
AT 216	Thai Massage	2	45
EL 101	Western Nutrition***	1	15
EL 104	Aromatherapy: Therapeutic Use	2	30
EL 105	Pregnancy and Infant Massage	2	45
EL 106	Clinical Reflexology Theory and Practice	2	45
EL 107	Introduction to Western Herbs	2	30
EL 108	Palpation Lab	1	30
HS 114	Clay Anatomy 1	1	30
HS 115	Clay Anatomy 2	1	30
WT 209	Therapeutic Chair Massage	1	30
WT 211	Corporate Chair Massage	2	45
WT 212	Sports Massage	2	45
WT 216	Trigger Point Therapy 1	2	45
WT 220	Trigger Point Therapy 2	2	45
WT 231	Deep Tissue Massage	1	30
WT 240	Introduction to Sports Massage	3	45
WT 252	Assessment/Exercise Prescription/Instruction	2	30
WT 254	Nutrition and Weight Management***	2	30
PA 301-9	Tai Chi Chuan Courses	1	30
PA 311-5	Hatha Yoga Courses	1	30
PA 321-4	Qi Gong Courses	1	30
	***Courses MUST Be Taken Concurrently		

Massage Therapy Course Descriptions

Please understand that not all courses are offered each trimester. Please check the current course schedule to determine what courses are being offered. The course schedule is developed by the program Dean and provides the most current information available. All information including class meeting times and locations, faculty names and course offerings are subject to change without notice or obligation. The College reserves the right to cancel classes with low enrollment or to modify the sequence of courses that don't require prerequisites or corequisites.

ASIAN TECHNIQUE (AT)

AT 110 Asian Bodywork 1 - 2 credits

This course introduces the basic techniques of Asian Bodywork. Asian Bodywork (Tui Na) is regarded as one of the three limbs of Oriental Medicine, the other two being acupuncture and herbalism. It is a highly refined and complex system of bodywork therapy which combines the use of traditional Chinese medical principles for assessing and evaluating general imbalances in the energetic system and a Western approach to organ dysfunctions. Tui Na is a holistic style of bodywork, which restores, promotes, and maintains

optimum health through the treatment of the physical body, the bioenergy, and the emotions, which reflect and are bound into the neuromuscular system. The techniques used in Tui Na focus on balancing the musculoskeletal system and promoting the proper circulation of Qi, Blood and Fluids, which regulate all the physiological processes of the body. In Tui Na the energy system is balanced through bodywork techniques as compared to acupuncture which uses needles, or herbalism which relies on the ingestion of medicinal substances. Asian Bodywork Technique I introduces the location and manipulation of the Cutaneous Regions, Tendino-Muscle channels and the Primary channels located on the anterior surface of the body, thereby affecting all the systems of the mind-body complex. Tui Na manipulative techniques, hand exercises and other physical exercises begin the development of sensitivity, relaxation, and strength. A key to Tui Na is the strength and sensitivity of the practitioner's hands that manipulate Qi within the patient to restore the balance of energies essential for good health and disease prevention. At the completion of this course the student will have a generalized knowledge of the energetic system, as well as the basic technical skills necessary to complete the anterior portion of the basic Tui Na technique. The student also will be introduced to diagnosis using observation, tongue, and pulse.

Prerequisite: OS 106

AT 210 Asian Bodywork 2 - 2 credits

Asian Bodywork II introduces techniques for treatment of conditions affecting the posterior aspects of the body. Asian Bodywork II introduces the location and manipulation of the Cutaneous Regions, Tendino-Muscle channels and the Primary channels located on the posterior surface of the body thereby affecting all the systems of the mind-body complex. Asian manipulative techniques, hand exercises and other physical exercises begin the development of sensitivity, relaxation, and strength. At the completion of this course, the student will have a

generalized knowledge of the energetic system, as well as the basic technical skills necessary to complete the posterior portion of the Asian Bodywork treatment.

Prerequisite: AT 110, OS 106, OS 110

AT 220 Asian Bodywork 3 - 2 credits

This course is an expansion of the foundation laid in Fundamentals of Holistic Health, Fundamental Theory/Channels and Points, and Asian Bodywork I & II where students were introduced to the principles of East Asian Medicine. In this course, the student will learn a more advanced and solid foundation for their practice and their development as practitioners of Asian Bodywork. The course will give more detail on the diagnostic principles and how they lead to Pattern Identification and treatment. At the end of this course, the student will be able to conduct a more advanced assessment of the patient from an East Asian medical perspective and thereby be able to treat the patient more effectively. Class discussion will also include general nutritional and lifestyle recommendations, specific protocols, and specific case studies as they relate to the more in-depth assessments and various pathologies reviewed.

Prerequisite: AT 210

AT 301 Shiatsu 1 - 2 credits

This course offers an introduction to the fundamental principles and practice of Shiatsu. It includes the history, development and applications of the different styles of Shiatsu with an emphasis on the Zen tradition. Students will learn basic principles of pressure, how to use body mechanics including proper positioning and movement, and a series of sequential techniques referred to as the "form". This course will focus on the form in the prone and supine positions.

Prerequisite: OS 301

AT 302 Shiatsu 1 - 2 credits

This course follows and builds on AT 301, Basic Shiatsu 1. Principles of pressure will be refined and applied to the form in the side and sitting positions. Review of the prone and supine positions will also be covered. An introduction to the elective courses Applied Shiatsu 1 & 2, in which diagnosis and treatment protocols are studied, will be offered for those considering pursuing their Shiatsu practice in more depth.

Prerequisite: AT 301

CLINIC (C)

C 200 Introduction to Massage Therapy Clinic - 1 credit

This course is the first part of the student's clinical experience. It is designed as an introduction to the clinical process in order to prepare students for the clinic environment. The course is conducted in the classroom with emphasis on clinic policy and procedure, clinical behavior and professionalism, and proper patient care. Students are given important clinic information related to infectious conditions/blood-borne pathogens, OSHA and the College's Privacy Policies and Procedures. Students are taught how to properly perform client intake and develop treatment plans.

Prerequisites: AT 110, HS 112, HS 201, OS 110, WT 202, HS 214, WT 210, WT 213 / Co-requisites: AT 210, HS 215

C 201 Massage Therapy Clinic 1 - 2 credits

In Clinic I, students are responsible for the completion of 23 full-body Asian treatments and 22 full-body Western treatments for a total of 45 treatments. An additional 13 hours are required for paperwork, 2 Clinic Rounds, conferences with Clinic Supervisors, and other tasks essential for the efficient running of the clinic.

Prerequisite: C200 / Co-requisites: AT 220, HS 202, WT 214 / CPR and First Aid Certification

C 202 Massage Therapy Clinic 2 - 3 credits

In Massage Therapy Clinic II, students are responsible for the completion of 37 Western treatments and 38 Asian treatments, for a total of 75 treatments and are required to complete a Case Study Paper. An additional 13 hours are required for paperwork, research, conferences with Clinic Supervisors, 2 Clinic Rounds and other tasks necessary for the efficient running of the clinic.

Prerequisite: C 201 / Co-requisite: HS 203

HEALTH SCIENCES (HS)

HS 111 Anatomy & Physiology 1 –4 credits

This course is designed to provide an understanding of the structure and function of the major systems of the body. Basic anatomical terminology and directional terms are introduced and demonstrated, followed by study of concepts in basic chemistry, cell and tissue biology. This course also focuses on the structure and function of the integumentary, skeletal, muscular and nervous systems. The student will be guided through the surface anatomy of the skeletal system utilizing a regional approach, with emphasis on important palpatory landmarks and sites of attachments for tendons and ligaments. 45 hours lecture; 30 hours lab.

Prerequisite: None / Co-requisite: HS 113

HS 112 Anatomy and Physiology 2 – 4 credits

Anatomy and Physiology 2 continues the study of the basic structure and functions of the human body which had begun in Anatomy and Physiology 1. This course provides an in-depth study of blood and the cardiovascular system, the lymphatic, respiratory, digestive,

endocrine, urinary, and reproductive systems of the human body. The student learns to identify and locate the major tissues and organs of these systems and to describe their functions. Basic concepts in nutrition and metabolism are introduced following the study of the digestive system. At the conclusion of this course, the student should understand the normal anatomical and physiological relationships among all the major systems in the human body. Lab work includes the use of tissue slides; tissue and organ models; charts and illustrations; instructional videotapes; medical equipment; physical examination/ palpation of superficial lymph nodes; and basic lung auscultation and spirometry to illustrate the structure and functions of the lymphatic, respiratory, digestive, endocrine, urinary, and reproductive systems. 45 hours lecture; 30 hours lab.

Prerequisite: HS 111

HS 113 Myology 1 - 3 credits

Myology 1 is a detailed study of the muscular system of the body, including nomenclature, histology, anatomy and physiological aspects of the system. Myology 1 deals only with the muscles located in the head, neck and trunk. Superficial and postural muscles are emphasized. The student will learn the origin and insertion of each muscle, and to physically locate, palpate and demonstrate the action of the major muscle groups. A keen awareness of the skeletal structure is needed for the student to participate in the practice of palpation and muscle testing.

HS 201 Myology 2 - 3 credits

Myology 2 continues the study of the muscular system, with emphasis on the origins and insertions of the muscles of the extremities. Through supervised practice, students gain confidence and experience in the art of muscle palpation. Demonstration of muscle actions is an integral part of the course. This practical training supports the development of massage technique.

Discussions of clinical conditions that may affect the upper and lower extremities are included when relevant to the practice of Massage Therapy. 30 hours lecture; 15 hours practicum.

Prerequisite: HS 113

HS 202 Pathology 1 - 3 credits

Pathology 1 is an introduction to the study of human disease conditions. The scope of practice, goals of treatment, and various treatment modalities will be discussed for certain neuromusculoskeletal and organic diseases, with emphasis on indications and contraindications for treatment of these conditions. Basic concepts such as cellular adaptation, the inflammatory response, types of pain, tissue repair and healing, hot and cold therapies, genetic and developmental diseases, will be addressed in the early part of the course. During the second half of the course, fractures; whiplash; soft tissue injuries; repetitive stress disorders; arthritis and associated disorders; bursitis/ tendonitis; deformities; muscular diseases; bone diseases; neurological conditions and skin diseases will be discussed.

Prerequisites: HS 112, HS 201, HS 214

HS 203 Pathology 2 - 3 credits

This course continues the study of human disease conditions. Topics discussed include the immunological diseases, cancers, blood and cardiovascular diseases, gastrointestinal diseases, urinary disorders, endocrine diseases, disorders of male/female reproductive system and respiratory system. Holistic treatments and lifestyle issues are emphasized where applicable.

Prerequisite: HS 202

HS 214 Neurology - 3 credits

Neurology is a detailed study of one of the major regulatory systems of the body. The course includes information on the histology, anatomy & physiology of the nervous system including the spinal cord and spinal nerves, the brain

and cranial nerves, the sensory, motor and integrative systems and the autonomic nervous system. The major spinal nerve plexuses are discussed, and common clinical problems are also covered.

Prerequisite: HS 112

HS 215 Kinesiology - 3 credits

Kinesiology is an introduction to the study of movement of parts of the human body. This course begins with a discussion of the scope of kinesiology and a definition of movement as it applies to the human body. The student will learn to apply kinesiology to the body by learning assessment of the major regions of the body. The student will learn medical history taking, posture evaluation, muscle length testing, and palpation, active range of motion evaluation, passive range of motion evaluation, muscle testing, and some regional orthopedic testing. With this assessment information the therapist will be able to determine if massage therapy is appropriate and will be able to monitor the patient's progress.

Prerequisites: HS 112, HS 201

MANAGEMENT (M)

M 204 Medical Ethics/Practice Management - 2 credits

The first half of this course is designed to introduce students to the concepts and the philosophy of professional thinking and conduct. It emphasizes the importance of professional practice and the responsibilities students need to address to develop and maintain ethical values and behavior. This course will examine in depth several issues in ethics, decision-making, and the continued growth of professional identity for the health care professional. Instructional methods include lecture and discussion, with emphasis on appropriate role playing, focusing on the dynamics of communication, interpersonal relationship skills with clients and dealing with the experiences of a client having emotional release

during a treatment. The second half of this course will teach students how to develop and manage a massage therapy practice. It will provide a foundation for the student's emerging identity as a professional health care provider. Students will learn how to maintain the highest ethical and professional standards in their practices and to identify ways that they can engage in a successful, profitable and ethical business.

ORIENTAL SCIENCES (OS)

OS 106 Fundamentals of Holistic Health and Public Health - 2 credits

This course will focus on educating health care providers about health care information and options; expand and shape new perceptions, attitudes, and behaviors about health and healing; and explore caring-healing interventions for a healthier, balanced life. Holistic living is enhanced with the integration of daily self-care and complementary and alternative therapies. Living a healthy and balanced life requires that each person address his or her own body-mind-spirit needs and nurture the spiritual qualities of life. Public Health topics examined in the course include infection control procedures for the health care practitioner and the patient/client and environmental health and lifestyle issues which impact the health of individuals and the population in general. Prevention, interventions, programs and services within the Public Health System will also be studied. This course will also focus on the nature and distribution of energy throughout the human body. An introduction to the fundamental philosophical principles of Oriental medicine which form the basis of Asian Bodywork will be introduced. The Taoist Cosmology, principles of energy from ancient and modern viewpoints will be discussed, followed by a more detailed study of Oriental concepts, including Yin/Yang, 5 Element Theory and a brief introduction to Channels and Points.

OS 110 Fundamental Theory/Channels and Points - 3 credits

This course focuses on the nature and distribution of energy throughout the human body. Included is an introduction to the fundamental philosophical principles of Oriental medicine which form the basis of Asian Bodywork, as well as an in-depth study of the channel system. Included in this course's curriculum is a basic study of the qualitative distribution of energy and its areas of influence. The course introduces the concept of the Organs, the viscera and the bowels, and their functional roles in energy development and utilization. The Taoist Cosmology, principles of energy from ancient and modern viewpoints will be discussed, followed by a more detailed study of Oriental concepts, including Yin/Yang, the TCM concept of the Organs, the Channels, the Five Elemental Energies and their Correspondences, and the Six Stages of Yin and Yang. The second half of this course begins the detailed anatomical and physiological study of all the Primary Channels, as well as the Conception and Governing Channels. A portion of this course will be spent measuring and palpating the pathways and major points on the Primary Channels. In addition, the physiology of the Organs and Channels will be reviewed. Major points and their functions will be included, as well as study of the associated Luo Channels, Tendino-Muscle Channels and Cutaneous Regions.

Prerequisite: OS 106

PHYSICAL ARTS (PA)

PA 300 Introduction to Physical Arts – 1 credit

This class introduces the students to an overview of each of the three main physical art forms taught at New York College. The students will receive introductory training in Yoga, Tai Chi, and Qi Gong. After completing Introduction to Physical Arts students choose which physical arts form, they want to focus on while attending the

College. After taking this introduction course, Massage Therapy students are required to complete at least one trimester of a Physical Art of their choice in order to satisfy graduation requirements. GSOM students are required to complete at least three trimesters of a Physical Art of their choice in order to satisfy graduation requirements. A student may change Physical Arts disciplines to fulfill the trimester requirement (i.e. from Tai Chi to Yoga, or Yoga to Qi Gong, etc.) but must then begin with the Level I of the new discipline.

Tai Chi Chuan

Tai Chi Chuan, an ancient Chinese system of exercise, is intended to be the beginning and the basis of on-going practice in physical development and training necessary for any Oriental Medicine practitioner. This series of courses, Tai Chi Chuan I-III, introduces the basic techniques and movements for developing sensitivity to and awareness of the Qi, or energy, in one's own body. Tai Chi Chuan, a Taoist form of exercise and active meditation is studied for the development of sensitivity, increasing levels of awareness, strength and stamina, correct physical posture and alignment, as well as the increased flow within and control of the practitioner's energy system. As a result of the development of greater degrees of energy, concentration and increasing levels of awareness, the movement of Qi becomes a cognitive experience leading the practitioner to a point of direct experience of the energy deficiencies and excesses, as they exist in the physical body of the patient – an essential assessment skill necessary for becoming competent in the field of Oriental Medicine. Tai Chi also provides an excellent means for increasing one's health and vitality.

Prerequisite: PA 300

PA 301 Tai Chi Chuan 1 - 1 credit

PA 302 Tai Chi Chuan 2 - 1 credit

PA 303 Tai Chi Chuan 3 - 1 credit

PA 306 Tai Chi Chuan 4 - 1 credit

PA 307 Advanced Concepts & Applications in Tai Chi Chuan - 1 credit

Students will be introduced to advanced concepts and applications in Tai Chi Chuan such as opposite side/equal development, feet only/weight shift development, seated Tai Chi, and self-defense applications.

PA 308 Advanced Tai Chi Chuan - 1 credit

For those who have completed the initial Tai Chi Chuan form. Class consists of "corrections", "push hands", and "sword form."

PA 309 Advanced Push Hands & Rooting Applications in Tai Chi Chuan - 1 credit

Students will be introduced to advanced push hands and rooting applications in Tai Chi Chuan such as softness overcoming hardness, yielding and redirecting a stronger force, investing in loss, not using force against force, listening to and developing sensitivity to an opponent's energy, and many other advanced push hands and rooting applications.

Tai Chi Chuan Instructor Certification

Full Tai Chi Chuan Instructor Certification is awarded by passing the following courses with a "B" (3.0) average or better: Tai Chi Chuan 1, 2, 3, & 4, and 3 trimesters of Advanced Tai Chi Chuan – AND – Student Teaching for 60 hours or 30 classes – AND – passing a comprehensive exam.

Qi Gong

Classes in Qi Gong are designed to introduce students to the practice of energy cultivation. By integrating the understanding learned in theory classes with personal and practical experience, the student will achieve a greater recognition and insight into the fundamental knowledge of Traditional Chinese Medicine. In the process,

students learn many exercises with great healing potential applicable for the promotion of general health and specific self-remedies for Zang-Fu disharmonies. This class complements the Tai Chi Chuan coursework and enables a more refined and powerful benefit from Tai Chi and other Eastern internal arts practices. With regular practice, students gain inner confidence, health and mental/emotional poise.

Prerequisite: PA 300

PA 321 Qi Gong 1 - 1 credit

PA 322 Qi Gong 2 - 1 credit

PA 323 Qi Gong 3 - 1 credit

PA 342 Qi Gong 4 - 1 credit

Qi Gong Instructor Certification

Full Qi Gong Instructor Certification is awarded by passing the following courses with a B (3.0) average or better: Qi Gong 1, 2, 3 & 4 – AND – Student Teaching for 80 hours or 40 classes – AND – passing a comprehensive exam.

The Advanced Yoga Institute at New York College of Health Professions

The Advanced Yoga Institute at New York College of Health Professions offers a four (4) trimester course leading to certification as an Assistant Yoga Instructor. This one credit per trimester course offers 120 hours of yoga instruction consisting of Yoga 1, 2, 3 and 4, or Yoga 1, 2, 4 and Advanced Yoga.

Initially, the student experiences the 31 posture flow series of Hatha Yoga. Detailed instructions are given in proper breath control as it relates to the movement of the body into and out of poses. Focus here is on the internal working of the breath within the posture, developing a one-pointed mind. Emphasis is placed on postures offering the least chance of injury yet letting the body open.

Moving from Yoga 1 to Yoga 2, the series continues with emphasis not only on postures, but also on the meditative aspect of yoga, performed while doing postures and in seated meditation. Here breathing exercises called Pranayama are introduced to further develop the mind and body. At this point the focus is not on “putting your foot behind your head,” but on clearing the mind of thought.

Yoga 3 finishes the 31-posture series and introduces the student to physical and mental disciplines designed to enable him/her to “remain calm in an uncomfortable situation” while moving forward on the path of life.

In Yoga 4 the students are introduced to various teaching methods, working with each other on correcting poses and understanding how to touch students, comfortably without causing injury, with emphasis not on perfecting the postures but on stilling the mind.

Each class is preceded by a lecture on various aspects of yoga and is ended with a twenty-minute relaxation, culminating in a feeling of physical and mental calmness that leads to an inward discovery of peace. Hatha Yoga is one of the most highly evolved systems of physical development. In this course the student is introduced to the various asana (postures) that are based on the integration of Taoist principles of relaxed action and traditional yoga postures. If consistently practiced, the asana help the student develop kinesthetic awareness, relaxation, muscular strength, endurance, flexibility, and concentration. The asana also focus on balancing the energy system through spinal alignment and proper breathing. The practice of Hatha Yoga harmonizes and balances the body on many levels essential for good health and well-being. Students who complete Hatha Yoga 1 - 3 will be eligible to take Hatha Yoga 4, which will lead to a teaching assistant certification.

Prerequisite: PA 300

PA 311 Hatha Yoga 1 - 1 credit

PA 312 Hatha Yoga 2 - 1 credit

PA 313 Hatha Yoga 3 - 1 credit

PA 314 Hatha Yoga 4 - 1 credit

PA 315 Advanced Yoga - 1 credit

Advanced Yoga builds on the teachings of Yoga 1 - 4 classes. Through the physical practice of Yoga postures, the practitioner begins to develop an inner awareness leading to the development of intuitive judgment found within the calm mind. The development and cultivation of Prana (energy) enables the practitioner of the healing arts to transfer energy to the patient. Yoga also develops a strong, flexible body resulting in increased health.

The following subjects will be explored:

- 1) Pranayama Breathing exercises and their relationship to meditation.
- 2) Moving meditation while performing asana.
- 3) Seated meditation using various points of concentration within the body.
- 4) Variations of the postures taught in Yoga 1 - 4.
- 5) New postures to build strength and discipline.
- 6) The application of the Bandas (Muscular Locks) in Pranayama Breathing.
- 7) Opening up the major meridians within the body.
- 8) Understanding prana as an energy intelligence residing both inside and outside of the individual.
- 9) Discovering the true essence while meditating on the breath.
- 10) Realizing calmness within sensation by holding long asana.

Yoga Instructor Certification

Full Yoga Instructor Certification is awarded by passing the following courses with a B (3.0) average or better: Yoga 1, 2, 3 and 4, or Yoga 1, 2, 4 and Advanced Yoga – AND – Student Teaching for 80 hours or 40 classes – AND – passing a comprehensive exam.

TOTAL MASSAGE REVIEW (TMR)

TMR 101 Total Massage Review - 2 credits

This course offers an in-depth review designed to successfully pass the New York State Massage Therapy Board examination and the National Certification Exam for Therapeutic Massage. The course will review test taking skills, studying for the examination, and anxiety relieving techniques. Health sciences classes to be reviewed include Anatomy and Physiology I and II, Myology I and II, Neurology, Kinesiology, Palpation, Arthrology, and Pathology modalities. Eastern theory will include a review of Fundamental Theory. There will be achievement practice examinations along with a simulated practice State Board examination.

Prerequisite: C 201 / Co-requisite: C 202

WESTERN TECHNIQUE (WT)

WT 101 Swedish Technique 1 - 2 credits

In this course a brief overview of the history of massage is presented, as well as the fundamental principles and physiological effects of Swedish (Western) massage techniques. The application of the basic strokes of Swedish technique to the supine patient will be defined and demonstrated, including proper use of massage oils, table, and draping techniques as well as the indications and precautions for massage. At the completion of the course, the student will have a general knowledge of the Swedish massage principles and techniques necessary to complete the anterior portion as well as the posterior body.

Pre-Requisite / Co-requisite: HS 113

WT 110 Swedish Practice Lab - 1 credit

Swedish Practice Lab is a course that prepares the student for more advanced knowledge of massage therapy. This course reinforces the student's ability to understand and explain the modality of Swedish massage. Students will also work on refining their body mechanics, increasing their palpation skills, and Swedish technique.

Prerequisite: WT 202/ Co-Requisite: WT 213

WT 202 Swedish Technique 1 - 2 credits

A review of the basic strokes to the anterior of the body, reinforcing proper use of massage oils, table and draping techniques while emphasizing the development of sensitivity and joint movement exercises. A variety of exercises for increasing endurance, strength and concentration are incorporated into the massage to enhance its focus while hands-on instruction will be focused to the posterior of the body. A detailed orientation to the procedure, requirements and entire clinic process will be given during the final weeks of this course as the massage student becomes the massage clinician. At the completion of the course, the student will be able to begin assessing various physical conditions and will have the basic palpatory and massage skills necessary to give a complete one-hour Swedish massage.

Prerequisite: WT 101 / Co-requisites: HS 112, HS 201

WT 213 Medical Massage Technique 1 - 2 credits

Medical Massage Technique I prepares the clinician for the advanced course work of applying Western technique to an existing pathological dysfunction. Review of fundamental principles and physiological effects of massage, its indications and precautions, as well as specific soft tissue techniques are taught in preparation for the treatment of injuries. Included is instruction in trigger point therapy, deep tissue

manipulation, orthopedic assessments and special tests, and a variety of more advanced Western techniques. Students are taught to practice specific patterns for common pathological conditions, incorporate active and passive exercises, and how and when to employ them. At the completion of the course, the clinician will have a greater knowledge of Western massage principles, techniques and the basic skills necessary to give a massage treatment.

Prerequisite: WT 202

WT 214 Medical Massage Technique 2 - 2 credits

Medical Massage Technique 2 presents the future massage therapist with a wider and deeper understanding of soft tissue techniques and their effects on the human body. Therapists are instructed in specific patterns for common pathological conditions, the use of trigger point therapy, deep tissue manipulation, and introducing a variety of connective tissue techniques to their treatment protocol. Indications, precautions and possible contraindications for massage are re-emphasized in class discussion along with the effects of stress on the mind/body complex and its role in disease. Networking is encouraged for patient recommendations, as the professional massage therapist develops effective communication skills with other licensed health professionals. Clinical case histories are studied as the massage therapist develops a treatment protocol for the individual patient. At the completion of the course, the massage therapist will have deeper understanding of Western massage principles and the various techniques used when giving a massage treatment. The future therapist will have the ability to develop a patient treatment plan for an existing pathological dysfunction including short- and long-term goals.

Prerequisite: WT 213

WT 218 Introduction to Reflexology - 2 credits

This introductory course will include a study of the principles and history of foot Reflexology. The location of reflex areas and points on the feet which relate to corresponding parts of the body will be taught, as well as the application of various Reflexology techniques. Students will learn the basic skills and practices for performing a foot Reflexology treatment from class demonstration and participation.

Prerequisites: HS 111, HS 112, WT 101 / Co-requisite: WT 202

ELECTIVES (In alphabetical order by course code)

These courses cover a variety of subjects, giving students the opportunity to expand their knowledge in areas of interest. Students are responsible for signing up for elective courses as they choose but must complete the required number of elective hours in their program prior to graduation. Suggested elective hours for each trimester are shown on each recommended course sequence.

AT 216 Thai Massage - 2 credits

This course will introduce the student to the basic techniques of Thai massage. Thai massage can improve circulation and produce the experience of deep relaxation throughout the body. Benefits of the Thai Massage include improved blood and lymph circulation, pain relief, improvements in digestion, absorption of nutrients and elimination of waste products.

Prerequisite: OS 110

EL 101 Western Nutrition - 1 credit

This course reviews the digestion and assimilation of carbohydrates, proteins, and fats and the role of vitamins and minerals in these processes. Current issues and trends in nutrition will be discussed.

Prerequisites: HS 111, HS 112, Co-requisite WT 254

EL 102 Stone /Pregnancy/ Infant Massage - 1 credit

This course covers the incorporation of hot stones as an adjunct to the Swedish massage. The course will also cover concerns of massaging the pregnant patient and infant, and specifically, positioning, indications, and contraindications of massaging the pregnant female and infant.

Prerequisites: WT 102, HS 112

EL 103 Essential Oils - 1 credit

This course introduces the student to the role that plants, and essential oils have on the physical, emotional, and spiritual well-being of individuals. The class will open the students to the world of healing scents that have been used for centuries in the science of essential oil therapy. Multiple uses for scents and specific techniques will be discussed. Mixtures of oils will be created by students for use in the massage therapy practice.

Prerequisite: HS 111

EL 104 Aromatherapy: Therapeutic Use – LAB FEE APPLIES - 2 credits

This course provides a true foundation into the world of essential oils in skin, body and health care. Plant chemistries are examined as a way of revealing and understanding the complex vital role in the ecological balance of our planet as well as the documented medicinal uses for physical, emotional and spiritual homeostasis. This course will help the student gain an understanding of the

benefits of Aromatherapy as the tools to achieve desired medicinal therapies to use in practice and everyday life. Students will learn how chemical configurations create not only scents that affect the limbic system of the brain but will also be introduced to alternative gateways within the multitude of uses of essential oils and how to implement them within treatment.

Pre-requisite: HS 111

EL 105 Pregnancy and Infant Massage - 2 credits

This is a hands-on course that introduces the basic techniques of Prenatal, Postnatal and Infant Massage. This course will cover contraindications and precautions when working with pregnant women, proper draping and bolstering techniques and how to administer a massage in side-lying position. Postnatal concerns will be addressed, including how to reduce incidence of post-partum depression. The Infant Massage section will cover indications, cues (an infant's method of communication), contraindications and stretches. This course also covers the benefits of massage for both infant and caregiver, and concerns of the infant/child with special needs focusing on pathologies such as ADD/ADHD, Asperger's syndrome, Down's syndrome and other conditions.

Prerequisites: HS 112, WT 202

EL 106 Clinical Reflexology Theory and Practice - 2 credits

This course is a continuation of the Introduction to Reflexology course and goes beyond a general relaxation treatment to include treatment protocols for common medical conditions. Students will be instructed on how to determine areas of emphasis for those treatments. Included will be various neck, shoulder, back, knee and hip conditions, plantar fasciitis, Achilles tendonitis, respiratory issues, digestive disturbances, eye and ear problems, headaches, sinusitis, stress, anxiety and depression, menstrual, reproductive

and menopausal problems, and special considerations for pregnant woman, diabetics and oncology patients.

Participants will be required to perform and document at least one reflexology treatment in clinic each week and will be given the opportunity to discuss the treatment in class the following week. In addition, reflexes not included in the introductory course will be demonstrated and practiced.

Prerequisite: WT 218

EL 107 Western Herbs and Supplements - 2 credits

The student will be introduced to the value and correct dosages of a variety of western botanicals. Since herbal remedies have become a factor in American health care, the need to educate patients about the truly safe and effective botanical, as well as the potentially ineffective and dangerous alternatives is a priority. This course will also address vitamin, mineral and food supplementation and their interactions with allopathic medications and Chinese herbs. Various clinical conditions and their holistic treatment will be discussed.

EL 108 Palpation Lab - 1 credit

Palpation Lab will help the student develop a better understanding of muscular, skeletal, and related soft tissue anatomy of the body through palpation. This course will help the student palpate and review the major muscles, bony landmarks, lymph nodes, organs, blood vessels, and certain other important soft tissue structures relevant to the practice of massage therapy. Case studies will be introduced to support the critical thinking of assessment through palpation.

Prerequisites: HS113, HS 201, WT 101, WT 202

HS 114 Clay Anatomy Lab 1 – LAB FEE APPLIES - 1 credit

Clay Anatomy Lab 1 will help the student develop a better understanding of the muscular, skeletal and related

soft tissue anatomy of the axial region by using the "Anatomy in Clay Learning System". The student will mold clay muscles, as well as selected nerves, blood vessels, glands and other soft tissue structures and attach them to the axial and proximal limb skeleton of the "Manikin Model®". This course will help the student review the major muscles and other important soft tissue structures relevant to the practice of massage therapy. Muscle attachments, locations and actions will be emphasized.

Prerequisite: HS 113 / Co-requisite: WT 213 - May be taken in any order with HS 115

HS 115 Clay Anatomy Lab 2 – LAB FEE APPLIES - 1 credit

Clay Anatomy Lab 2 will help the student develop a better understanding of the muscular, skeletal and related soft tissue anatomy of the appendicular skeletal region by using the "Anatomy in Clay Learning System." The student will mold clay muscles, as well as selected nerves, blood vessels and other soft tissue structures, and attach them to the axial and proximal limb skeleton of the "Manikin Model®." This course will help the student review the major muscles and other important soft tissue structures relevant to the practice of massage therapy. Muscle attachments, location and actions will be emphasized.

Prerequisite: HS 201 / Co-requisite: WT 214 - May be taken in any order with HS 114

WT 209 Therapeutic Chair Massage - 1 credit

This course will address health and stress concerns prevalent among individuals working in various settings. The method taught is derived from several body work modalities such as therapeutic techniques in Swedish massage and Asian Points and Channels. Students will be taught how to treat within a 15-minute chair massage sequence. Students will master a routine to reducing stress and muscle imbalances, as well as promoting

oneself in various corporations and local business. In addition, focus will be on proper postural positioning during the performance of the technique.

Depending on the current season the class will be in the community during special events and festivals. Students will also learn self-promoting business tips.

Prerequisite: WT 202

WT 212 Sports Massage - 2 credits

This course is designed to teach the students the fundamental principles and techniques of Sports Massage: Pre-event, Post-event, Intra-event, Rehabilitation and Maintenance. Sports Massage technique is the understanding of how to work with athletes to improve their performance, prevent potential injuries and speed up recovery time from injuries.

Prerequisite: WT 214

WT 215 Bodywork Modalities - 2 credits

Students are provided with an overview of various bodywork techniques. The history, principles, training requirements and application of each technique will be presented. Techniques to be discussed may include Cranial Therapy, Myofascial Release, Shiatsu, Thai Massage, Trager, Manual Trigger Point Therapy, Polarity Technique, Tui Na, Bindege Web Massage, Rolfing, Manual Lymph Drainage, and Feldenkrais.

Prerequisite: WT 202

WT 216 Trigger Point Release Technique 1 - 2 credits

Myofascial trigger points are among the most common and pervasive of the five major causes of muscle pain and dysfunction. This course will provide a detailed review of the muscles of the head, neck and upper extremities and discuss the causative and perpetuating factors of myofascial trigger points in each region. After a survey of referred pain patterns, students will learn how to

effectively palpate and eliminate trigger points and to apply appropriate manual and rehabilitative techniques.

Prerequisite: HS 201

**WT 220 Trigger Point Release
Technique 2 - 2 credits**

Myofascial trigger points are among the most common and pervasive of the five major causes of muscle pain and dysfunction. This course will provide a detailed review of the muscles of the abdomen, lower back and lower extremities and discuss the causative and perpetuating factors of myofascial trigger points in each region. After a survey of referred pain patterns, students will learn how to effectively palpate and eliminate trigger points and to apply appropriate manual and rehabilitative techniques.

Prerequisite: HS 201

Note: Students may enroll in either Trigger Point course, as WT 216 is NOT a prerequisite for WT 220.

WT 231 Deep Tissue Massage - 1 credit

Deep Tissue Massage is a hands-on course that will instruct the massage therapist to work into deeper layers of body structure to effect muscle relaxation, structural integrity and eliminate imbalances in the body dynamics. The course will teach the therapist to soften more superficial structures to affect the deepest structures in the musculoskeletal

system. It will teach these deep tissue techniques while integrating them into regular Swedish massage techniques. The course will also address techniques that will focus on the back, hips, legs, the iliopsoas, knees, shoulders and arms referring to carpal tunnel syndrome and tennis elbow, and the chest, breath and diaphragm.

Prerequisite: WT 202

**WT 240 Introduction to Sports Massage
- 3 credits**

Sports Massage technique is the understanding of how to work with athletes to improve their performance, prevent potential injuries and speed up recovery time from injuries. This course is designed to teach theory of the fundamental principles and techniques of Sports Massage: Theory of exercise and athletic performance and the Theory of sports massage. This course will also review assessment specific to sports massage along with a review of pertinent anatomy.

Prerequisite: WT 213

**WT 252 Assessment, Exercise
Prescription, and Exercise Instruction -
2 credits**

This provides the student with the information to adequately assess the client seeking personal training. The student will utilize appropriate health screening, informed consent, and consultation forms. Following the

assessment, the student will focus on exercise prescription and instruction of the prescribed exercise. The course will also cover interpersonal skills, sports psychology, and marketing.

Prerequisite: WT 213

**WT 254 Nutrition and Weight
Management - 2 credits**

This course is designed as an introduction to human nutrition and weight management. Emphasis will be placed on the role of macro- and micronutrients in human health plus issues that affect this relationship. Everything that you learn from this course is meant to be applied to your lifestyle today. Because nutrients come from food, you need to learn what foods should be eaten, how they should be prepared, and which portion sizes are appropriate. Your knowledge of anatomy and physiology is essential to helping you understand what happens to food in the digestive tract and how nutrients are absorbed and distributed throughout the body. How to use nutrition for weight management, food allergies/intolerances, heart disease/hypertension, and diabetes mellitus will be covered.

Prerequisite: WT 213, Co-requisite EL 101

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MD, Henan Medical University; Dean, Graduate School of Oriental Medicine, New York College of Health Professions; Vice President of Spinal Professional Committee of World Federation Chinese Medicine Societies (WFCMS); Served as Senior Judge of Academic Professional Title Committee of Spinal Health Professional Committee of World Federation of Chinese Medicine Societies (WFCMS); Over thirty years of experience in teaching and clinical expertise; Licensed Acupuncturist, New York State.

Samuel Lehrfeld, BS, MS – Chief Operating Officer

Health Care Consultant; Former President and Chief Executive Office, New York-Presbyterian Healthcare System; Former Executive Director/ Chief Executive Officer, New York City Health and Hospitals Corporation (NYC HHC); Licensed Nursing Home Administrator in NY & NJ

Dr. Errol G. Virasawmi, BA, LHD – Chief Financial Officer

College of Preceptors/Cambridge University, Bachelor of Arts (Business Administration) Kensington University; New York State Notary License; Treasurer, Suffolk County Citizen's Police Academy Alumni Association., Board of Directors & Treasurer 2011-2018; New Center of Wholistic Health Education & Research, Treasurer & Board of Trustees, 1990-1998; Comptroller 1989-1990; Royal Business Schools 1986-1988.

Dr. Lizel Stover, DACM, MSOM, BPS, Dipl OM (NCCAOM), LAc – Dean, Graduate School of Oriental Medicine, Clinic Director, Acupuncture Chair, Oriental Science

Doctorate of Acupuncture and Chinese Medicine, Pacific College of Oriental Medicine (2018); Masters of Science (Oriental Medicine) and Bachelors of Professional Studies (Health Sciences), New York College of Health Professions (2006); Diplomate of Oriental Medicine since 2007, National Certification Commission for Acupuncture and Oriental Medicine; CNT examiner – CCAOM; Owner and Practitioner of Touch of Health since 2007. Licensed Acupuncturist, New York State.

Dr. Steven Haffner, DC, MA Ed – Dean, College of Massage Therapy

Dr. Steven Haffner received his Doctor of Chiropractic degree from New York Chiropractic College, Old Brookville, NY in 1984, and currently serves as full-time faculty at Nassau County Community College and as Adjunct Faculty at Queensborough Community College, Adelphi University, and University of Bridgeport. Prior to these positions, he served as full-time faculty at New York College of Health Professions (NYCHP) from 1996 to 2010, during which period, he served as the Dean of the School of Massage Therapy from 2005 to 2010, Acting Dean of Academic Affairs from 2007 to 2008, and Dean of Students from 2003 to 2004. He also taught at the Swedish Institute before his employment with NYCHP.

Timothy Boudreau, MA, BS – Director of Enrollment and Student Success, Director of Institutional Research

Master of Arts (Liberal Studies), State University of New York (Stony Brook); Bachelor of Science (Mathematics), Eastern Connecticut State University (Willimantic); Senior Managing Director, Huntington Learning Center, NY; Assistant Director of Education, Huntington Learning Center; Registrar, New York College of Health Professions.

Dr. Yun Li, MD (People’s Republic of China), MS, LAc (NY), Diplomate Acupuncture & Chinese Herbal Medicine (NCCAOM) – Chair, Herbal Medicine/ Director, Herbal Dispensary

M.D. In Traditional Chinese Medicine, Hebei Medical University (People’s Republic of China); M.S. in Traditional Chinese Medicine, China Academy of Traditional Chinese Medicine (People’s Republic of China); Associate Professor, China Academy of Traditional Chinese Medicine (People’s Republic of China); Vice Chief-Editor, Encyclopedia Publishing House of China; Licensed Acupuncturist, New York State.

Dr. Bruce Park, DACM, MSOM, MA, BA, LAc – Director of Manhattan Sites, Acupuncture and Oriental Sciences

Diplomate of Acupuncture, National Certification Commission for Acupuncture and Oriental Medicine; Doctorate of Acupuncture and Chinese Medicine, Pacific College of Health and Science; Masters of Science in Oriental Medicine, Tri-State College of Acupuncture; Masters of Arts in Education, Dongguk University, Korea; Bachelors of Arts in Buddhist Studies, Dongguk University, Korea. Licensed Acupuncturist in New York and Virginia; Author of many books including “A Clinical Manual of Herbal Medicine – Therapeutics for Conditions & Disorders” and “Buddha Dharma Practice”; Dharma Teacher.

Michael Kim, BPS/MS, BS, LAc (NY) – Associate Director of Graduate School of Oriental Medicine Clinic, Acupuncture and Oriental Sciences

Master of Science (Acupuncture), Bachelor of Professional Studies (Health Sciences), New York College of Health Professions; Bachelor of Science (Health Sciences), Stony Brook University; Emergency Medicine Technician and Paramedic, New York Methodist Hospital Paramedic Program.

Dr. Victoria Szafranska, DC, MSACN, BPS, LMT (NY) – Associate Massage Therapy Clinic Director (Syosset), Health Sciences

Doctor of Chiropractic; Master of Science (Applied Clinical Nutrition); Bachelor of Professional Studies; Graduated from New York Chiropractic College; Associates of Occupational Studies; Licensed Massage Therapist in New York, Graduated from New York College of Health Professions; Adjunct Professor at New York College of Health Professions teaching Swedish, Medical Massage, Reflexology, and Myology.

Margaret Natal-Cheverino, BPS/MS, AOS, LMT (NY) – Associate Massage Therapy Clinic Director (Bellevue), Western Technique

Master of Science (Oriental Medicine), Bachelor of Professional Studies (Health Science), New York College of Health Professions; Associate in Occupational Studies (Massage Therapy), Swedish Institute College of Health Science; Wellness Manager/Massage Therapist, Westchester Square Physical Therapy; General Manager, Blink Fitness Clubs; Assistant General Manager, Spa Coordinator, Equinox Fitness Clubs; Licensed Massage Therapist, New York State.

Department Administrators

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Master of Arts (English), Iona College, New York; Bachelor of Arts (English Literature), Iona College, NY; Manager of Student Central, Keller Graduate School of Management/DeVry College of NY; Student Advisor, Kaplan Test Prep & Admissions, NY.

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Master of Library Science (Certificate in Archives and Records Management), Queens College; Bachelor of Science (Psychology), Saint Joseph's College; Archival Intern, Archive of Contemporary Music; Periodical Room Clerk, Patchogue-Medford Public Library; Computer Operator – Special Collections, Suffolk Cooperative Library System.

Faculty

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Mei-Hua Chen, BPS/MS, MPH, MS, LAC (NY), Diplomate Oriental Medicine (NCCAOM), RDN, CDN, CNSC, CDE, CSP – Oriental Science

Master of Science (Oriental Medicine), Bachelor of Professional Studies (Health Science), New York College of Health Professions; Master of Public Health (Environmental Health Sciences), Columbia University, Mailman School of Public Health; M.S. (Human Nutrition), Columbia University, College of Physicians and Surgeons, Institute of Human Nutrition; Master of Science (Food and Nutrition), Chinese Cultural University; New York State Licensed Acupuncturist (L. Ac.); National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), Diplomate of Oriental Medicine (Dipl. O.M.); New York State Certified Nutritionist-Dietitian (C.D.N.); Academy of Nutrition and Dietetics, Registered Dietitian (R.D.N.); American Society for Parenteral and Enteral Nutrition, Certified Nutrition Support Clinician (C.N.S.C.); American Association of Diabetes Educators, Certified Diabetes Educators (C.D.E.); American Dietetic Association, Board Certified as Specialist in Pediatric Nutrition (C.S.P.); Certified Infusion Specialist; Certified Insulin Pump Trainer (C.P.T.); Certified Group Fitness Instructor; Certified Zumba Instructor.

Joseph Sing Cheung, MA, BA – Physical Arts

Master of Arts (East Asian Studies), Bachelor of Arts (Asian Studies), St. John’s University; Advanced Level 8 Senior Instructor Certificate, Wing Hong Yip Dragon Style Kung Fu School; 6th Degree Black Belt Master Instructor Certificate, Kukkiwon – World Taekwondo Headquarters; 5th Degree Black Belt Instructor Certificate, Chinese Swai Jiao Association; 3rd Degree Black Belt Instructor Certificate, World Tang Soo Do Association; National Referee Certificate,

United States Chinese Kuoshu (Kung Fu) Federation; Class D-3 Referee Certificate, United States Taekwondo Union; Class R-D Referee Certificate, National AAU Taekwondo & Junior Olympic Taekwondo Program; 1996 AAU Taekwondo National Championships Bronze Medalist in Sparring; 1995 U.S.A. Wushu-Kung Fu Federation Northeast Regionals Full Contact Sanshou Fighting Gold Medal Champion and National Championships 2X Silver Medalist in Sanshou and Shuai Chiao; 1995 United States Chinese Kuoshu Championships, 3rd Place in Full Contact Lei Tai Fighting; 1992 United States Chinese Kuoshu Championships, 1st Place in Advanced Short Weapons, 2nd Place in Advanced Southern Forms, 3rd Place in Full Contact Lei Tai Fighting; Certificate of Completion – Clinical Observation & Discussion Program, International Studies of Oriental Medicine, Kyung Hee University, Seoul, Korea; Certificate of Achievement in Chinese Culture, Feng Chia University, Taichung, Taiwan.

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**Ron Kornfeld, MA, BA, LMT (NY) –
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**Douglas Mandalone, BPS/MS, AOS, LMT –
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Sciences**

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**Ann McDermott-Kave, MBA, BA –
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Master in Business Administration, Adelphi University; Bachelor of Arts, Ithaca College; Certified Iyengar Yoga Teacher (CYIT); Former Board Member and Executive Director, Iyengar Yoga Association of Greater NY; Current Board Member, Iyengar Yoga National Association of the US.

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Associate of Applied Science (Liberal Arts), Nassau Community College; Associate of Occupational Studies (Massage Therapy), New York College of Health Professions; Licensed Massage Therapist, New York State.

Margaret Natal-Cheverino, BPS/MS, AOS, LMT (NY) – Associate Massage Therapy Clinic Director (Bellevue), Western Technique

Master of Science (Oriental Medicine), Bachelor of Professional Studies (Health Science), New York College of Health Professions; Associate in Occupational Studies (Massage Therapy), Swedish Institute College of Health Science; Wellness Manager/Massage Therapist, Westchester Square Physical Therapy; General Manager, Blink Fitness Clubs; Assistant General Manager, Spa Coordinator, Equinox Fitness Clubs; Licensed Massage Therapist, New York State.

Christian Nahas, MS, DO – Health Sciences

Doctor of Osteopathic Medicine, UMDNJ-School of Osteopathic Medicine (1989), Master of Science in Physiology, Rutgers University Graduate School (1984), Bachelor of Arts, Biology, Catholic University of America (1981), Family Physician (1992-2012), retired, Adjunct Assistant Professor NYIT, Adelphi University, Queensboro Community College, Nassau Community College, NY College of Health Professions.

Dr. Serge Nerli, DC, MS, Health Science – Health Sciences

Doctor of Chiropractic, New York Chiropractic College; Master of Science (Human Nutrition), University of Bridgeport; Diplomate of American Chiropractic Board of Sports Physicians; Adjunct Faculty, New York Chiropractic

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Tara O'Rourke, BS, AOS, LMT (NY) – Health Science and Western Technique

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Dr. Bruce Park, DACM, MSOM, MA, BA, LAc – Acupuncture and Oriental Sciences, Director of Manhattan Sites

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Dr. Nicolas Pauyo, MD (Mexico), BS – Health Science

Doctor of Medicine, Universidad del Noreste, Tampico, Tamaulipas, Mexico; Bachelor of Science (Biology), Kingsborough College (CUNY); Internship Milton Community Hospital, Detroit, Wards Island Psychiatric Hospital, New York City, Seguro Social Health Center, Mexico; Instructor of Nursing, Milton Community Hospital; Rehab Specialist (Psych Assistant) for State of Florida Department of Health and Rehabilitative Services; Practice in Tropical Medicine and Family Practice, Community Prevention, HIV/AIDS Prevention, Port-au-Prince and Croix des Bouquets, Haiti; Nursing Lab Instructor, Essex County College, NJ.

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Masters of Science (Acupuncture) and Bachelors of Professional Studies (Health Sciences) Tri-State College of Acupuncture NY, NY (1995); Diplomate of Acupuncture with the National Council for the Certification of Acupuncture and Oriental Medicine (NCCAOM) (1994); Acupuncture Detoxification Specialist (ADS) with National Acupuncture Detoxification Association (NADA) and at The Lincoln Hospital Substance Abuse Program, Bronx, NY (1997); Instructor/Clinic Supervisor at the New Center for Wholistic Health Education and Research (NCWHER), Syosset, NY (1997-2009); NADA Registered Trainer (RT) at The Lincoln Hospital Substance Abuse Program, Bronx, NY (1998); Originator of the Long Island chapters of the Acupuncture Society of New York (ASNY) (1997,1999 and 2007); Senior Acupuncture Supervisor (SAS) for Nassau County's Department of Drug and Alcohol Detoxification program (NCCDDA) in the Substance Abuse Clinic (SAC) (1998-2012); Originator and Clinic Supervisor of the first acupuncture detoxification program for Catholic Charities (2000-2003); Instructor/Clinic Supervisor/Clinic Director at the New York College of Traditional Chinese Medicine (NYCTCM) in Mineola, NY (2009-Present); Clean Needle Technique Training Instructor and Examiner for the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) (2009-Present); Acupuncture Team Leader for the Nassau County Medical Reserve Corps (NCMRC) (2015-Present); Instructor/Clinic Supervisor New York College of Health Professions (NYCHP) in Syosset, NY (2019-Present).

Zhenjiang Sun, BPS/MS, BA, LAc (NY) – Acupuncture

Master of Science (Acupuncture), Bachelor of Professional Studies (Health Science), New York College of Health Professions; Bachelor of Science (Medicine), Xinjiang Medical College, Xinjiang, People's Republic of China; Licensed Acupuncturist, New York State.

Dr. Victoria Szafranska, DC, MSACN, BPS, LMT (NY) – Associate Massage Therapy Clinic Director (Syosset), Health Sciences

Doctor of Chiropractic; Master of Science (Applied Clinical Nutrition); Bachelor of Professional Studies; Graduated from New York Chiropractic College; Associates of Occupational Studies; Licensed Massage Therapist in New York, Graduated from New York College of Health Professions; Adjunct Professor at New York College of Health Professions teaching Swedish, Medical Massage, Reflexology, and Myology.

Frank M. Ventimiglia, MS, LAc, LMT, BPS, AOS – Asian Technique

New York College of Health Professions, Professional Practitioner at New York College of Health Professions Integrative Health Center, supervises the NADA Auricular Acupuncture Substance Abuse Detox Protocol at Nassau University Medical Center, for The Nassau County Department of Mental Health's Methadone Program; CCAOM Certified Examiner for CNT Proficiency Exams; Maintains a private practice in Hicksville NY, participates in a group neurological practice at Island Neuro Care PC in Massapequa NY; NADA Certified in Battlefield Acupuncture for the treatment of Trauma and PTSD; Team Leader for The Nassau County Medical Reserve Corps, Trauma Response Team; Licensed Acupuncturist and Massage Therapist, New York State.

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Dr. Qing Wang, DP – Health Sciences

Doctor of Philosophy in Chemistry; Postdoctoral Fellowship in Chemistry, Auburn University, USA (1997); Postdoctoral Fellowship in Chemistry Chiba Institute of Technology, Japan (1996); Doctorate of Chemistry; Center of Molecular and Macromolecular Studies, Polish Academy of Sciences, 1992; Bachelors of Chemistry (1982).

Dr. Claude Weinberg, DC, BA – Health Sciences

Doctor of Chiropractic, New York Chiropractic College; Bachelor of Art (Psychology), SUNY Albany; Certified Chiropractic Sports Physician, Certified in Manipulation under Anesthesia, Certified Fitness Trainer (ISSA); Licensed Chiropractor (New York State).

Dr. George Weintraub, DPM, MA, BA – Health Science, Management

Doctor of Podiatric Medicine, New York College of Podiatric Medicine; Master of Arts (Political Science), New School for Social Research; Bachelor of Arts (Political Science), CCNY; Assistant Clinical Instructor, Gouverneur Hospital; Secondary School Teacher, New York City Board of Education; Licensed Podiatrist, New York State.

Dr. Victoria Ying, PhD, LMT (NY) – Health Sciences

Ph.D. Pharmacology, Cornell University; B.S. Biology, Cornell University; L.M.T. Licensed Massage Therapist in New York State; Biology Assistant Professor, NYC College of Technology; Awarded NIH Research Fellowship for Chemotherapy by Drug Polymer Conjugation; Received CUNY Faculty Collaborative Research Grant for Delivery of Therapeutic Medicine via Nano-Silica Particles; World Tae Kwon Do Federation First Degree

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Dr. Qi Helen Zhang, PhD, MS (People's Republic of China), LAc (NY), Diplomate Acupuncture and Chinese Herbal Medicine (NCCAOM) – Oriental Science

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Ping Zhu, OMD (People's Republic of China), LAc (NY), Diplomate Acupuncture & Chinese Herbology (NCCAOM) – Acupuncture, Oriental Science

O.M.D., Xian Medical University, (People's Republic of China); Licensed, Acupuncturist, New York State.

Dina M. Zito, DC – Health Sciences

Doctor of Chiropractic, The University of Bridgeport, College of Chiropractic, Class president and speaker 2005; Accepted into the clinical internship program at the Connecticut Veterans Administration Center in West Haven CT as well as Newington CT, 2005; Bachelor of Science in Biology, BA, Manhattan College, 1999. Licensed Chiropractor, New York State.

Steven Zore, BPS/MS Ac - Acupuncture, Asian Technique, Oriental Science

Master of Science (Acupuncture) and Bachelor of Professional Studies (Health Sciences), New York College of Health Professions; Licensed Acupuncturist (New York).

A 501 C3 NON PROFIT ORGANIZATION

New York College of Health Professions offers equal educational opportunities to all persons without regard to race, color, national origin, religion, creed, ethnicity, disability, age, marital status, gender, gender identity or expression, sexual orientation, veteran status, reproductive health decisions, or any other legally protected status.

This policy applies to all matters including admission and education of students, availability of student loans, employment and promotion of teaching and non-teaching personnel, and all activities conducted on premises occupied by New York College of Health Professions.

New York College will provide reasonable accommodations to students who are otherwise qualified with documented disabilities enrolled in New York College programs. Reasonable accommodations will be determined on an individual basis.

New York College is authorized under Federal Law to enroll non-immigrant alien students.

The College reserves the right to change policy, tuition and fee, including cancellation of any program or deletion of any course described in any New York College of Health Professions publication for any reason. All registered students will receive prior notice. The College cannot guarantee enrollment into specific sections of desired courses and may cancel courses for any reason. The College expects each student to know and understand the information presented in this catalog as well as the Student Handbook.

New York College of Health Professions is an affirmative action employer. All education and training programs and all employment practices conducted by, sponsored by, or with approval of the College shall be open to all qualified persons. The complete Affirmative action policy can be found in the Faculty Handbook and the Employee Handbook.

New York College of Health Professions is compliant with the Family Education Rights and Privacy Act (FERPA) and will not disclose any student information to anyone without written prior notice. The College's full FERPA policy is found in the Student Handbook and Employee Handbook.

New York College of Health Professions complies with Title IV of the High Education Act and all student financial information is secured against unauthorized access.

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This catalog is under the responsibility of the College and is effective August 2021.

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Testimonials

“With your healing powers and healing studies, and your own intuitive self, you have the ability to find within yourself the best way to be a complete healer. You will help others to heal themselves. Hold steadfast in your sense of your talent; what you put out in your healing will return to you. The sense of being able to help someone else is the most gratifying feeling on this planet.”

Shirley MacAine, Actor, Writer - Commencement Speaker

“Attending New York College of Health Professions has confirmed that making a career change and choosing this College was the right decision. Class sizes here are small and much more conducive to learning. Class times are flexible which allows me to work and be a mom. The faculty is so supportive and is always there to help you succeed. It’s like having a family away from home.”

Jeanine Pena, B.P.S./M.S./ A.O.S., LMT, L.Ac. - Massage Therapy and Oriental Medicine graduate

“Everything I needed to learn I did, and I’m confident in my own abilities and my skills, so I’m not worried at all about getting a job.

Arianne Meyerricks, A.O.S., LMT - Massage Therapy graduate

“Other cultures have been around for thousands of years and have been dealing with health problems long before traditional Western medicine. New York College is continuing in a magnificent tradition. More and more people are beginning to realize the benefits, the actual healing properties and powers for different cultures’ medicine, and you are really on the cutting edge. As our health care system starts to collapse people are going to be coming to your graduates. They literally have healing hands and that is something no one will ever be able to take away from them. We are expecting them to go forth and heal the nation, heal the world – a really great responsibility. “

Al Roker, TV Host - Commencement Speaker

“Alternative medicine is not turning back the clock; it’s turning forward the clock. I don’t want to call it alternative anymore; I want to call it medicine.”

Cheryl Willis, TV Anchor, Reporter, Journalist NY1 News - Commencement Speaker

“Receiving alternative health care makes you feel good; learning about it makes you feel better; practicing it with all your heart makes everybody feel the best.”

Anastasia Seelig, B.P.S./M.S., L.Ac. - Acupuncture and Oriental Medicine graduate

“I am writing to you in gratitude for the wonderful care I received at the student clinic. I have seen great improvement in my condition and feel better each time I visit the clinic. As a cancer survivor, the compassion, caring and good humor meant the world to me and I will always appreciate the kindness.”

Mansural Khan, Ph.D.

Former Assistant Principal for NYC Schools, Former Professor at New York University - Massage Therapy Teaching Clinic Patient

“I want to come back and get my master’s in acupuncture while I’m still young.”

Yoo Jin Shin, A.O.S., LMT - Massage Therapy graduate

“We can start our own practice combining ayurvedic Medicine and acupuncture. I have a natural inclination toward natural healing.”

Harpreet Singh, B.P.S./M.S., L.Ac.

Acupuncture graduate

“My doctor gave me a cortisone shot that could not help me. The pills that the doctor gave me – even the specialist – cannot help; but when I came here, the acupuncture and herbs... that is what brought me back to life.”

Marguerite Durant - Acupuncture and Oriental Medicine Teaching Clinic patient



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