



Massage for People Living with Cancer©

Mary Peifer, RN, LMT, Instructor

Learning Outcomes

Participants will:

- Explore their emotional relationship to cancer.
- Be introduced to the basics of metastasis and understand the role of genetic mutation in the process of cancer.
- List the cautions needed with massaging cancer patients who have undergone surgery, radiation, and chemo.
- Explain the relationship between lymphedema and cancer treatment and demonstrate adjustments for working with a client at risk for lymphedema.
- Practice the intake process and then perform it with a cancer patient.
- Administer or observe a relaxation massage to a client who has cancer or is in survivorship.

Course Hours

Class will be held from 8am-5pm each day. (Please arrive 15 minutes early on the first day). In order to receive a certificate of completion, participants must attend all 24 hours of instruction. In the case of an emergency that prevents the participant from being in attendance for up to 2 hours, instructor can assign make-up work that approximates missed material.

Lunch

Lunch is approximately one hour long occurring mid-way through the day. On Day 3 it is advised to bring a sack lunch.

Materials Needed

Massage table

Unscented lotion in a pump bottle; no containers that require dipping

2 sets of clean linens, and pillow cases (please, no heavily-scented detergents)

1 clean blanket

1 bath towels and 2 hand towels

2 clean pillows

Clip board

Your favorite pen/pencil for notes, handouts are provided

Enrollment Requirement

This course is intended for licensed, certified, or professional massage therapists. Bodyworkers certified in other non-invasive modalities and massage students may be admitted by instructor permission.

Learning Activities

- Lecture
- Group sharing
- Demonstration
- Hands-on practice with class participants
- Visual aids
- Practice clinic with clients who have a history of cancer.

Required Reading

To best prepare for the class some advanced reading is recommended from:

Medicine Hands: Massage for People Living with Cancer, 3rd Ed. (2014, Findhorn Press).

Amazon provides the best price on this book (about \$37).

https://www.amazon.com/Medicine-Hands-Massage-Therapy-People/dp/1844096394/ref=mt_paperback?_encoding=UTF8&me=

Focus on the following chapters:

- **Chapter 4:** The Side Effects of Cancer Treatment: Why The Need for a Less Demanding Approach
- **Chapter 5:** Pressure, Site and Position: An Organizational Framework

Additional recommended reading includes:

- **Chapter 6:** Gathering Information: An Essential Part of the Massage Session
- **Chapter 7:** First Do No Harm: Adjusting for the Common Side Effects of Cancer Treatments
- **Chapter 8:** The New Normal: The Role of Massage During Recovery.

Additional Advanced Assignment

1). Please view the **Biology of Cancer** at the following link:

<http://www.cancerquest.org/cancer-biology-animations.html>

2). Also watch an overview of the Lymphatic System at:

www.youtube.com/watch?v=O8lknSRqgu4

If you have difficulty accessing this I would suggest you do a search on YouTube for “Lymph System Part I- Rene LaMontagna, Biology 107. A 10 min. video should pop up for you.

Class Size

Class size is limited. Generally, 10-14 practitioners are in each class.

Cost/Payment

Full payment is expected at time of registration.

Contact Information

For additional information email bodykneadsllc@gmail.com and write: “Oncology Massage Class” in the subject line or call: 309-219-1790.

Special Needs

Participants with hearing/visual impairments, learning disabilities or other physical handicaps will need to contact me at least 2 weeks prior to the start of class to arrange for special learning needs. Arrangements can be made ahead of time for these participants to receive handouts.

Cell Phones

One of the benefits of massage for people in cancer care is the connection it provides to others. Massage for People Living with Cancer provides this same experience to those attending the class. Cell phone usage is encouraged only during lunch and once class is over. Connecting with one's colleagues has many benefits and it can occur with more ease if cell phone usage is limited.

Clinic Experience – Day 3/Dress and Grooming

The culminating experience of this course is to massage someone experiencing cancer—either in or out of treatment. Please bring suitable clothing. No jeans, shorts, low cut shirts, or open toed shoes. Body tattoos must be covered.

Scent-Free Zone

Many people are sensitive to the scents used in shampoos, perfumes and detergent. Please be mindful of this when preparing to come to class.

Class Expectations

Massage for People Living with Cancer is taught by a number of different instructors each making requests unique to them. You will be informed of these requests at the beginning of the course. This course contains medical information and new skills that may be difficult and challenging. To successfully complete the class each student must verbalize understanding in key areas and demonstrate massage stroking/adjustments per the instructor's satisfaction.

Certificate of Completion

This class provides you with a "certificate of completion." As with any single continuing education course, this class does **not certify** you as an Oncology Massage Therapist. To be "certified" in a particular modality or specialty such as oncology massage, it requires an extensive length of study and practice. Such a program of study includes coursework, supervision, a series of exams, and practical experiences that demonstrate advanced knowledge, competency and skill.

Instructor Bio

Mary Peifer, RN, LMT has been offering therapeutic massage and bodywork in Peoria, Illinois since 2005. As a Registered Nurse since 1995, Mary's background in community health, along with oncology nursing experience, allows her to embrace the best of both worlds by offering education, nurturance, support and healing to those she serves. Her practice offers restorative, comfort-oriented massage along with Eastern bodywork, Manual Lymphatic Drainage, and scar tissue work. Mary is a frequent guest speaker and presenter on a variety of health related topics especially massage education. She graduated from the Peregrine Institute of Oncology Massage Training in November 2010. You may contact her at bodykneadsllc@gmail.com or 309-219-1790 or visit her website—www.thebodykneadsmassage.com.