

MT-2351: ETHICS FOR MASSAGE THERAPISTS

Cuyahoga Community College

Viewing: MT-2351 : Ethics for Massage Therapists

Board of Trustees:

March 2023

Academic Term:

Fall 2024

Subject Code

MT - Massage Therapy

Course Number:

2351

Title:

Ethics for Massage Therapists

Catalog Description:

Discussion and study of clinical ethics, boundaries, and chemical dependency issues that arise in massage therapy.

Credit Hour(s):

1

Lecture Hour(s):

1

Requisites

Prerequisite and Corequisite

MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MT-1242 Somatic Studies I, and MT-1272 Somatic Studies II, or concurrent enrollment; or departmental approval.

Outcomes

Course Outcome(s):

Adhere to the professional code of ethics for massage therapists.

Objective(s):

- a. Explain and define professional ethics for massage therapy.
- b. Explain procedures for boundary violations.
- c. Recognize professional/clinical conditions which might present ethical dilemmas.
- d. Recognize professional behavior that would be considered unethical by a majority of "reasonable" professionals.
- e. Discuss professional behavior in relationship to the ethical considerations and potential therapeutic outcome.
- f. Recognize and explain how massage therapist behaviors might enhance and/or compromise the physical, mental and/or emotional health of a client.
- g. Identify, explain and understand the emotional/legal implications for establishing a personal-intimate/sexual relationship with a client.
- h. Recognize and explain legal practices, standards or practices and ethical practices.
 - i. Discuss legal and ethical dilemmas.

Course Outcome(s):

Utilize proper sanitation and hygiene methods for the massage therapist.

Objective(s):

- a. Demonstrate hygiene and sanitation in massage therapy environment.
- b. Define and explain the concept of universal precautions

- c. Recognize the current recommendations from the Center for Disease Control (CDC) and Ohio Administrative Code (OAC) Chapter 17.
- d. Describe appropriate personal hygiene for a practicing massage therapist in their professional office setting or anytime applying a massage procedure.
- e. Identify potential sources for transmission of pathogenic organisms.
- f. Identify and explain the means for preventing transmission of pathogens in a therapeutic environment.

Course Outcome(s):

Demonstrate the knowledge of business policies.

Objective(s):

- a. Discuss the right to refuse service.
- b. Discuss strategies for dealing with difficult clients.
- c. Define and explain the different classes of drugs and identify contraindications for massage.
- d. Demonstrate basic office tasks.
- e. Demonstrate basic business communication skills with clients.

Methods of Evaluation:

- a. Weekly quizzes
- b. Oral presentations
- c. Written examinations
- d. Written assignments
- e. Professional Behavior Evaluation Scale
- f. Case studies
- g. Participation
- h. Homework

Course Content Outline:

Ethics

For the Lecture portion of the course:

- a. Professional ethics and standards of practice.
 - i. Review AMTA Professional Ethics 4731-1-02 C
 - ii. The need for professional boundaries or ethical dilemmas
 1. Boundaries and the professional relationship
 2. Nuts and bolts of boundaries
 - iii. Client-practitioner dynamics: boundaries and the power imbalance
 - iv. Ethical boundaries: theory to practice
 - v. Behavior that will enhance or compromise the physical, mental, and emotional health of the client
 1. Boundaries with the power of words
 2. Financial boundaries: getting comfortable with money
 3. Dual relationships and boundaries: wearing many hats
 - vi. Emotional/legal implications for establishing a personal-intimate/sexual relationship with a client
 1. Sexual boundaries
 - a. Protecting our clients
 - b. Protecting ourselves
 2. Alcohol and substance abuse
 - vii. Help with boundaries: support, consultation, and supervision

Resources

American Massage Therapy Association. *The Business of Massage: The Complete Guide to Establishing Your Massage Career*. 2nd ed. Evanston, IL: American Massage Therapy Association, 2009.

Beck, Mark F. *Theory and Practice of Therapeutic Massage*. 6th ed. Clifton Park, NY: Cengage Learning, 2017. Beck, Mark F. *Theory and Practice of Therapeutic Massage*. 6th ed. Clifton Park, NY: Cengage Learning, 2017.

Fritz, Sandy. *Mosby's Fundamentals of Therapeutic Massage*. 7th ed. Maryland Heights, MO: Elsevier, 2020.

McIntosh, Nina. *The Educated Heart: Professional Boundaries for Massage Therapists and Bodyworkers*. 5th ed. Philadelphia: Lippincott, Williams & Wilkins, 2019.

Resources Other

- a. Massage Magazine
- b. Massage Therapy Journal
- c. Massage and Bodywork Magazine
- d. International Journal of Therapeutic Massage and Bodywork: <http://journals.sfu.ca/ijtmb/index.php/ijtmb/index> (<http://journals.sfu.ca/ijtmb/index.php/ijtmb/index/>)
- e. National Institutes of Health: National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov/health/massage/>
- f. Massage Therapy Body of Knowledge: <http://www.mtbok.org/>
- g. State Medical Board of Ohio: <http://www.med.ohio.gov/>

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