Graduate as a Natural Therapeutic Specialist

Attend our 825 Hour Program and become a massage therapist at the same time!

WE OFFER BOTH FULL-TIME AND PART-TIME PROGRAMS:

March & September are the beginning of our full-time/6-month intensive programs
Monday–Fridays 9am–5pm

Our year-long, part-time morning program begins mid October.
Monday–Friday 9am–12pm

Our year-long, part-time evening program begins every May.
Monday–Friday 6–9pm

Phone: (505) 268-6870
Toll-free: (800) 654-1675
Fax: (505) 268-0818
Email: admissions@nmsnt.org

202 Morningside Drive SE
Albuquerque, NM 87108

Visit us on the web at www.nmsnt.org
NEW MEXICO offers the vastness of the desert, stunning mountains, diverse cultures and brilliant skies. Albuquerque nestles against two mountain ranges and encompasses a portion of the Rio Grande Valley. Both mountain ranges provide natural resources and ample hiking within a 20-minute drive from our school.

The New Mexico School of Natural Therapeutics makes its home in the historic Nob Hill area of Albuquerque, near the University of New Mexico. Our neighborhood is rich with natural food and herb stores, ethnic restaurants, entertainment and inexpensive housing.

Our staff warmly invites you to visit us and begin your journey into natural healing!
THE NEW MEXICO SCHOOL OF NATURAL THERAPEUTICS welcomes you to a unique and transformational journey. The education you choose will lay the foundation for years of practice and continuing education. NMSNT’s curriculum extends far beyond that of a typical massage school. We provide an advanced education with an emphasis on understanding how Nature heals. The in-depth study of many different systems of Natural healing, becomes the cornerstone in the evolution of knowledge and skills that create outstanding therapists. Our students develop a unique ability to blend modalities when working with the physical and emotional imbalances of their clients. By attending our school, you embark upon an intense and rewarding experience while simultaneously developing academic and palpation skills. Compassionate guidance and assistance by experienced instructors is always available during your journey at NMSNT.
The Philosophy of Natural Therapeutics

“Nature is the healer of all disease.” Hippocrates

DR. LINSLHAR M.D., considered the father of Natural Therapeutics, observed that symptoms of dis-ease are actually the whole body’s attempt to heal itself of accumulated waste products and that the more strongly these symptoms are suppressed, the weaker our capacity to heal. The variety of healing modalities that we teach along with the lifestyle we encourage are designed to promote health by supporting our Natural healing processes and opportunities.
An Exceptional Staff

ROBERT STEVENS, BA, ND, NTS (I-68)
Director of NMSNT
Instructor: Philosophy of Natural Therapeutics, Polarity, Hydrotherapy, Bach’s and Stevens’ Flower Remedies, Essential Oils, Intro to Radionics and Intro to Core Synchronism.

Robert has been with NMSNT since 1975. “Only Love and Nature heal” is the approach for his personal, teaching and professional practices. Robert has combined elements of Polarity Therapy and Cranial Osteopathy to develop the modality Core Synchronism.

DON CORNWELL, PHD, DOM, RPP, RMTI, NTS (I-19)
Director of Education
Instructor: Chinese Medicine, Intro. to Cranio-Sacral Therapy and Polarity Therapy

Don brings to his teaching an emphasis on healing the energy and spiritual/emotional states of clients. His background includes doctorates in both Oriental Medicine and Clinical Psychology.

Our website www.nmsnt.org has extensive information on all of our faculty and staff.
BHANU HARRISON, LISW, LMT #105, RMTI, NTS S-1064

BHANU teaches professional ethics, emotional support skills, trauma physiology and women’s issues. She has been teaching at NMSNT since 1985 and her current practice is body-oriented psychotherapy with a focus on trauma resolution. As a Clinical Social Worker, she guides clients in the physiologic discharge of trauma energy and the restoration of healthier nervous system regulation.

JOE ADAMS, LMT, RMTI, NTS S-0397

JOE teaches Swedish Massage, Tai Chi, and assists in Polarity and Cranial-Sacral Therapy. Joe graduated in 2005 and enjoys aiding clients through the natural therapeutics process. He is a passionate instructor who engages students and also fulfills the role of program coordinator for all the programs.

KAREN BROOKS, LMT#108, LMTI, NTS S-0147

KAREN graduated from NMSNT in 1985. She teaches Hot Stone Massage and Specific Massage, Continuing Education in Specific Massage, Sports Massage, Myofascial Release and Polarity Therapy. She currently has a practice in Albuquerque and works with a wide array of physical and energetic modalities. Karen has been teaching since 1996.

ENAI BRUTUS, LMT, LMTI, NTS S-0397

ENAI is a 2005 graduate of NMSNT and has never left the campus since. Enai immediately started assisting instructors in the classroom and currently teaches Reflexology, Non-specific stretches, Core-Synchronism, Whiplash treatment and Integrated back treatment. He is a thoughtful, integrative practioner and teacher.
THE MASSAGE PORTION OF OUR PROGRAM includes courses in Swedish Massage, Sports Massage, Pregnancy Massage, Chair Massage and Myofascial Therapy. Massage helps relax and tone musculature, increase blood and lymphatic flow throughout the body. This increased flow helps bring nutrition to the cells, remove waste and toxins stored in the body and promote physical mental and emotional healing. Non-specific stretching techniques, the movement of a client’s limbs and spine, help facilitate flexibility and spinal alignment. In addition to hands-on techniques, professional draping is practiced. T’ai Chi Chih is taught as a means of developing proper table-side posture and movement. 183 HOURS
"Only Love and Nature heal"
Dr. Randolph Stone, N.D., D.O., D.C.

DEVELOPED BY DR. RANDOLPH STONE, POLARITY THERAPY is a healing art that restores the Vital energy to a relaxed and energized balance. Satvic (gentle), Tamasic (firm), or Rajasic (vigorous) touch is used to affect finer electromagnetic energy currents within a person’s being that facilitate a state of self acceptance, balance, and restored health. Our instruction includes the Satvic and General Polarity treatments, as well as specific treatments for the Five Elements, Whiplash, back problems, sports injuries, digestive imbalances, and general stress. Our emphasis on Polarity Therapy contributes to the uniqueness of our program and the success of our students. 99 HOURS
Anatomy and Physiology

Our course is specifically designed for Natural Therapeutics practitioners. It includes a thorough examination of muscles, bones, nerves and the functioning of the body’s systems. Class time includes lecture and hands-on palpation to enable students to fully integrate the material. Emphasis is placed on studying and analyzing the human structure and its effect on body functions. 105 HOURS
**Oriental Medicine**

**CHINESE MEDICINE** includes the study of yin/yang theory, five elements, symptoms of organ imbalances, tongue and pulse assessment, qi gong, meridians and acupressure points. Both theory and hands on practice enables students to integrate this ancient therapy into their treatments. 45 HOURS

**SHIATSU** was developed in Japan in the early 1900's, inspired by the influence of Chinese Medicine. Its study involves learning to stimulate pressure points along energetic pathways in order to balance the body, release trauma and enhance health. 18 HOURS
Reflexology with Polarity

BY STIMULATING SPECIFIC FOOT REFLEX POINTS, reflexology improves the functioning of corresponding organs, connective tissue, bony structures, body systems and energy pathways. Our instruction integrates this system with Polarity Therapy, making reflexology a dynamic and effective modality. 30 HOURS

Homeopathy

HOMEOPATHY THEORY IS INTRODUCED, including a brief history of homeopathic medicine and indications for 32 different remedies. Emphasis is placed on acute conditions. 9 HOURS
Hydrotherapy

**These classes focus on internal and external uses of water**, hot spinal packs, cold packs, cold towel friction, foot baths, enemas, colonic irrigation and water fasts. Techniques include the natural healing process. **21 hours**

Living Foods Nutrition

**Our nutrition classes** focus on a vegetarian approach to living foods and the importance of enzymes, chlorophyll and fermentation to the digestive process. Students are taught simple procedures for making nut and seed milks and how to grow and juice their own high-quality wheat grass, sprouts and greens. These nutrition classes are practical demonstrations and marvelous taste events. **15 hours**
Flower Remedies

WE PRESENT TWO SYSTEMS OF FLOWER REMEDIES: the original by Dr. Edward Bach, as well as another by Dr. Robert Stevens. Flower remedies serve as a catalyst to stimulate emotional balance and the integration of the body and mind. 15 HOURS

Herbal Medicine

OUR HERB CLASSES ALSO SET NMSNT APART from the rest. We offer an introductory course in which the students have the opportunity to explore the positive aspects of using herbal remedies. The use of herbs to help create balance and healing in relation to the systems of the body are discussed. The students are taught how to make different herbal remedies, identify plants in their natural setting, and apply herbal remedies using different preparations. Students participate in an herbal walk, learn how to make tinctures, and how plant medicines support an integral part of their lives. 38 HOURS
Ethics

ETHICAL AND PROFESSIONAL STANDARDS for massage therapists are discussed and situational dilemmas are presented. Verbal and physical techniques are taught to manage the release of emotional blockages that underlie physical complaints. These skills, which treat the body and mind as a unit, support a more complete release and reintegration of the emotions that spontaneously emerge from receiving bodywork. Students are also taught Focusing, a technique for dialoguing with the body, as emotional support for both clients and themselves. 39 HOURS

Business Procedures

INFORMATION ON BUSINESS PROCEDURES, including licensing, accounting, insurance reimbursement and various marketing strategies are presented. Students are asked to explore their own business ideas, marketing strategies, and explore the broad range of employment opportunities. 12 HOURS
UPON PROGRAM COMPLETION, graduates are offered the opportunity to work as paid therapists in the NMSNT clinic, which eases the transition into becoming independent professionals. This is an excellent way to hone professional skills and build a client base, eventually evolving into a private practice.

Teacher/Student Ratio

OUR TEACHER TO STUDENT RATIO averages at least 1 to 7, enabling us to give close, personal attention to each student. All hands-on classes include a lead instructor and co-instructor or assistant. Recent graduates often provide additional one-on-one help as teaching assistants.

Health Education Workshops

LICENSED MASSAGE THERAPISTS are required to renew their licenses by attending workshops that offer continuing education hours. We offer health related workshops for professional therapists and those looking to explore natural remedies and touch techniques. Inquire online to obtain current workshop offerings.
AFTER 100 HOURS OF CLASSROOM INSTRUCTION in Swedish massage, students enter our Student Clinic and begin their internship. Having the opportunity to work on the public while still in school fosters a sense of security and creativity in the students that ultimately benefits their future practices. The ability to integrate several modalities into a treatment more completely addresses clients' needs and is a unique quality of NMSNT graduates. 145 HOURS

OUR NATURAL REMEDY STORE stands adjacent to our school building, where we sell a number of products that are introduced to students in the classroom. Students are encouraged to further explore Natural Healing through the use of Flower Remedies, Western and Chinese Herbs, Essential Oils, etc.
“If you want to have an opportunity of a lifetime or discover your path in the journey of healing, this place is it!”—Ignacio

“NMSNT made me feel at home the minute I walked through the door. After working in retail for 23 years and raising 3 children, I decided NMSNT would give me a renewed sense of passion. I was 50 years old when I decided to leave a high paying job that wasn’t my calling. Now I’m 57, and I enjoy working for myself with clients in a profoundly healing line of work”—Nickie, 2007 graduate
**Admissions**

**Non-discriminatory Policy**

**NMSNT ADMITS STUDENTS** of any race, color, gender, sexual orientation, religion, national, or ethnic origin. All students are accorded the rights, privileges, programs, and activities made available at the school. We do not discriminate on the basis of race, color, gender, religion, or national/ethnic origin in the administration of our educational and admission policies.

**YOU MUST:**

- Be 18 years of age or older to attend our program
- Have a high school diploma or the legal equivalent
- Submit an application form, including a personal statement explaining your desire for studying Natural Therapeutics
- Include an unofficial transcript for the most recent school attended
- A $50 nonrefundable application fee that is applied to your tuition

Upon acceptance, a $750 non-refundable registration fee is due. Supplies provided include textbooks, cotton T-shirts and linen service for the student clinic. This fee goes toward your total tuition cost of $8,000 and reserves your space in class.

Depending on academic history, a learning assessment may be required at an additional cost. Our school is approved by the Department of Homeland Security to train international students under the Student Exchange Visitor Program. After applying and being accepted to our program, you will be sent a Student Visa, which should be completed and submitted to the U.S. embassy in your country.

**Non-discriminatory Policy**
BOOK A TREATMENT AT OUR CLINIC

Facilitate your own healing journey. Students and graduates create treatment plans that are integrative and created for you individually.

505.268.2181

New Mexico School of Natural Therapeutics

www.nmsnt.org

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