



Take the Shot© Blaze 2024

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# 75

“Did this 75-year-old’s snapshot get your attention? I made the shot too ! Often in my years of being a Massage Therapist, despite my honored apprenticeship with Scott Humiston, and all the hours of continuing education, and while embracing my love for the foundation of Swedish Massage, I often found myself toolless when helping clients with certain conditions.

My years of observing client outcomes from Advanced Certified Rolfer, Karen Griger, showed me it is Structural Integration we all need to be truly effective bodyworkers. Receiving the full series from our Hellerwork® students as a classroom client validated my perspective. Now, I have been asking myself how we can bring this learning to more Massage Therapists?

# Metamorphosis



Metamorphosis © 2024 by Denise

“I see this as our progression as  
bodyworkers from egg, to caterpillar,  
to chrysalis, to butterfly.”

-PAULETTE GENTHON

It is time to bring our Profession up a notch. It is time we were acknowledged as a Health Care Profession. The Nebraska Supreme Court says we are not (cite as 302 Neb. 1025; 2019). It would be our hope for someday that at minimum an associate degree be the requirement to practice, just like physical therapists here in Nebraska have been elevated to a doctorate.

UCHA offers a unique opportunity for you to get a College Degree, that is, an Associate Degree of Applied Science. What is unique now is that you have a choice in electives where one could focus on advanced bodywork, STRUCTURAL INTEGRATION, in addition to your General Studies.



# Body Mind

We will be shifting the paradigm of massage to bodywork; passive to collaboration, and partnership to improve the tensegrity and explore body-mind connection at a deeper level.

This would be education based on the findings of Dr. Ida Rolf and Aerospace Engineer Joseph Heller. No longer would one have to take on such an enormous expense and give up over another 1000 clock hours. No longer does one have to take time off from family and work for 2-week intensives. No longer does one have to retake courses they already had. Starting in August 2024, UCHA is offering structural integration in its Advanced Massage/Bodywork courses. You could get your degree and still learn all the SI tools!

For anyone who would want 100% online, there is still a non-SI option. Already have accredited college credit? This may transfer, cutting down time and cost of the required general education courses.

UCHA is a National Accredited College offering financial aid to those who qualify and is an approved Veteran Education College.

Our lives work best when there is order. This also applies to our body, especially the muscular, neurological, fascial, and skeletal systems. These systems support and move us. We will be shifting the paradigm of massage to bodywork; passive to collaboration, and partnership to improve the tensegrity and explore body-mind connection at a deeper level.





# 4 Intensives

There will be 4 prescheduled three-day intensives (Friday 9-5, Saturday 9-5, Sunday 9-4) each of the 2 semesters. There will be an additional continuous online classroom for Course Syllabus, Schedule, handouts, and reflection.

# Our Lives

Our lives work best when there is order. This also applies to our body, especially the muscular, neurological, fascial, and skeletal systems. These systems support and move us. We will be shifting the paradigm of massage to bodywork; passive to collaboration, and partnership to improve the tensegrity and explore body-mind connection at a deeper level.

There will be 4 prescheduled three-day intensives (Friday 9-5, Saturday 9-5, Sunday 9-4) each of the 2 semesters. There will be an additional continuous online classroom for Course Syllabus, Schedule, handouts, and reflection. Some of our teachers have studied under Joseph Heller and others were trained by these same teachers. All have years of experience.

Make another journey to UCHA! Earn a College Degree, use coursework for your CE credit, and become a Structural Integration Practitioner.







Apply Today!  
UCHA.EDU

