



STUDENT CATALOG

Gadsden School of Massage & The Healing Arts



JANUARY 2026

KAITLYN CAMPBELL

414 Chestnut St. Gadsden, AL 35901

Gadsden School of Massage & The Healing Arts

Student Catalog 2026/ 2027

A NOTE TO FUTURE STUDENTS

Thank you for your interest in Gadsden School of Massage & The Healing Arts. As a career, massage therapy can be highly rewarding and therapeutic not only for your clients, but for you as the practitioner. Promoting wellness every day in a positive and relaxed environment does a person well. At GSMTHA I am dedicated to giving my students the education necessary to become successful LMTs. Massage has been my passion for the last decade of my life, and I am so excited to share all that I have learned (and continue to learn) with a new generation of massage therapists.

Sincerely,

Katie Campbell, LMT

Director & Instructor

MISSION

My goal is to give my students a structured course of study to set them up for a successful career in massage therapy. Keeping up to date with the newest information available to ensure the safety and wellbeing of our clients and my students is the primary focus of my school.

LICENSURE

****LEFT BLANK PURPOSEFULLY UNTIL APPROVED BY ALABAMA MASSAGE THERAPY LICENSING BOARD****

FACULTY

All classes at Gadsden School of Massage & The Healing Arts are taught by Katie Campbell. All student clinics are supervised by Katie Campbell.

Katie Campbell graduated from Montgomery School of Bodywork & Massage in August 2016.

FACILITY, LOCATION & ATOMSPHERE

Facility- Classes and clinics are given at 414 Chestnut Street Gadsden, AL. Our space is 1,200 sq. ft. and can accommodate a maximum of 5 students. With 4 massage rooms and one classroom, a restroom and kitchenette, our space makes for a comfortable learning environment. Street parking and a parking lot across the street are available as well.

Our lectures are provided by books, group discussions, PowerPoint, video, models and field trips. I provide all equipment including massage tables, massage chairs, oils/ creams/ lotions, stones, warmers, etc.

Location- GSMTHA is located in beautiful Historic Downtown Gadsden at 414 Chestnut St. We are walking distance or a drive away from multiple restaurants, coffee shops, parks and gyms. If you are new to the area maps and recommendations will be provided to you.

ENROLLMENT/ ADMISSION REQUIREMENTS

All applicants wishing to participate in GSMTHA's program must provide a high school transcript with a GPA of at least 2.0, a GED certificate or a college transcript. Alabama law requires Licensed Massage Therapists to be a minimum of 18 years old. If you are 17 years old and have already completed your high school education or received your GED, you must provide proof that you will turn 18 before this program's graduation day.

Massage therapy can be a physically demanding career, therefore all students should be in good health for their own safety, as well as their clients. You should be able to show the proper aptitude to understand all of the work, written and technical. Students are expected to have the finances necessary to pay for the program as well. GSMTHA is a privately owned school and does not accept financial aid. More information on payment plans is provided in the TUITION & EXPENSES section of this catalog.

CLASS CALENDAR

This course is designed only for part-time students for now. Terms begin in the fall (August) and end again in the fall (September)

FALL 2026- Begin August 3, 2026 (last day to drop September 3, 2026)

End September 8, 2027

Part Time (60 weeks)	Class Monday and Wednesday 4:00- 9:00p.m. Clinics Alternating Friday and Saturday
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COURSE SCHEDULE

COURSE	DAYS	HOURS	INSTRUCTOR	DATE	#OF HOURS
Anatomy & Physiology 1	M/W	TBA	CAMPBELL	TBA	70
Anatomy & Physiology 2	M/W	TBA	CAMPBELL	TBA	80
Business	W	TBA	CAMPBELL	TBA	25
Ethics	M	TBA	CAMPBELL	TBA	25
Medical Terminology	M	TBA	CAMPBELL	TBA	25
Pathology	M/W	TBA	CAMPBELL	TBA	50
Massage Theory (Lecture)	M/W	TBA	CAMPBELL	TBA	60
Massage Theory (Lab)	M/W	TBA	CAMPBELL	TBA	40
Swedish Massage	M/W	TBA	CAMPBELL	TBA	30
Orthopedic Massage	M/W	TBA	CAMPBELL	TBA	30
Eastern Techniques	W	TBA	CAMPBELL	TBA	30
Hydrotherapy	W	TBA	CAMPBELL	TBA	15
Chair Massage	M	TBA	CAMPBELL	TBA	15
Hawaiian Techniques	M	TBA	CAMPBELL	TBA	30
Prenatal Massage	W	TBA	CAMPBELL	TBA	15
MBLEx Review	M/W	TBA	CAMPBELL	TBA	30
CPR & First Aid	TBA	TBA	CAMPBELL	TBA	5
Volunteering	TBA	TBA	CAMPBELL	TBA	5
Rules & Regulations	M/W	TBA	CAMPBELL	TBA	10
Student Clinic	F/S	TBA	CAMPBELL	TBA	100

COURSE DESCRIPTIONS

Anatomy & Physiology 1 – This course covers all structures and systems within the human body along with their functions and how they relate and react to massage therapy.

Anatomy & Physiology 2 – This course covers the functions of the human body, diving more deeply into kinesiology, bony landmarks, the origins and insertions of the muscles, functions of the muscles and palpation of the muscles.

Business – This course provides students with the tools and knowledge necessary to operate a functional business in the field of massage. How to obtain a business license, preparing a business plan, networking, advertising, and cost projections/ accounting make up most of this course.

Ethics – Students will learn the importance of establishing professional relationships with clients, coworkers, other healthcare providers, etc. This course provides a universal code of conduct that LMTs are required to go by to establish a safe work environment for everyone, including themselves.

Medical Terminology – This course provides students with a basic understanding of medical terminology (prefixes, suffixes, and roots) so that they may communicate effectively with other health care providers and take proper notes for client SOAP notes/ records.

Pathology – Students will learn about the top 100 most common diseases and their contraindications pertaining to massage therapy. This course also covers how to adjust your practice to accommodate certain types of diseases, the risk factors for diseases, and detailed breakdowns on modes of transmission and how they are spread.

Massage Theory (Lecture) – This course will provide students with the basic principles and practices of massage therapy in the western world. Students will learn body mechanics, client draping and positioning, table-side manners, and self-care.

Massage Theory (Lab) – This is a hands-on course where what is learned during lecture will be applied on the table. Students will take turns practicing palpation to identify specific muscles and in which direction the fibers run. Basic massage techniques like effleurage, petrissage, tapotement, vibration, and friction will also be practiced. At the end of this course students will be expected to apply their skills via a 60-minute evaluation where the student will be graded based on the flow of their massage, whether proper body mechanics were used and techniques used.

Swedish Massage – Students will learn the formula for giving a basic 60-90 minute long Swedish Massage with the skills they learned in **Massage Theory (Lab)**. At the end of this course the student will receive a certificate in Swedish Massage.

Orthopedic Massage – This course covers a list of common injuries, how the body’s tissue recovers over time, and how to provide treatment with deep tissue massage skills. Students will practice the application of trigger point therapy, myofascial release, neuromuscular techniques, and strengthening/ stretching. At the end of this course the student will receive a certificate in Orthopedic Massage.

Eastern Techniques – This course gives a brief look into eastern techniques like Traditional Chinese Medicine, Shiatsu and Thai Yoga. Students will learn about the origins of massage and how they are practiced today in both the eastern and western hemispheres.

Hydrotherapy – This course covers water as a healing agent in massage therapy. Hot and cold treatments, Vichy (affusion) techniques, Spas, Saunas, and Hot Stone Massage will be discussed.

Chair Massage – This course will introduce students to seated massage. Students will learn hands-on how to assemble/ disassemble a massage chair, how to position a client, chair massage as an accommodation for a client who cannot lie down, and how to apply massage techniques with a client in a chair.

Hawaiian Techniques – Students will be introduced to Hawaiian Lomi Massage, including its history, principles and techniques.

Prenatal Massage – Students will learn how to accommodate a pregnant client through every stage of pregnancy safely and effectively. Students will learn about contraindications specific to those who are pregnant.

MBLEx Review - This course will begin 8 weeks before graduation to help prepare students for the MBLEx exam. Students will be given different ways to study, practice tests and one-on-one feedback from their instructor on what to study for.

First Aid/ CPR – Students are required to learn CPR (Cardiopulmonary resuscitation) before graduating from this program. CPR is a life-saving technique that can restore blood-flow to someone that is experiencing cardiac arrest. This course will be given by a professional who can legally award you with a verification card showing that you are certified in CPR.

Volunteering – This course is required of all students before graduating from the program. At least 5 hours of community service must be completed with your instructor present. Details about when and where there will be volunteer opportunities will be provided by your instructor as these opportunities arise.

Rules & Regulations – Students will become familiar with the laws in which a Licensed Massage Therapist must adhere to in the State of Alabama under the Alabama Massage Therapy Licensing Board. Students will also learn how to obtain their license through the board.

Student Clinic – Students are responsible for attending mock clinics where the skills obtained during classes will be put into practice on clients. This portion of the program is always given

under the supervision of a licensed massage instructor and is intended to help students build on their skills, ask questions, obtain feedback and become comfortable in a professional setting.

GRADING SYSTEM

A passing score by standards of GSMTHA is 70% on all written, practical exam and project. Please consider that scores can be affected by turning in any assignment late. Students must achieve a minimum of a 70% GPA to be considered as completing the program.

After two missed attempts at passing an exam, it is at the discretion of the director whether an alternate assignment be given, or the student be given a third opportunity for the same exam.

I use a traditional grading scale of 0%-100% where any grade less than 70% is considered failing. Scores 70% and above are considered passing.

Students will be provided with one-on-one feedback at the end of each class, along with the opportunity to view exams after completion/ grading. Hard copies of exams are kept within the school and are prohibited from being taken off school premises.

MISSING AN EXAM

If a student misses an exam due to absence, it is up to the student to arrange to retake the exam with the director. The director is not responsible for scheduling make-up exams. Missed exams should be taken within the next seven days and passed with a 70% or higher within the next 14 days. If a student fails to retake or pass an exam, he or she may be required to retake the class at their own expense.

TURNING IN A LATE ASSIGNMENT

Students failing to turn in an assignment on time will be given a Missing Assignment form and be expected to turn in the assignment within the next two weeks. They will also receive an automatic 15-point deduction. Missed student clinics must be made up as early as possible but may exceed the two-week mark. Failing to turn in any assignment before the class may be required to retake the class at their own expense.

POLICY FOR INCOMPLETE GRADES

Extensions beyond 2 weeks may be granted under the following circumstances:

1. Serious illness of the student
2. Serious illness of the student's immediate family
3. Death of a student's immediate family member
4. All other verified absences deemed appropriate by the Director

If a student has been absent due to one of the aforementioned circumstances it is up to them to contact the Director to request more time to complete a class or assignment. An Incomplete grade may be given, and the student will have no more than 4 weeks to make up the missed work. If the student should fail to do so a failing grade will result therein.

REPEATING A CLASS

Repeating a class can occur if a student fails a class or withdraws and then is re-admitted into the program. If a student repeats a class with a score of 70% or better, then the initial attempt will not be counted toward their GPA.

Any student that withdraws and is later re-admitted into the program will be required to pay a second \$75 enrollment fee, as well as the cost of the class or classes being repeated.

Costs for individual classes are based on the number of hours of the class and will be calculated prior to the student repeating the failed or missed class.

ATTENDANCE POLICY

Students are expected to arrive on time for all scheduled classes. Excessive absences are not punishable, but students should understand that this will make their learning experience difficult and could result in failing grades.

LEAVE OF ABSENSE

If a leave of absence should need to occur due to illness/ family emergency/ military duties a written request will need to be provided to the Director. A student's ability to return to the program is determined by how much the student should miss. Students are given a maximum of 180 days for a leave of absence. If the student has paid in full or is on a payment plan, they can resume class with another group and resume payment. If the student chooses to not return to the program, then they will be refunded based on the refund policy.

SCHOOL HOLIDAYS

School is closed for Thanksgiving plus the day after, Christmas Eve, Christmas Day, New Years Day, Independence Day, Memorial Day and Labor Day.

TUITION & EXPENSES

Program	Registration	Student Membership	Tuition
Massage Therapy Certification	\$75	\$45	\$9,000

Registration Fee- This must be included with the student’s admission application. This fee is non-refundable, even if the student ultimately decides not to go into the program.

Tuition- This is the cost for the entire 700-hour course. Tuition does NOT cover the cost of books.

Books – *Massage Therapy: Principles and Practice*, 7th edition by Susan G. Salvo

A Massage Therapist’s Guide to Pathology, 7th edition by Ruth Werner

Trail Guide to the Body, 6th edition by Andrew Biel

Trail Guide to the Body (Workbook), 6th edition by Andrew Biel

Medical Terminology: A Short Course, 9th edition by Davi-Ellen Chabner BA MAT

Please note that GSMTHA supplies students with everything they need to do bodywork. Lotions, oils, creams, tables, chairs, table warmers, hot towel cabis, hot stone warmers, etc.

Supplies- Students are required to purchase 4 sets of massage table sheets (fitted sheets, flat sheets and face cradle covers), 8 hand towels and a washable blanket. Though GSMTHA does supply pillows, you may consider purchasing your own body pillow as well, as supplies could be limited during student clinic. Students will need a 3-ring binder, paper, pens/ pencils, highlighters, notecards and rubber bands. Students are required to wear black pants and black shirts for student clinics. (*Tip* Scrubs are an excellent consideration)

Testing and Licensing- These costs are not affiliated with GSMTHA but are required to become a licensed massage therapist in the state of Alabama.

- MBLEx (Massage & Bodywork Licensing Examination) is the first step in requiring your license. The cost for this test is \$195.00

- Licensing Fee for the Alabama Massage Therapy Licensing Board is \$125 and is valid for 2 years.

PAYING FOR SCHOOL

Outside loans are a consideration for potential students. Students should consider getting themselves preapproved early, so that they will have funds before the beginning of class.

In House Financing- GMSTHA provides a payment plan for students with no annual interest rate. Please note that certificates are not provided until all payments are made.

ILLNESS/ MILITARY SERVICE

A student who becomes ill or incapacitated (attested to by a competent medical authority) or has been inducted into the armed services before the beginning of class, is relinquished of tuition expenses and will be refunded all that has been paid so far.

ENROLLMENT CANCELLATION

A student may cancel their enrollment altogether within one week of the enrollment agreement, therefore receiving a refund for all tuition paid.

WITHDRAWAL/ DISMISSAL/ REFUND POLICY

Withdrawal Policy: Partial refunds of the tuition fee will be given to a student to withdrawals from the program before at least 40% of the program has been completed. No refunds will be given once more than 40% of the program is completed.

The Refund Policy goes as follows and shows the date of potential withdrawals vs how much a student will owe if they withdrawal:

- First day of class – 0%
- After first day of class- 10%
- After 10%; within 25% completion- 50%
- After 25%; within 50% completion- 75%
- After 50% completion- 100% (No refunds given)

Student Membership fees are non-refundable.

Registration fees are non-refundable unless in the case of illness/ military duties before the start of the program.

Dismissal Policy: Gadsden School of Massage & The Healing Arts reserves the right to dismiss a student at any time. Below is a list of examples that will result in dismissal from the program:

- Academic failure
- Violating ethical code of conduct
- Falsifying information during the admissions process
- Dishonesty involving exams/ Cheating on an exam

STUDENT HEALTH & HYGIENE

Students are expected to arrive at class in clean, professional clothing. Nails should always be scrubbed clean and filed/ cut short. Long hair should be kept back and out of the student's face. Scented sprays, colognes, perfumes, etc. should be avoided. Students in this program are expected to bathe and have no offensive body odor/ breath.

GRADUATION REQUIREMENTS

Students who complete this 700-hour course will receive a certificate from Gadsden School of Massage & The Healing Arts with a lovely reception to follow. Successful completion means fully passing each exam and practical exam by at least 70% with at least a 95% attendance rate and having their full tuition paid.

NON-DISCRIMINATION POLICY

Gadsden School of Massage & The Healing Arts does not discriminate based on ethnicity, religion, gender, age, sexuality or any other status protected by law. Gadsden School of Massage & The Healing Arts is a safe place for students, teachers and clients and all are protected against discrimination. I have a zero-tolerance policy for sexual harassment from all persons who wish to be a part of the program, and failure to abide by this policy will result in dismissal from the program, and in extreme cases interference from the police department. Examples of sexual harassment include but are not limited to:

- Unwelcomed verbal harassment of a sexual or abusive nature
- Unwelcome pressure for sexual activity
- Unwelcomed sexually motivated touch
- Unwanted comments on gender, sexually motivated or otherwise

CODE OF CONDUCT

The Code of Conduct and Disciplinary Policy have been developed by **Gadsden School of Massage & The Healing Arts (GSMTHA)** to preserve its educational mission, ensure the orderly operation of school activities, protect individuals who may be affected by misconduct or criminal behavior, and safeguard the school's interests by enforcing established rules and regulations.

The strength and integrity of the school rely on everyone's willingness to accept personal responsibility and demonstrate respect for the rights and well-being of others. **GSMTHA** expects all students to act honestly and ethically. This includes refraining from lying, stealing, cheating on examinations, or participating in any dishonest, unlawful, or harmful behavior. Actions intended to cause physical or emotional harm, including verbal or physical threats, are strictly prohibited.

The purpose of a code of conduct and disciplinary standards at **Gadsden School of Massage & The Healing Arts** is directly tied to the school's educational goals. It serves as a foundational tool for fostering honesty, personal accountability, and the elevated ethical standards traditionally associated with health care professionals. These professional expectations go beyond basic ethical behavior. Disciplinary rules represent the minimum moral standards within the massage and bodywork profession and generally align with legal requirements. The **GSMTHA Code of Conduct and Disciplinary Policy** exists to provide clear guidance to students, setting a baseline standard that they are encouraged to exceed, with ethical conduct that rises well above what is legally required.

Students are required to always maintain professional behavior. The use of offensive language; possession of illegal or non-prescribed drugs; possession or consumption of alcohol; possession of weapons; inappropriate sexual behavior; or any conduct deemed disrespectful or unprofessional is considered unacceptable and may result in immediate dismissal. Any student whose behavior negatively affects the school, its staff, or fellow students may be dismissed from the program. Theft or intentional damage to property belonging to the school, staff, or students will result in immediate dismissal and may be fully prosecuted by the law.

**GADSDEN SCHOOL OF MASSAGE & THE HEALING
ARTS APPLICATION FOR ADMISSION**

Desired Start Date/Time/Enrollment Status

February

August

Name: _____ Telephone: _____

Address: _____ Birthdate: _____

Street

Apt#

_____ SSN#: _____

City

State

Zip

ARE YOU A LICENSED MASSAGE THERAPIST?

YES: _____

NO: _____

If yes, what state? _____ License No. _____

CURRENT EMPLOYMENT:

Name of Company/Employer

Phone #

Employer Address

Supervisor

Position/Title

Number of years employed

IN CASE OF EMERGENCY NOTIFY:

Name

Phone #

Address

Relationship

A \$75.00 REGISTRATION FEE MUST ACCOMPANY THIS COMPLETED APPLICATION ALONG WITH ALL ADDITIONAL REQUIRED DOCUMENTS.

I state that the information provided on this application is true. I understand that any false information contained here will be grounds for dismissal from the program.

Signature: _____

Date: _____

GADSDEN SCHOOL OF MASSAGE & THE HEALING ARTS

CERTIFICATE OF HEALTH

Please complete and return to:

Gadsden School of Massage & The Healing Arts

414 Chestnut St.

Gadsden, AL 35901

(256)553-1469

gadsdenmassagestudio@gmail.com

Student Name _____

Social Security # _____ - _____ - _____

Physician's Name _____

License # _____

Office Address _____

Office Phone _____

The remainder of this form must be completed by a licensed physician.

1. I hereby certify that a PPD (TB Screening) was administered to the above-named individual at this office on _____, 20___. Results: Negative _____

2. Positive _____ I hereby certify that the above-named individual was fully examined by me at this office on _____, 20__ and found to be free of diseases communicable via massage. I hereby certify that this individual can participate in massage classes and able to give and receive massage during these classes.

Physician's Signature _____

Date: _____