



# Quality Training for Certified Massage Therapists

The FQM has developed competency profiles as part of its integrated training program. Through its flexible training continuum for acquiring professional and technical competencies, for example, certified massage therapists can transition from Profile 1 to Profile 2, or directly to Profile 3. Because the FQM is mindful and respectful of the job market realities faced by massage therapists, the latter can complete these training programs at their own pace.

STUDENT

NETWORK OF ACCREDITED SCHOOLS

## PROFILE 1 - MANDATORY BASIC TRAINING (400 hrs)

Human body, learning a basic technique, client-centered approach, professional supervision

### Module 1 (90 hrs)

#### Human body

- › Anatomy
- › Physiology
- › Pathology

### Module 2 (190 hrs)

#### Practical applications and stages

#### Learning a basic technique

- › Amma
- › Californian
- › Shiatsu
- › Swedish, etc.

### Module 3 (90 hrs)

#### Client-centered approach

- › Interview techniques
- › Helping relations
- › Communications
- › Sexuality and professional ethics

### Module 4 (30 hrs)

#### Professional supervision

## FQM CERTIFIED MASSAGE THERAPIST

As a graduate, you can start working now in prevention and improved well-being.

## PROFILE 2 (600 hrs)

### Module 1 (135 hrs)

#### Human body

- › More in-depth knowledge of anatomy, physiology and pathology
- › CPR

### Module 2 (210 hrs)

#### Practical applications and stages

- › Learning a second basic technique: Polarity, Swedish, Californian, etc.

or

- › More in-depth knowledge of a therapeutic technique
- › Vodder lymphatic drainage
- › Sports massage
- › Kinesitherapy massage
- › Therapeutic Swedish massage, etc.

### Module 3 (90 hrs)

#### Client-centered approach

- › More in-depth knowledge of helping relations

### Module 5 (120 hrs)

#### Evaluation and therapeutic follow-up

- › Postural analysis and clinical reasoning
- › Treatment plan and therapeutic follow-up
- › Exercises, somatic education, etc.

### Module 6 (45 hrs)

#### Business management

## PROFILE 3 (600 hrs)

### Module 1 (90 hrs)

#### Human body

- › Anatomy, physiology, pathology pertaining to a condition of health/specific clientele\*

### Module 2 (450 hrs)

#### Practical applications and stages

- › Adapted massage
  - › Cancer
  - › Inflammatory pathologies
  - › Nervous and respiratory system pathologies
  - › Pregnant women
  - › Seniors
- › Interdisciplinary treatment

### Module 3 (60 hrs)

#### Client-centered approach

- › Helping relations pertaining to a condition of health/specific clientele\*

## OPTIONAL TRAINING (200 hrs)

### Complementary techniques and trainings in massage therapy

- › Acupressure
- › Aromatherapy
- › Bowen technique
- › Fasciotherapy or deep tissue
- › Integrated cranial massage
- › Leduc lymphatic drainage
- › Massage
  - › Cellulite
  - › Chair massage
  - › Chinese or Tui Na
  - › Kobido
  - › Lomi-atsu
  - › Lomi-lomi
  - › With rocks
- › Reflexology
- › Therapeutic touch
- › Trigger points

THE NUMBER OF HOURS IN EACH MODULE IS INDICATIVE.

\* Cancer, aging person, chronic pain, pregnant woman, child with special needs, etc.



Fédération québécoise  
des massothérapeutes  
agréés

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