



# Course Syllabus

**Course title:** Self-Care for Therapists

**Class section:** MASS - 182 - BX01

**Term:** 2025S

**Course credits:** 3

**Total hours:** 45

**Delivery method:** Blended

## Territorial acknowledgment

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Camosun College respectfully acknowledges that our campuses are situated on the territories of the Lək'wəŋən (Songhees and Kosapsum) and W̱SÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

## Instructor details

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## Course description

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### Course Description:

Students will study about the physical, mental, and emotional requirements of a massage therapist. Self assessment, appropriate self-disclosure, and stress management techniques and strategies will be explored.

## Learning outcomes

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Upon successful completion of this course students will be able to:

- Identify and practice methods for maintaining physical, emotional, mental, and spiritual health and wellness of a massage therapist.
- Identify how physical fitness and lifestyle habits can affect performance and stress management.
- Identify and practice proper biomechanics beneficial to physical ease and treatment efficiency.
- Describe physical/psychological stress factors in massage therapy practice and use stress reduction methods to preserve therapist health.
- Demonstrate self-assessment and self-disclosure of needs, behaviors and attitudes relevant to practice as a massage therapist.
- Describe the ways in which personal values, attitudes, and ethics influence professional values, attitudes, and ethics.

## Course reading materials

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**Title:** Simple Self Care for Therapists

**Authors:** Bush, A.

**Publisher:** W.W. Norton & Co.

**Publication Date:** 2015

**Edition:** 1

**Required/Optional:** Optional

## Course schedule

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Course Schedule

Module 1: Introduction <ul style="list-style-type: none"><li>• Explore readings and resources</li></ul>
Module 2: Mindfulness <ul style="list-style-type: none"><li>• In class Assignment</li></ul>

Module 2: Self-Compassion
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 2: Compassion
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 3: Emotional/Mental Wellbeing
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 4: Values and Gratitude
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 4: Joy and Savouring
-In Class Assignment
Midterm Week (no exam in this course)
Module 5: Physical Wellbeing
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 5: Continued
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 6: Stress Management
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 6: Boundaries and conflict
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>
Module 7: Boundaries and Conflict continued
- In Class Assignment
Wrap Class
<ul style="list-style-type: none"> <li>• In class Assignment</li> </ul>

## Assessment and evaluation

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Type	Description	Weight
Assignment	Weekly assignments x 10	100%

## Course guidelines and expectations

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Students will study about the physical, mental, and emotional requirements of a massage therapist. Self assessment, appropriate self-disclosure, and stress management techniques and strategies will be explored.

## College policies and student responsibilities

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The college expects students to be responsible, respectful members of the college community. Responsible students meet expectations about attendance, assignments, deadlines, and appointments. They become familiar with academic policies and regulations, and their rights and responsibilities.

College policies are available online at the [Policies and Directives](#) page. Academic regulations are detailed on the [Academic Policies and Procedures for Students](#) page.

Policies all students should be familiar with include the [Academic Integrity Policy](#). This policy expects students to be honest and ethical in all aspects of their studies. It defines plagiarism, cheating, and other forms of academic dishonesty. Infractions of this policy can result in loss of marks or a failing grade. To learn more about plagiarism and cheating, including the use of artificial intelligence, review the [Academic Integrity Guide](#).

The [Academic Accommodations for Students with Disabilities Policy](#) defines how Camosun provides appropriate and reasonable academic accommodations. The Centre for Accessible Learning (CAL) coordinates academic accommodations. Students requiring academic accommodations should request and arrange accommodations through CAL. Contact CAL at least one month before classes start to ensure accommodations can be put in place in time. Accommodations for quizzes, tests, and exams must follow CAL's booking procedures and deadlines. More information is available on the [CAL website](#).

Students must meet the grading and promotion standards to progress academically. More information is available in the [Grading Policy](#).

The college uses two grading systems. A course will either use the standard letter grade system (A+ to F) or a competency-based approach with grades of complete, completed with distinction or not completed. Visit the [Grades/GPA page](#) for more information.

Students must meet the college's academic progress standards to continue their studies. A student is not meeting the standards of progress when a GPA falls below 2.0. The college offers academic supports for students at risk of not progressing. The [Academic Progress Policy](#) provides more details.

If you have a concern about a grade, contact your instructor as soon as possible. The process to request a review of grades is outlined in the [Grade Review and Appeals Policy](#).

The [Course Withdrawals Policy](#) outlines the college's requirements for withdrawing from a course. Consult the [current schedule](#) of deadlines for fees, course drop dates, and tuition refunds.

If students experience a serious health or personal issue, they may be eligible for a [medical or compassionate withdrawal](#). The [Medical/Compassionate Withdrawal Request Form](#) outlines what is required.

The [Acceptable Technology Use](#) policy ensures the use of the college network and computers contribute to a safe learning environment. This policy also applies to the use of personal devices with the college network.

Students experiencing sexual violence can get support from the Office of Student Support. This Office of Student support is a safe and private place to discuss supports and options. More information is available on the [sexual violence support and education site](#). Students can email oss@camosun.ca or phone 250-370-3046 or 250-370-3841.

The [Student Misconduct Policy](#) outlines the college's expectations of conduct. Students should behave to contribute to a positive, supportive, and safe learning environment.

The [Ombudsperson](#) provides an impartial, independent service to help students understand college policies.

## Services for students

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Successful students seek help and access college services. These services are recommended to make the most of your time at college.

### Services for Academic Success

- [Career Lab](#): Connects students with work-integrated learning experiences, including co-op placements and career fairs.
- [English, Math, and Science Help Centres](#): Get one-on-one help with homework.

- [Library](#): Get help with research, borrow materials, and access e-journals and e-books. Libraries at both campuses provide computers, individual and group study spaces.
- [Makerspace](#): A place to innovate, collaborate, and learn new skills and technology in a fun, dynamic, inclusive environment.
- [Writing Centre & Learning Skills](#): Get assistance with academic writing or meet with a learning skills specialist for help with time management, preparing for exams, and study skills.

#### Enrolment, Registration, and Records

- [Academic Advising](#): Talk to an academic advisor for help with program planning.
- [Financial Aid and Awards](#): Learn about student loans, bursaries, awards, and scholarships.
- [Registration](#): Get information about Camosun systems, including myCamosun, and college policies and procedures.
- [Student Records](#): Get verification of enrolment to access funding, request a transcript, or credential.

#### Wellness and Cultural Supports

- [Counselling](#): It's normal to feel overwhelmed or unsure of how to deal with life's challenges. The college's team of professional counsellors are available to support you to stay healthy. Counselling is free and available on both campuses. If you need urgent support after-hours, contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.
- [Centre for Indigenous Education and Community Connections](#): Provides cultural and academic supports for Indigenous students.
- [Camosun International](#): Provides cultural and academic supports for international students.
- [Fitness and Recreation](#): Free fitness centres are located at both campuses.

For a complete list of college services, see the [Student Services](#) page.

## Changes to this syllabus

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Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change the course content or schedule. When changes are necessary the instructor will give clear and timely notice.