

# COURSE SYLLABUS



COURSE TITLE: Self Care for Therapists

CLASS SECTION: MASS 182

TERM: S2024

COURSE CREDITS: 2

DELIVERY METHOD(S): Blended

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

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## INSTRUCTOR DETAILS

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NAME: Leslee Watt

EMAIL: wattl@camosun.ca

OFFICE: PISE 203

HOURS: Tuesday – Friday, by request

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

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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.

PREREQUISITE(S): Nil

CO-REQUISITE(S): Nil

EQUIVALENCIES: Nil

## COURSE LEARNING OUTCOMES / OBJECTIVES

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- 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 and psychological stress factors in massage therapy practice and use stress reduction methods to preserve therapist health
- Demonstrate self-assessment and self-disclosure methods of needs, behaviours 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.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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Class discussions, videos, and content in D2L shell.

## COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

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The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
1 (May 9 <sup>th</sup> )	Introduction to Self Care; Overview, and Outline	Assignment 1
2 (May 16 <sup>th</sup> )	Physical Wellbeing	Assignment 2
3 (May 23 <sup>rd</sup> )	Physical/ Mental Wellbeing	Assignment 3
4 (May 30 <sup>th</sup> )	Breathing/Meditation	
5 (June 6 <sup>th</sup> )	Emotional Wellbeing and Self Assessment	Assignment 4
6 (June 13 <sup>th</sup> )	Pre-Midterm Care	
7 (June 20 <sup>th</sup> )	Midterms - <b>No classes, No exam</b>	
8 (June 27 <sup>th</sup> )	SleepWell	Assignment 5
9 (July 4 <sup>th</sup> )	Communication, Boundaries, and Conflict Management	Assignment 5
10 (July 11 <sup>th</sup> )	Self Disclosure and Values Assessment	Assignment 6
11 (July 18 <sup>th</sup> )	Movement as Self Care	
12 (July 25 <sup>th</sup> )	Guest Speaker	
13 (August 1 <sup>st</sup> )	Empathy, Apathy, Anxiety, and BURNOUT	Self Care Plan
14 (August 8 <sup>th</sup> )	Self Care Celebration	
Exam Week	<b>NO FINAL EXAM</b>	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

## EVALUATION OF LEARNING

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DESCRIPTION		WEIGHTING
Assignment #1 – Defining Self Care (A Mind Map)	Due Wed. May 15 <sup>th</sup> 2024	12%
Assignment #2 – Physical Maintenance for the MT	Due Wed. May 22 <sup>nd</sup> 2024	12%
Assignment #3 – Meditation: Is it for you?	Due Wed. May 29 <sup>th</sup> 2024	12%
Assignment #4 – Emotional Literacy	Due Thurs. June 27 <sup>th</sup> 2024	12%
Assignment #5 – Sleep, Relationships or a Massage	Due Thurs. July 11 <sup>th</sup> 2024	12%
Assignment #6 – A Reflection on Self Disclosure	Due Thurs. July 18 <sup>th</sup> 2024	12%
Professionalism/Engagement	Ongoing	10%
Final Self-Care Plan - 1 Page Plan + 300 Words	Due Mon. Aug. 8 <sup>th</sup> 2024	18%
	<b>TOTAL</b>	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](#) policy for more information. <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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There will be several assignments throughout the course. It is the student's responsibility to be informed of any assigned work and due dates. When submitting your own individual assignment, be sure that it is your own work (keeping in mind academic honesty requirements). This applies even if you are studying with other students - the work you submit must still be your own. Please submit assignments in the format requested by the instructor. Incorrect formatting may result in late penalties and delayed grading.

Please note: there is no midterm or final examination for this course. All course work, quizzes, and tests shall be completed before the final exam period.

## SCHOOL OR DEPARTMENTAL INFORMATION

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The Diploma in Massage Therapy prepares graduates to become independent, successful, and professional health care providers in the area of massage therapy. The program includes advanced theoretical knowledge and the practical application of the skills necessary to provide safe, effective and ethical massage therapy that meets entry to practice requirements of the College of Massage Therapists of BC. Students learn to apply principles of physical, health and social sciences as they relate to massage therapy in the classroom, simulated environments, and through clinical placements in the community.

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies;

demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what

supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education).

To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

### Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**Changes to this Syllabus:** 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 courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.