



Tanya Meyers, RMT

[www.tanyameyers.com](http://www.tanyameyers.com)

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Nurture Wellness offers a variety of **RMT training tutorials** to assist Massage Therapists in honing their skills into areas of specialization. Building on the skills RMT's have from their basic training and experience, these training sessions focus on treatment planning, technique application for specific patient needs, positioning and body use and any other pertinent information needed to provide safe and effective treatment for the specific area of need. These are not certification courses. You will receive a detailed receipt upon completion of the training. This can be used for income tax deduction as well as proof of training for employers and for the Strive program for the CMTO.

### **About your instructor**

Tanya Meyers, RMT graduated from Sutherland-Chan School & Teaching Clinic in 1997 and continues to practice massage therapy in her private practice in west Toronto, specializing in the areas of pregnancy & post-partum, pediatric and palliative care. Tanya also has additional training as a birth doula, a death doula, infant massage instructor and in providing trauma-informed care. She taught for many years at Sutherland Chan School in both practical and academic instructor roles including Perinatal and Geriatric Massage Foundations, Massage Techniques, Introduction to Massage, Therapeutic Relationships and Fundamentals of Treatment as well as supervised student clinics and a term 4 High Risk Obstetrics specialty clinic at Women's College/Sunnybrook Hospital. Teaching and mentoring RMT's, both in general practice building and in her areas of specialization is a true passion.

### **RMT Perinatal Specialty Training Tutorial (pre-natal and post-partum)**

**Two-Part Tutorial:** 2 hours theory (virtual) and 2 hours practical (in person)

Theory (Virtual): This 2 hour tutorial/training modality is to enhance the skill-set of the RMT and includes anatomy/physiology review, treatment planning guidelines, practice enhancement tools and recommendations for safe and effective treatment of pregnant and post-partum patients. It is taught virtually.

Designed for 2-8 participants.

**Cost per RMT: \$95+HST**

Practical (In-Person): This 2 hour tutorial/training modality is designed to follow the virtual theory perinatal tutorial and is the practical, hands-on application of techniques specific to pre-natal and post-partum specialty treatments.

Designed for 2-4 participants

**Cost per RMT: \$95+HST**

### **RMT Infant Massage Instruction Training Tutorial:**

This 2 hour virtual tutorial will give the RMT a practical plan for instructing parents and caregivers on Infant Massage and also enhance their skill set in delivering safe and effective treatment to infants and babies in their practice. The training includes an anatomy and physiology review, common conditions RMT's can treat in infants, treatment planning, non-verbal communication tools, demonstration (on a doll) of technique application, benefits of treatment, marketing tools and teaching tools and to deliver the information in private appointments with caregivers or in a group/class.. Designed for 2-8 participants. **Cost per RMT: \$95+HST**

### **RMT Labour Support Instruction Training Tutorial:**

This 2 hour virtual training will give the RMT a practical plan for instructing pregnant patients and their birth partners on labour support techniques to assist in the birthing process. This gives birth partners tools and confidence in providing support and also reviews the innate mechanisms that exist in the birthing body for this specialized function of giving birth. This skill set will allow the RMT to offer this service to their pregnant patients immediately and will also include some discussion about marketing strategies for this service. Designed for 2-8 participants. **Cost per RMT: \$95+HST**

### **RMT Palliative Care Specialty Training Tutorial (chronic illness & end of life)**

This 3.5 hour virtual training tutorial will cover the guidelines for safe and effective treatment of palliative patients (this include chronic degenerative illnesses and/or end of life care). We will discuss special needs related to chronic illness in general, treatment planning, guidelines for supporting the social-emotional needs of patients and their caregivers/loved-ones, the role of different caregivers involved in the care team, as well as body positioning, resources and self-care for the RMT providing this specialty care. There will be an opportunity for questions and dialogue. Designed for 4-8 **Cost per RMT: \$160+HST**

### **Therapeutic Breast Massage (Two Part Tutorial)**

Theory (Virtual): This 2 hour virtual training is designed for RMT's who want to incorporate this important treatment modality into their practice but lack the confidence and supported training necessary to provide a safe and effective breast massage and educate patients about breast health including prevention and self care of pathologies. Designed for 4-8 **Cost per RMT: \$95+HST**

Practical (In-Person): This 2 hour tutorial/training modality is designed to follow the virtual theory component and is the practical, hands-on application of techniques specific to therapeutic breast massage. This includes techniques to enhance drainage and tissue health as well as treating pathologies and scar tissue. Designed for 2-4 participants **Cost per RMT: \$95+HST**

**To book your tutorial: email Tanya at [tanya.meyers@rogers.com](mailto:tanya.meyers@rogers.com)**