

Massage Therapy - NCBTMB (National Certification Board for Therapeutic Massage and Bodywork)

The following are approved courses for Massage Therapists 2021.

Title	Category	Hours
Addiction: Alternatives to Abstinence	Adv. Science	3
ADHD in Adults	Adv. Science	3
Alzheimer's: Prevention of the Disease & Other Dementias	Adv. Science	3
Anti- Anxiety Drugs	Adv. Science	3
Antioxidants: A Balancing Act with Free Radicals	Adv. Science	3
Appetite Control & Suppression	Adv. Science	3
Arthritis and Rheumatic Diseases	Adv. Science	3
Arthritis, Diet & Exercise	Adv. Science	3
Asthma & Allergies	Adv. Science	3
Autoimmune Disease & Multiple Sclerosis	Adv. Science	3
Brain & Stress: PTSD & Adjustment Disorders	Science	3
Brain Food	Adv. Science	3
Cancer Prevention	Adv. Science	3
Caring for Patients with Alzheimer's and Other Dementias	Adv. Science	3
Caring for the Caregiver	Self-Care	3
Chronic Pain Disorders & Treatments	Science	3
Cognitive Behavioral Therapy	Adv. Science	3
Diabetes: A Comprehensive Overview	Science	2
Eating Disorders	Adv. Science	3
Eating Right at Midlife & Beyond	Adv. Science	3
Emotional & Social Intelligence	Science	1
Emotions, Moods & Pain	Science	3
Fibromyalgia	Science	1
Food Cravings	Adv. Science	3
Gluten & The Brain	Adv. Science	1
Heart Health	Science	3
Hospice & Palliative Care	Adv. Science	1
Humor & Healing	Science	1.5
Hypertension : A Health Update	Science	3
Inflammation: Causes, Prevention & Control	Science	3
Integrative Healing	Self-Care	4
Irritable Bowel Syndrome & Inflammatory Gastrointestinal Disorders	Science	3
Keeping Balance & Preventing Falls	Adv. Science	3
Knee Pain	Science	3
Leg & Foot Pain	Orthopedic Massage	2
Living to be 100	Science	4
Loss of Control: Fighting Back with Full Strength	Science	3
Low Back Pain	Science	3
Meditation-(Self-Care)	Self-Care	3
Memory Loss & Forgetfulness	Science	3

Neck & Shoulder Pain	Science	3
Neurotransmitters: The Bridges of the Brain	Science	3
Non-Traditional Approaches: Anxiety, Insomnia & Depression	Science	3
Omega-3 Fatty Acids	Adv. Science	3
On Loss & Grief	Adv. Science	3
Osteoporosis	Body Psych.	2
Paradise Regained: Achieving Remission in Depression	Adv. Science	3
Parkinson's Disease & ALS	Science	3
Poles rt: Unipolar vs. Bipolar Depression	Science	3
Positive Psychology	Science	3
Power of Walking	Adv. Science	3
Probiotics: The Good Bacteria	Adv. Science	2
Psychology of Aging	Science	3
Psychology of Bullying	Adv. Science	3
Psychology of Relationships	Adv. Science	3
Reducing Stress	Science	3
Skin Allergies, Skin Care & Wrinkles	Adv. Science	3
Social Anxiety	Adv. Science	3
Stop Losing Sleep	Science	3
Stress & Depression	Science	3
Stroke: A Health Update	Science	3
Successful Aging	Adv. Science	4
Sugar, Salt & Fat	Adv. Science	4
The Healing Power of Sleep	Science	5
The Hungry Brain	Adv. Science	5
The Insulin Connection	Adv. Science	3
The Mediterranean Diet	Adv. Science	3
Thyroid Disorders	Adv. Science	3
Types of Pain & Pain Pathways	Science	3
Understanding Anger	Science	3
Understanding Anxiety	Science	3
Understanding Chronic Illness (Text: When Someone You Love Has A Chronic Illness)	Science	4
Understanding Emotions	Adv. Science	3
Vitamin D; Vitamin, Hormone & Protector	Adv. Science	3
Women's Health & Physical Fitness	Adv. Science	3
Women's Health: Insomnia	Science	3
Women's Health: Menopause	Science	3
Women's Health: Migraines & Headaches	Science	3
Women's Health: Mood Swings	Science	3
Women's Health: Chronic Pain	Science	3
Women's Health: Depression	Science	3
Your Mouth, Your Health	Adv. Science	3

The "Advance Science Category" requires a release form to be completed.