

ELUVETT METHOD

REDEFINING LYMPHATIC care education

Massage Therapy Program

COLLEGE HOSTING PACKAGE

CONTACT

Anne Kääril, AMT, RMT, Educator

e: eluvettmethod@gmail.com

www.eluvettmethod.com

Supporting RMTs for Today's Healthcare Landscape

Massage therapy schools play a pivotal role in preparing students to enter the healthcare environment with confidence, skill, and clinical insight. The EluVett Method Lymphatic Foundations program is designed to complement the anatomy, physiology, and technique training students receive, introducing them to an often underutilized but highly impactful system in the body ~ the lymphatic system.

Many therapists face barriers to advanced lymphatic education due to cost, program length, or uncertainty about its relevance, yet it is essential for supporting patient recovery, managing chronic conditions, and enhancing clinical outcomes. This small-group, hands-on workshop equips both students and alumni with practical, in-scope skills that bridge foundational education and real-world practice.

Hosting the course provides your school with a meaningful opportunity to support emerging therapists, offer valuable continuing education for alumni, and demonstrate a commitment to advancing the profession.

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WORKSHOP OVERVIEW

FORMAT:

- 2-day clinical, hands-on workshop with partner exchange

CLASS SIZE:

- Minimum: 10 participants
- Suggested Maximum: 20 participants
- Flexible for larger clinics (e.g., 10 tables = 20 students)

WORKSHOP FOCUS:

This small-group format ensures time for:

- Hands-on technique practice
- Guided instruction and feedback
- Clinical discussion and case-based learning
- Mentorship and Q&A

The class is intentionally designed to support therapists in developing clinical confidence.

WHO THE WORKSHOP IS FOR

Schools may offer the workshop to:

- Senior massage therapy students
- Recent graduates entering practice
- Alumni therapists seeking continuing education

Programs may host the workshop:

- Exclusively for students
- Exclusively for alumni
- As a combined student-alumni learning opportunity
- As a combined student-alumni-community learning opportunity

WHY LYMPHATIC UNDERSTANDING MATTERS FOR MASSAGE THERAPISTS

The lymphatic system plays a critical role in:

- Maintaining fluid balance
- Supporting immune function
- Assisting tissue recovery and inflammation resolution

Therapists frequently encounter conditions such as:

- Chronic swelling or edema/lipoedema
- Inflammatory and auto-immune conditions
- Injury recovery and post-surgical healing
- Systemic fatigue/congestion (e.g., fibromyalgia, Lyme disease, venous insufficiencies)

BENEFITS OF LYMPHATIC-FOCUSED EDUCATION

Therapists gain the ability to:

- Interpret patterns of congestion and inflammation
- Adapt pressure and techniques appropriately
- Support tissue recovery processes
- Recognize when caution (contraindications) or referral is required
- Communicate effectively with patients about healing
- Engage confidently within interprofessional circles of care
- Strengthen the role of massage therapy within integrated healthcare

For students, this knowledge bridges foundational science education and real-world clinical practice.

> [Read more about Lymphatic Foundations on the website!](#)

www.eluvettmethod.com/foundations.html

COURSE LEARNING OUTCOMES

By the end of the workshop, participants will be able to:

- Understand the lymphatic system's role in health and tissue recovery
- Recognize clinical presentations benefiting from lymphatic approaches
- Apply foundational lymphatic techniques safely and appropriately
- Integrate lymphatic strategies into treatment planning
- Identify key precautions and contraindications
- Communicate treatment rationale and self-care clearly with patients
- Demonstrate readiness as accountable healthcare providers within patient care plans
- Build competency in interprofessional collaboration and appropriate referral pathways

RELEVANCE TO MASSAGE THERAPY PRACTICE IN ONTARIO

The Lymphatic Foundations course supports competencies emphasized by the College of Massage Therapists of Ontario (CMTO):

- Assessment and Clinical Reasoning
- Patient Education and Self-Care Guidance
- Collaboration and Professional Relationships
- Comprehensive assessment skills, including observation and palpation of fluid patterns
- Identification of relevant clinical presentations where lymphatic approaches are indicated
- Clinical decision-making to support appropriate technique selection, modification, and referral

These workshops complement foundational lymphatic education in Ontario programs while emphasizing clinical application.

CMTO COMPETENCIES ALIGNED WITH STRiVE

Lymphatic-focused education supports therapists to:

- Demonstrate knowledge of lymphatic function in health, immunity, and tissue recovery
(Knowledge-Based Practice)
- Assess and recognize clinical presentations where lymphatic approaches are indicated
(Clinical Assessment & Treatment Planning)
- Apply foundational lymphatic techniques safely and effectively *(Safe & Effective Application)*
- Integrate lymphatic strategies into patient-centred plans *(Professional Practice & Clinical Reasoning)*
- Identify precautions, contraindications, and indications for referral *(Risk Management & Ethical Practice)*
- Communicate treatment rationale and self-care clearly *(Therapeutic Communication & Patient Education)*
- Demonstrate accountability within collaborative care plans *(Professional Responsibility & Accountability)*
- Apply principles of interprofessional collaboration and appropriate referral pathways
(Collaboration & Continuity of Care)

These outcomes align with STRiVE competency expectations, supporting safe, evidence-informed care, clinical reasoning, and integration of massage therapy within Ontario's healthcare system.

BENEFITS FOR MASSAGE THERAPY SCHOOLS

Support Student Transition into Practice:

- Students gain confidence applying lymphatic concepts in clinical situations

Continuing Education and Alumni Support:

- Provide meaningful learning opportunities for graduates to expand skills
- Support alumni in applying STRiVE competencies for planning, reporting, and accountable practice
- Reinforce ongoing professional development and collaborative healthcare integration

Strengthen Alumni Engagement:

- Encourage alumni to reconnect with the program and professional community

Enhance Professional Reputation:

- Offering specialized training demonstrates commitment to ongoing professional development

Accessible Learning Opportunities:

- Hosting workshops on campus reduces travel costs and improves participation
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TUITION RATES FOR COLLEGE-HOSTED WORKSHOPS

- Regular Course Fee: \$595*
- Student (senior cohort) Rate: \$476 - 20% reduced fee
- Alumni Rate: \$505 - 15% reduced rate

Note: If the course is opened to participants beyond the college community, standard course fees will apply to all non-student and non-alumni registrants.

HOST SCHOOL ROLE / RESPONSIBILITIES

Host schools provide:

- Suitable classroom / clinic space, treatment tables + rolling stools for participants
- Access to projector for laptop/digital presentation, Wi-Fi if available
- Assistance promoting the workshop to students and alumni

EluVett provides:

- Course instruction, materials, Certificates of Completion
- Registration administration (billing and receipts)
- Promotional support as agreed to (PDF posters, digital advertising)

Priority Registration:

- Schools have first opportunity to fill the workshop with students or alumni
- Minimum 10 participants required to run; if not met 4 weeks prior, promotion to alumni or local therapists may be expanded while reserving spaces for students/alumni

A Shared Commitment to Professional Growth

By partnering with the EluVett Method, schools help cultivate a culture of lifelong learning, professional collaboration, and clinical excellence.

Hosting this workshop enables students and alumni to gain confidence in applying lymphatic concepts, enhances their ability to work within interprofessional healthcare teams, and reinforces massage therapy as a valued component of patient care. It is an opportunity for schools to support the next generation of therapists, strengthen ongoing alumni engagement, and showcase a commitment to professional development and innovation in clinical education.

Together, we can equip RMTs with the tools, skills, and confidence to thrive in today's healthcare landscape.

Let's Elevate Lymphatic Education Together

Thank you for your time and thoughtful consideration of this opportunity.

In both clinical practice and teaching, I continue to see how often RMTs encounter complex presentations where a clear, practical understanding of the lymphatic system makes a meaningful difference. This course was developed to help bridge that gap ~ supporting students in building confidence, clinical reasoning, and skills they can apply immediately in practice.

It is designed to complement your existing curriculum, strengthen student readiness, and contribute to safe, effective, and scope-appropriate care. My goal is to support your faculty and enhance your students' learning with content that is grounded in real-world clinical experience.

I would genuinely welcome the opportunity to collaborate with your program and contribute to the development of your senior students and alumni.

Warmly,

Anne Käärid, *AMT, RMT*

Course Developer & Instructor