



Clinical Experience

Massage therapy is a hands-on profession, and you need a hands-on education. On your way to earning your diploma, you will have hundreds of hours of practical experience, starting with your first days in class.

Your first “clients” will be your fellow students. It’s give-and-receive; you will pair up and practice what you have just been taught, with your instructors to guide you. After a few weeks you will be trading off competent relaxation massages, and that will become the best part of a busy day for both of you!

Clinical experience in the classroom

Our classrooms have both a lecture space and a lab area, and you’ll have hands-on training every time you’re on campus. In class, your practical work is supervised by your classroom instructors who are all experienced RMTs.

A combination of small classes and close attention from excellent instructors make learning and mastering these skills surprisingly easy—and fun!

Learning by doing in supervised student clinics

Once you’ve practiced your techniques in class, it will be time to work on the public. At Vicars, our student practicum takes the form of a minimum of 330 hours of supervised clinical experience over the course of the two-year program. This meets the curriculum requirements for full accreditation by the Canadian Massage Therapy Council for Accreditation.

Our supervised student clinical experience is the backbone of the Vicars program. It offers you the opportunity to work hands-on with hundreds of clients and refine your skills in a supportive and educational environment.

Our clinics are much more than work experience or job placement. At each clinic, an experienced clinic supervisor is there to give you support and direction. Our supervisors are valued members of faculty and all are practicing RMTs. They present specific learning objectives, tied to the curriculum, and create opportunities to ask questions and consult with them during each shift.

A normal shift consists of two client appointments. For each, you'll conduct an assessment and perform a personalized 60-minute treatment based on your client's needs. You will gain valuable experience in practice management by:

- Maintaining detailed client records
- Assisting with clinic operations
- Managing client relationships

Supervised student clinics take place on campus, but outside your regular classroom hours. Daytime and evening shifts are available throughout the week. You'll start treating clients at the public clinic midway through your first year. Our clinics are very popular in the community, and you'll have the opportunity to treat clients of different ages, backgrounds, and conditions.

In-class teaching clinics

One of the most exciting features of our program is the opportunity to gain practical clinical experience as part of your in-class time!

These special clinics take place during scheduled class days. Like the public clinics, special clinics begin midway through first year and continue every month until graduation.

You'll be focusing on the techniques you're learning that month, beginning mid-way through your first year. At the start, you'll be performing relaxation massage.

Special conditions clinics

As your skills develop, the clinics will target more advanced conditions. During second year, the in-class clinics will be devoted to treating people with specific conditions or needs such as fibromyalgia, rheumatoid arthritis, neurological disorders, orthopedic conditions, brain, and spinal cord injuries. Each appointment includes an assessment prior to the massage treatment, and appropriate self-care advice afterwards.

Taking your massage skills on the road

To give you a chance to work under new conditions and with a different population (often athletes), the school regularly organizes outreach events in an off-campus setting. We are careful only to choose events that provide a learning opportunity for students and that contribute to the community in a positive way. For example, you'll often see our students at charity and sports events. Participating in these events is usually voluntary, but students can also earn some of their required clinical hours this way.