

2011 IPSB Booklist

Course Name	Required Books & Supplies at IPSB Campus Bookstore	Required Books & Supplies Purchased Online (IPSB Website or other Source)	Handouts & Other Instructions Needed before First Day of Class	RECOMMENDED Books & Supplies
Alternative Deep Tissue with Circulatory Massage	Trail Guide to the Body ISBN: 978-0982663400 \$51		Pick up handout from Admin office. Students are required to be familiar with origin, insertion and action of all muscles listed on the handout by first day of class. One day will be devoted to having the experience of working in a Spa environment by giving 3- 50 min. full body deep tissue massages in a row. Students are required to bring 3 clients to work with for this portion of the class. It's important to have commitments from your 3 clients by the first day of class.	Deep Tissue Sculpting by Carole Osborne-Sheets ISBN: 978-0966558524
Anatomy for Bodyworkers	Musculoskeletal Anatomy: Layer by Layer \$27 The Anatomy Notebook \$15 (Both books are by Jack Baker)	The Massage Therapist's guide to Pathology \$50 ISBN: 978-0781769198 Basic Clinical Massage Therapy: Integrating Anatomy and Treatment, by Clay and Pounds \$52 ISBN: 978-0781756778		Trail Guide to the Body ISBN: 978-0982663400 Any current college level anatomy book.
Aromatherapy I			Pick up supplies handout from Admin office. You must have oils and blending bottle on first day of class.	
Aromatherapy for Immune & Chakra Systems	Aromatherapy Handbook \$5 Crystals Bag \$20			

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Asian Healing Arts II	Asian Healing Arts Handbook \$12	The Web that has No Weaver \$16 ISBN: 978-0809228409		Staying Healthy with the Seasons ISBN: 978-1587611421
Ayurveda De-mystified		The Book of Ayurveda: A Holistic Approach to Health and Longevity by Judith H. Morrison \$12 ISBN: 978-0684800172		
Basic Lomilomi Massage	Lomilomi The Basic Procedure of an Ancient Hawaiian Massage by Michelle Lomelin \$26			
Chi Nei Tsang II - Advance Techniques	CNT Manual \$15 CNT DVD by Osi Livni \$35			
Clinical Applications II		Save Your Hands! By: Saurian Greene, Richard W. Goggins \$27 ISBN: 978-0967954912	Pick up Clinic Shift Preference Form from Admin office and submit as early as possible.	
Communication I: Client-Centered		The Four Fold Way \$15 ISBN: 978-0062500595	Read pages 1-45 before first day of class.	
Communication II: DreamWorks I		Owning Your Own Shadow by Robert Shadow \$11 ISBN: 978-0062507549	Bring a blank journal book. Pick up course handout from Admin office. Read handout. Start recording your dreams.	
Communication II: Mindfulness & Meditation		Present Moment, Wonderful Moment by Thich Nhat Hanh \$16 ISBN: 978-1888375619	Please bring a blanket and a journal to every class.	
Communication II: Somatic Rejuvenation			Please bring a journal to the first day of class. Materials fee: Pay \$15 in class for art materials.	

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Communication III: Dialogue Methods Intro	Dialogue Handbook \$7 Reading packet \$3		Pick up Reading Packet from Admin office and read before first day of class.	
Contemporary A	IPSB Contemporary Methods Student Handbook \$21	Deep Tissue Sculpting by: Carole Osborne-Sheets \$28 ISBN: 978-0966558524 Staying Healthy with the Seasons ISBN: 978-1587611421 \$15	Pick up student packet from Admin office.	Job's Body ISBN: 978-1581770995 Physical Examination of the Spine and Extremities. ISBN: 978-0838578537 The Web that has No Weaver ISBN: 978-0809228409
Contemporary B	IPSB Contemporary Methods Student Handbook (Same as Contemp. A) \$21 Body Epiphany \$22 Sensory Repatterning CD \$16		Pick up a Contemporary B Student Packet from Admin office. Pick up the Clinic Shift Preference form from Admin office and submit to the MTC.	Dreambody ISBN: 978-1887078047
CranioSacral Therapy I		CranioSacral Therapy and the Energetic Body by Roger Gilchris ISBN: 978-1556435805 \$15	Please begin reading prior to class.	Wisdom in the Body by Michael Kern ISBN: 978-1556435591
CranioSacral Therapy II		CranioSacral Biodynamics: Vol 1 by Franklyn Sills \$25 ISBN: 978-1556433542 Walking the Tiger by Peter Levine ISBN: 978-1556432330 \$13	Read pages 2-183 of Sills book prior to class	
CranioSacral Therapy III		The Atlas of Human Anatomy, 5th ed. by Frank Netter \$60 ISBN: 978-1416059516		Cranial Intelligence by Ged Sumner ISBN: 978-1848190283

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CranioSacral Therapy IV		Larsen's Human Embryology, 4th edition by Schoenwolf/Bley/Brauer/Francis-West \$50 ISBN:978-0443068119		
Creating A Professional Practice		Creating a Professional Practice Student Handbook (available free at www.manifestyourreality.com under "CPP Class". Purchase a printed copy \$12) Business Mastery (4th edition) \$28 ISBN: 978-0962126574	Read chapters 1 and 2 in Business Mastery before first day of class.	
Department of Success				Business Mastery (4th edition) \$28 ISBN: 978-00962126574
Dynamics of Personal Learning-Intro		Students should bring drawing paper and pastels for drawing		
Dynamics of Personal Learning-A		A 4"x4"x4" block of plasticine clay in brick red. An unlined 8 1/2x11 sketch pad.	Be thinking of a somatic area you would like to research	
English Composition		A Writer's Reference (6th edition) by Diana Hacker \$8 ISBN: 978-0312450250		
Essentials of Massage & Bodywork	Trail Guide to the Body \$60 ISBN: 978-0982663400 Trail Guide to the Body Student Handbook \$20 ISBN: 978-0982663417 Bodymind \$15 ISBN: 978-0874773750 IPSB Essentials Student Hdbk \$21		Pick up assignment sheet from Admin office. All assigned work must be completed prior to the first day of class.	The Book of Massage by: Lidell ISBN: 978-0743203906 Tai Chi: The Supreme Ultimate ISBN: 978-0804835930

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Essentials of Oriental Theory		The Web that has No Weaver \$16 ISBN: 978-0809228409		Student Manual on the Fundamentals of Oriental Medicine \$50 Chinese Qi-Gong Massage; Between Heaven and Earth; The Law of the Five Elements; Qi-Gong practice DVD.
Heated Stone Integrated Massage			Please bring 10 light colored hand towels & 4 washcloths to class.	
Hydrotherapy and Self Care		Modern Hydrotherapy for the Massage Therapy by Marybetts Sinclair \$49 ISBN: 978-0781792097	Read Chapter 2 before first class.	
Introduction to Research			Bring a laptop to class if you have one. Students must obtain a San Diego or county library card before the first class meeting.	
Jin Shin Acutouch-Common Ailments	Jin Shin Acutouch for Others by Barbara Clark \$45			
Jin Shin Acutouch - Concentration	Jin Shin Acutouch for Others by Barbara Clark \$45			Staying Healthy with the Seasons; Traditional Acupuncture Law of the Five Elements; The Healing Touch
Jin Shin Acutouch-Healing the Spirit	Jin Shin Acutouch for Others by Barbara Clark \$45			Staying Healthy with the Seasons; Traditional Acupuncture Law of the Five Elements; The Healing Touch

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Jin Shin Acutouch-Organ Meridian Foundations	Jin Shin Acutouch for Others by Barbara Clark \$45			
Massage for People with Cancer		Medicine Hands: Massage Therapy for People with Cancer by Gayle Mac Donald (2nd edition) ISBN: 978-1844090907	Read chapters 1-5 prior to first day of class	Pathology for the Bodyworker: Clinical Massage Therapy ISBN: 978-0781756778
Mathematics for Bodyworkers		Contemporary Mathematics for Business and Consumers \$180 ISBN:978-0538481250		
Moving Soma			Pick up handout from Admin office.	Returning to Health with Dance, Movement & Imagery by A. Halprine ISBN: 978-0940795228 \$18
Neuromuscular Therapy-Intro	Intro to NMT \$22	Job's Body \$28 ISBN: 978-1581770995	Pick up handout from Admin office. Read Job's Body page 326-334 before first day of class	
NMT-Abdomen & Spine Concentration	NMT Handbook \$34	Orthopedic Assessment in Massage Therapy \$35 ISBN: 978-0966119633	Read section before first day of class.	
NMT-Lower Girdle-Concentration	NMT Handbook \$34	Orthopedic Assessment in Massage Therapy \$35 ISBN: 978-0966119633	Read section before first day of class.	
NMT-Neck & TMJ-Concentration	NMT Handbook \$34	Orthopedic Assessment in Massage Therapy \$35 ISBN: 978-0966119633	Read section before first day of class.	
NMT-Upper Girdle-Concentration	NMT Handbook \$34	Orthopedic Assessment in Massage Therapy \$35 ISBN: 978-0966119633	Read section before first day of class.	

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Physiology/Pathology A		Memmler's Structure and Function of the Human Body \$43 ISBN: 978-0781765954 The Massage Therapist's Guide to Pathology \$49 ISBN:978-0781769198	Notes for Phys/Path A taught by Charlene Penner are \$3. Pick up course syllabus from Admin office.	
Physiology/Pathology B		Memmler's Structure and Function of the Human Body \$43 ISBN: 978-0781765954 The Massage Therapist's Guide to Pathology \$49 ISBN: 978-0781769198	Notes for Phyis/Path B taught by Charlene Penner are \$6. Pick up course syllabus from Admin office.	
Pregnancy Massage-Intro			Bring 4 fluffy pillows to class.	Pre- and Perinatal Massage Therapy ISBN: 978-1582558516
Principals of Structural Integration	A Dynamic Relation to Gravity, vol 1: Elements of Structural Integration \$33		Start reading the required book.	
Professional Seminar		Review for Therapeutic Massage & Bodywork Certification 3rd edition ISBN: 978-1605477121 \$42	Book required for first day of class	
Qigong				Qi Gong Health Exercises by Bill Helm ; The Healing Promise of Qi by Roger Jahnke ISBN: 978-0809295289
Reflexology	Reflexology, The feet; mirror of the body By Ariel Talmor \$10			

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Relational Somatics Concentration		The Heart of Psychotherapy: The Most Honest, Revealing, Fascinating Account of What Goes On In Therapy by George Weinberg \$19 ISBN: 978-0312141103		
Rhythmic Deep Tissue Blends		Deep Tissue Sculpting by: Carole Osborne-Sheets \$28 ISBN: 978-0966558524		
Seated Massage	Seated Massage Hndbk \$8			
Seitai Shiatsu I	In Search of New Medical Treatments by Dr. Kiyoshi Kato \$7			
Seitai Shiatsu II			Set of 3-4 fire cups, 2 XL cups, hemostats, cotton balls & lighter.	
Strategies for Life, Learning, and Career		Student Success and The Massage Year Planner. Three ways to obtain your materials 1) ABMP.com sign up for a student membership \$49 2) Call 1-800-458-2267 and sign up for student membership 3) Purchase books at IPSB for \$59.	Please order your materials TWO WEEKS before the start of class. Homework: Read topic 1 & 5 of student success prior to first day of class	
Structural Integration Phase A and B	A Dynamic Relation to Gravity vol 2: 10 Sessions of Structural Integration by Edward Maupin \$49	Rolfing: Reestablishing the Natural Alignment & Structural Integration of the Human Body for Vitality & Well Being by Ida Rolf \$26 ISBN: 978-0892813353		
Table Thai Massage I	Table Thai I Massage \$23.80		Please wear comfortable clothes.	

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Table Thai Massage II	Table Thai II Massage \$23.80		Please wear comfortable clothes.	
Thai Foot Massage	Thai Foot Massage \$23.80		Bring 2 bath towels, 2 hand towels and a foot tub/bowl.	
Thai Herbal Massage	Thai Herbal Massage \$23.80		The herbal poultice stains clothing & fabric. Please wear/bring dark comfortable clothes, two (2) dark bath towels, three (3) dark hand towels.	
Therapeutic Hypnosis: Integrative Hypno Massage		You Can Heal Your Life by Louise L. Hay \$12 ISBN: 978-0937611012 Hypnotherapy Scripts by Ronald A. Havens \$45 ISBN: 978-1583913659	Bring to class a 3-ring binder and 2 essential oils of your choice (preferably one calming and one energizing essential oil).	
Traditional Thailand Massage-Introduction	Limited Supply in Stock: Thailand Massage-A Traditional Medical Technique \$36 ISBN: 978-0323041386	Thailand Massage-A Traditional Medical Technique \$36 ISBN: 978-0323041386		
Traditional Thailand Massage-Concentration	Limited Supply in Stock: Thailand Massage-A Traditional Medical Technique \$36 ISBN: 978-0323041386	Thailand Massage-A Traditional Medical Technique \$36 ISBN: 978-0323041386		
Tui Na (Concentration)	Tui Na Structural Disorders \$21.35	Fundamentals of Chinese Medicine-Revised by Nigel Wiseman & Andrew Ellis \$60 ISBN: 978-0912111445		
Tui Na Hand Techniques	Tui Na Chinese Bodywork \$29.40			

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Way of the Healer-Intro to Relational Somatics		The Four Fold Way ISBN: 978-0062500595 \$24		