

# **Complementary Medicine and Therapies**

**I**ndividuals working in this field use complementary approaches to evaluate and treat clients. They apply theory and practice to maintain balance of an individual's holistic health.

**Careers within this section include:**

- **Acupuncturist**
- **Massage Therapist**
- **Therapeutic Recreation Specialist**

# Acupuncturist



## To be a successful Acupuncturist you should

- **Be patient**
- **Be responsible**
- **Be observant**
- **Be confident**
- **Have good hand/eye coordination**



## What would I do?

Acupuncturists treat patients using therapeutic techniques based on traditional Chinese philosophies. Therapeutic techniques may include needle acupuncture, massage, exercise, and herbal treatments. Acupuncturists aim to maintain or restore healthy balance within the body. Acupuncturists meet with patients to discuss and treat injuries or health problems. Acupuncturists may be referred to as Traditional Chinese Medicine Practitioners.

## Where would I work?

Acupuncturists can work in community health centers, sports facilities, or private clinics. They can be self-employed and work from home or may even visit patients in their homes. Some may work alone while others work with other health professionals.

## What would I earn?

\$62,400–\$83,200

## What do I need to know?

Acupuncturists need to have an understanding of how the human body works and understand traditional Chinese medicine. They must also know and abide by the medical profession codes of ethics. To be a successful Acupuncturist you should have an understanding of biology, and chemistry. Chinese language courses are also useful.

To become an Acupuncturist in New Hampshire, you will need to have a bachelor's degree, registered nurse, or physician's assistant degree from an accredited institution. Formal education requirements call for completion of an ACAOM or board-approved program. College level courses in anatomy and physiology must be completed. A national diploma in Acupuncture is recommended.

Postgraduate training may be obtained by receiving 1,200 additional hours of training focusing on traditional Chinese medicine diagnosis and acupuncture theory. All applicants that have graduated from a non-ACAOM college or apprenticeship program must show proof of successful completion of a college level course in anatomy and physiology. Students must pass a written exam to become a certified Acupuncturist in New Hampshire.

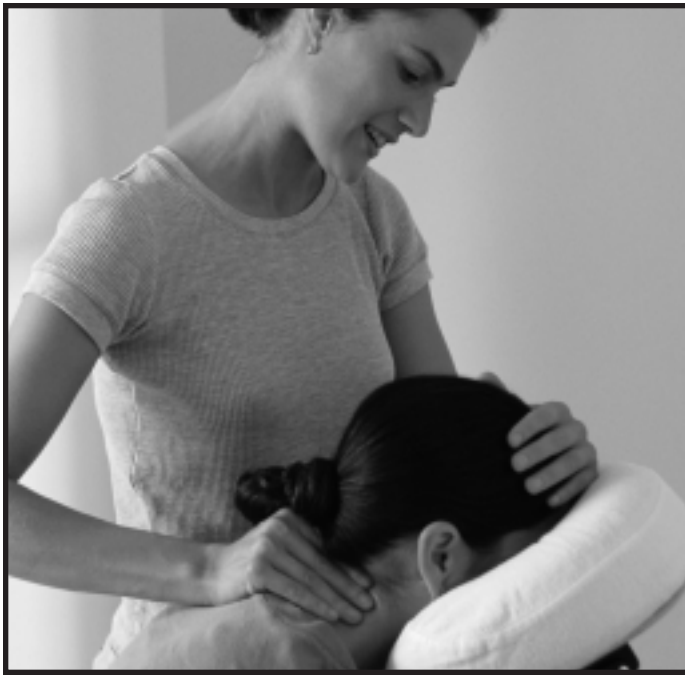
## What schools can I attend?

At the current time there are no academic institutions in New Hampshire offering a program in Acupuncture. In the past, New Hampshire students have attended out-of-state schools such as New England School of Acupuncture in Watertown, MA, or Green Mountain Institute in White River Junction, VT.

Please contact your guidance office or career counselor for more information.

## Where can I find more information?

New Hampshire Board of Acupuncture Licensing  
129 Pleasant Street, Brown Building  
Concord, NH 03301  
(603) 271-0277



## Massage Therapist



**To be a successful Massage Therapist you should**

- **Have an outgoing personality**
- **Be physically fit**
- **Have a natural sense of compassion and desire to heal**
- **Have the ability to market yourself**
- **Be naturally curious and inquisitive**
- **Be observant and a good listener**

### **What would I do?**

Massage Therapists use a variety of soft-tissue manipulation and stimulation techniques, which improve the blood and lymph circulation, speed recovery from exercise and muscle injury, improve flexibility, boost production of endorphins (natural painkillers), lower stress levels, and promote relaxation.

### **Where would I work?**

Massage Therapists work at health clubs, medical clinics, holistic health centers, athletic departments, or out of private homes or offices. Many Massage Therapists have portable equipment and can visit a person's home or office.

### **What would I earn?**

\$23,920–\$36,795

### **What do I need to know?**

Requirements to practice as a Massage Therapist vary by state. To obtain a license in New Hampshire you need to graduate from a state-approved massage school (750 hours), be certified by the National Certification Board for Therapeutic Massage and Bodywork, and pass the New Hampshire state practical exam.

### **What schools can I attend?**

Dovestar Institute  
50 Whitehall Road  
Hooksett, NH 03106-2104  
(603) 669-9497  
(603) 669-5104  
[www.dovestar.edu](http://www.dovestar.edu)

Health Career Training Associates  
60 Rogers Street  
Manchester, NH 03103  
(603) 622-8400  
[www.hcta.net](http://www.hcta.net)

Hesser College  
3 Sundial Avenue  
Manchester, NH 03103  
(603) 668-6660  
[www.hesser.edu](http://www.hesser.edu)

New Hampshire Community Technical  
College-Claremont  
One College Drive  
Claremont, NH 03743  
(603) 542-7744  
(800) 837-0658  
[www.claremont.nhctc.edu](http://www.claremont.nhctc.edu)

New Hampshire Community Technical  
College-Nashua  
505 Amherst Street  
Nashua, NH 03063  
(603) 882-6923  
[www.nashua.nhctc.edu](http://www.nashua.nhctc.edu)

New Hampshire Institute for Therapeutic Arts  
School of Massage Therapy  
153 Lowell Road  
Hudson, NH 03051  
(603) 882-3022  
www.nhita.com

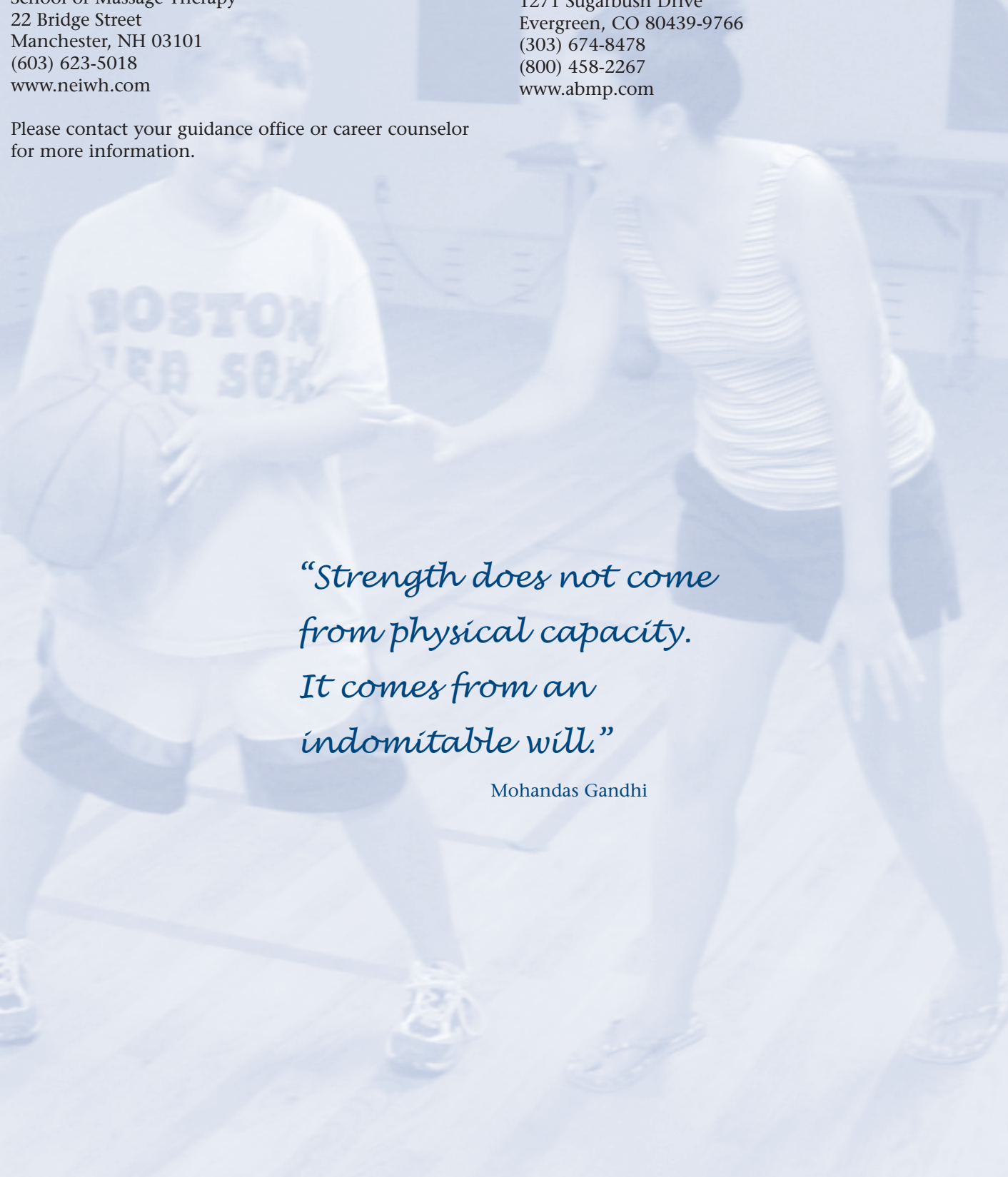
North Eastern Institute of Whole Health  
School of Massage Therapy  
22 Bridge Street  
Manchester, NH 03101  
(603) 623-5018  
www.neiwh.com

Please contact your guidance office or career counselor  
for more information.

### **Where can I find more information?**

American Massage Therapy Association  
820 Davis Street, Suite 100  
Evanston, IL 60201-4444  
(847) 864-0123  
www.amtamassage.org

Associated Bodywork & Massage Professionals  
1271 Sugarbush Drive  
Evergreen, CO 80439-9766  
(303) 674-8478  
(800) 458-2267  
www.abmp.com



*“Strength does not come  
from physical capacity.  
It comes from an  
indomitable will.”*

Mohandas Gandhi



## Therapeutic Recreation Specialist



**To be a successful Therapeutic Recreation Specialist you should**

- **Be comfortable working with people with illness or disabilities**
- **Be creative, patient, and flexible**
- **Have good organization and communication skills**
- **Enjoy group activities**

### What would I do?

Therapeutic Recreation Specialists (TRS) use activity-based therapy to treat physical and mental illnesses or disabilities. Treatments may include the use of arts and crafts, dance, sports, games, music, and other recreational activities. Working with individuals or in a group setting, Therapeutic Recreation Specialists help patients regain or improve physical, social, decision-making, and problem-solving skills. In addition, Therapeutic Recreation Specialists provide experiences that assist clients by increasing self-esteem, reducing stress and anxiety, and promoting independence.

Therapeutic Recreation Specialists can choose to specialize in a specific population of patients, such as geriatrics, adolescents, or pediatrics. They may also choose to specialize in a specific therapeutic activity, such as art, dance, or music, or in specific clinical areas such as physical medicine and rehabilitation, mental health, chemical dependency, gerontology, or oncology.

### Where would I work?

Therapeutic Recreation Specialists work in mental health agencies, hospitals, nursing homes, schools, and rehabilitation centers.

### What would I earn?

\$21,987–\$33,446

### What do I need to know?

Therapeutic Recreation Specialists have a bachelor's degree in therapeutic recreation, which includes completion of an internship that meets state and national requirements for certification, registration, or licensure. A master's degree is often required for specialized fields.

### What schools can I attend?

University of New Hampshire  
4 Garrison Avenue  
Durham, NH 03824  
(603) 862-1360  
[www.unh.edu](http://www.unh.edu)

Please contact your guidance office or career counselor for more information.

### Where can I find more information?

American Therapeutic Recreation Association  
1414 Prince Street, Suite 204  
Alexandria, VA 22314-2853  
(703) 683-9420  
[www.atra-tr.org](http://www.atra-tr.org)

National Council for Therapeutic Recreation Certification  
7 Elmwood Drive  
New City, NY 10956  
(845) 639-1439  
[www.nctrc.org](http://www.nctrc.org)

National Therapeutic Recreation Society  
2237 Belmont Ridge Road  
Ashburn, VA 20148-4501  
(703) 858-0784  
[www.nrpa.org](http://www.nrpa.org)