



ACCREDITING BUREAU OF HEALTH EDUCATION SCHOOLS
7777 Leesburg Pike Suite 314 N · Falls Church, Virginia 22043
Tel. 703/917.9503 · Fax 703/917.4109 · E-Mail info@abhес.org

Graduate Success Story

Crystal Sain – Massage Therapy Program
Allied College North Campus
Maryland Heights, MO
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I would like to take you on a journey recently completed by a young single mother. Her name is Crystal Sain and she has a son named Jazzy who is now four years old.

Crystal found herself raising her young son alone with minimal education and training. She knew that she needed to go to College to provide a good life and example for her son. She also knew she did not have the means or the time to go to a traditional University. She looked at a lot of different programs and a lot of different schools. She decided on a private college that offered an Applied Associate Degree in Massage Therapy. Deciding seemed very difficult but it would prove to be the easiest step of her 18 month journey.

Crystal is the sole source of support for her son so it was an inescapable reality that she would have to continue to work full time while she was in school. A typical day would start at 4a.m. She would wake her son for breakfast and get him ready for the day. She showed up for work every day by 5a.m. and completed her shift at 1 p.m. she then would quickly make her way across town to spend a couple of precious hours with her son before she had to be in class at 3:15 p.m. Her class schedule ran for 3 hours and 30 minutes five days a week. She often served as a mentor to her fellow classmates. At 6:45 she would leave school and again quickly make her way across town to spend a few minutes with her toddler before he would fall off to sleep. Then her homework would begin. Many times Crystal had less than 6 hours sleep but her dream of finishing school and becoming a Licensed Therapist gave her the energy to carry on.

For 18 months Crystal kept up this pace rarely missing a day of school or work. Even though gas money was very tight I often witnessed Crystal offering a ride if someone was having trouble getting to or from school.

I recently spent six weeks with Crystal while she completed her externship for her degree, the last requirement prior to graduation. Crystal's day changed a little bit during this six week time frame, she still was up by 4 am and left her job at 1 pm but her clinical hours ran from 4 to 8 pm so she was able to spend a little more time with her son in the middle of the day which was wonderful because he often fell asleep on the way home when she would pick him up after externship.

This young lady always strives to make things better around her with a kind word or offer of help to a fellow class mate. Two weeks after she completed her training her classmates traveled to the State Capital to provide chair massage at the MAPCCS event. Crystal was concerned that with so many people completing their externship that there would not be enough students to do chair massage for the event. Even though she had no obligation to be at the event there she was in her school uniform ready to go help her classmates and represent her school.

I have never heard this young lady be negative about anything in her life. She always strives to be the best she can possibly be. Her enthusiasm is contagious to all who are around her. It was my honor to be her teacher and it was my great pleasure to learn from her.

I am pleased to report that she went to work directly out of school at a local Massage Envy. Her boss LouAnn Reed called me after she did her interview which included a practical. Ms. Reed was ecstatic and stated “Crystal is the total package – the ultimate Professional.” Three months later they feel the same!
Crystal has worked very hard to make her dreams come true.

Sandy Scott RMTI-I
Massage Therapy Program Manager
Allied College, Maryland Heights, MO

Allied College, Maryland Heights, Missouri, holds institutional accreditation through ABHES