

MASSAGE MATTERS

President's Message

"The achievements of an organization are the results of a combined effort of each individual." --Vince Lombardi



Hello friends! We are in the humid dog days of summer as write this but by the time your newsletter arrives we will all be wishing it was summer again. So I wish you a happy fall, which happens to be my favorite time of the year. It's a time where I love to be outdoors to see the sights and experience the smell of the crisp fall air. If you love it too, then there are a few more opportunities to sign up for the last few sports massage team events of 2012.

Next up is the ING Hartford Marathon on October 13th. This is an all hands on deck event as there are thousands of athletes participating and a many will need our expertise when they are done. If you have never done this race, it is a great time, come out and show your support for what is always is a fun day in Bushnell Park. Contact Laura Stevenson-Flom, Laurasf58@gmail.com for more information. Lastly is the Manchester Road Race, the last event of the year. This nationally know race is full of fun with elite racers

Contents

۷
1
6
)
2
4
5
6
7
2

to costumed joggers all burning calories before their Thanksgiving day feast. It is November 22nd from 8-12. Please contact Shirley Cooper by phone only: 860-658-5810.

I hope that many of you are planning on attending National Convention October 3-6 in Raleigh NC.



POSITION STATEMENTS

This October at National Convention in Raleigh NC, the House of Delegates will be debating 5 position statements. Below is the rationale of all the statements as well as all 5 statements. To read the entire supporting documentation as well as the references, please visit http://www.amtamassage.org/positionintro.html If you have any questions or input, please contact any of the delegates . You can see a list of them www.amtactchapter.org Click on Resources, then Delegates.

RATIONALE:

Research indicates that therapeutic massage decreases low back pain, therefore those with low back pain can benefit from massage therapy given by professional massage therapists working within their scope of practice.

The position statement supports portions of the AMTA Core Values as follows:

We are a diverse and nurturing community working with integrity, respect and dignity.

We embrace consistency in education.

We endorse professional standards.

We believe in the benefits of massage.

The position statement supports portions of the Vision Statement of AMTA:

AMTA members are devoted to professionalism and excellence in massage therapy practice.

Quality research is the foundation for evidence-informed massage therapy education and practice.

AMTA supports its members in expanding their knowledge through quality education.

Massage therapy is easily accessible.

Massage therapy is a vital component of health care and wellness.

The position statement supports portions of the AMTA Strategic Plan Goals and Objectives as follows:

ADVOCACY AND INFLUENCE

Goal: The health care and wellness industry accepts the value of massage therapy.

Objective: Increase understanding of the benefits of massage therapy through education of the health care and wellness industry.

INDUSTRY RELATIONSHIPS

Goal: AMTA is a respected leader within the health care and wellness industry.

Objective: Increase collaboration between AMTA, its members and other health care and wellness industry leaders.

RESEARCH

Goal: AMTA members are aware of the importance of scientific research to the massage therapy industry.

Objective: Increase the opportunities for members to access massage therapy scientific research through AMTA sources.

POSITION STATEMENT

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing low back pain.

POSITION STATEMENT

It is the position of the American Massage Therapy Association (AMTA) that creating public health initiatives which promote massage therapy for health and wellness would benefit the public.

POSITION STATEMENT

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be good for health.

POSITION STATEMENT

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can help improve sleep.

POSITION STATEMENT

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be a beneficial part of an integrative treatment plan for those who suffer with fibromyalgia syndrome.

POSITION STATEMENT

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can assist in the rehabilitation of burn scars.

Notes from the Director of Education

Greetings, fellow AMTA members!

In July we had a very illuminating CE workshop (Using Facebook for Your Massage Business) with Allissa Haines. Her energy and knowledge helped more members recognize the value of social networking for their massage business. Marilyn Holt, our webmaster, has been working with Allissa to include extra supporting links and the class hand-out on our web page. Please look for them even if you didn't attend the workshop.

Additionally, Board members participated in a follow-up webinar with Allissa in August, which will help us as an AMTA chapter to connect with our members and provide information about AMTA to potential members.



I am delighted to report that 98% of workshop participants presented their AMTA member numbers at registration. This is a huge improvement. Thank you. Keep up the good work! We cannot award a CE certificate of completion without this number.

Volunteer opportunities

I am looking for members who can assist with registration or end of workshop procedures.

If you are inclined to volunteer, please contact me at education@amtactchapter.org. I would greatly appreciate your help.

Some suggestions for CE workshop participants' comfort:

Food: Please plan ahead. Bring snacks and water bottles to sustain you through the workshop, especially if you first attend the Chapter meeting. There is only a one hour break between the meeting and the workshop, which may include reorganization of the classroom, table set-up and locating a partner.

Clothing: We cannot control the room temperature, so please dress in comfortable layers that will allow for movement and successful participation in hands on workshops. We encourage you to bring blankets, throws, shawls, etc., to meet your needs.

Registration: If you arrive after the Chapter meeting, please be considerate of others who are leaving. Wait outside the room until you are invited to enter.

I look forward to seeing many of you in October, when Carol Bufuthis gives us some tools as caregivers to renew and rejuvenate after each client session.

Stay green and growing!

Professionally yours,

Pat Shimchick

CONTINUING EDUCATION WORKSHOP

Holiday Inn, North Haven Sunday, October 28, from 2-6pm Following the Fall Chapter meeting

Filling the Well: Caregiving for the Therapist, 4 CE's With Carol Bufuthis

Bring: paper and pen/pencil- no massage table required To receive CE credit, you must bring your AMTA membership number.

Once again, we have the opportunity to examine and tweak our own caregiving behaviors that help us maintain our massage practice. The question is: "Are we renewed or depleted when working with clients?" The workshop will provide tools to maintain and sustain a long term massage practice. At the end of the day you will feel renewed and rejuvenated.

Participants will be able to:

- recognize behavior patterns as a therapist
- identify unsupportive behaviors for the caregiver
- assess rescuer tendencies
- examine boundaries patterns
- practice grounding and centering exercises
- use relaxation techniques to release stress
- discover what nurtures them
- create positive self-talk



About the presenter:

Carol Bufithis (BS, LMT) established Therapeutic Massage Center (Middlefield, CT) in 1983 and continues to have a private practice there. She has been a faulty member of CT Center for Massage Therapy since 1984. Currently, Carol teaches Personal and Professional Development courses. She is also a participant in the Teacher Training program, where she teaches a class titled "Teaching from Your Authentic Self".

Additionally, Carol presents continuing education seminars on **Ethics** and **Self Care**, which have been offered in CT and at NERC.

NEW LENGLAND REGIONAL CONFERENCE 2013



Please join us on **March 14th-17th for the 30th annual New England Regional Conference** at the Sheraton Framingham, in Framingham, MA hosted by the small but mighty Rhode Island Chapter!

Some of the presenters are *Whitney Lowe, Marjorie Brook*, our very own *Lee Stang* and *Wendy Payton*! Also scheduled to present is *Peter Pfannerstill, Allissa Haines, Allissa w/Greg Hurd, Arti Ross Kelso, Nancy Web* and more! *Tracy Walton* author of *Medical Conditions and Massage Therapy: A Decision Tree Approach* will be the keynote speaker!

The prices for registration have remained the same as last year!

Early full registration for members \$369, non-members \$429, students \$335 by 1/31/13

After 1/31/13 it is full registration for members \$429, non-members \$489, students \$385

Ethics only \$89; single session \$139; two sessions \$244.

Registration expected to be open by November.

The cost of the Framingham Sheraton has stayed the same also, \$115 - Here is the procedure from the hotel:

In order to assign individuals to specific rooms, room reservations will be required. We ask that guests phone in their reservation requests, to the following number: 508-879-7200. It is important that each guest contact the Sheraton Framingham Hotel at least thirty days prior to your arrival date and identify themselves as part of AMTA New England Regional Conference 2013. Provide guest name, requested type of room, requested bed type (i.e. king, double/double, queen, twin or suites), check-in and check-out dates. Any requests for special room arrangements must be made at the time of this call. The Sheraton Framingham Hotel does not confirm reservations in writing.

Please **watch for updates** on the AMTA New England Regional Conference Facebook page. http://www.facebook.com/AMTANERC or http://www.amtactchapter.org/, the Connecticut Chapter website.

The exhibit hall hours are Fri, 4-10pm, Sat 9am-6pm and Sun 9am-12pm. It is open to the public for those who just want to shop.



Scholarship Announcement!

Announcing the 2013 New England Regional Conference Scholarships

Once again, the CT Chapter is very proud to provide our members with an opportunity to win full registration* to the next New England Regional Conference, which will be held March 14 - 17, 2013 in Framingham, MA. This year, however, there are **two** ways to do this – one is the Perry Plouffe Memorial Scholarship which we have offered since 1995, and we are now announcing an additional scholarship opportunity in memory of another cherished and valued member of the massage therapy community whom we lost earlier this year, Dianne Polseno.

The **Perry Plouffe Memorial Scholarship** and the newly established **Dianne Polseno Memorial Scholarship** are tributes to these two talented women and their commitment to the AMTA and to the education and professional development of massage therapists.

Interested in Applying?

If you are interested in applying for one of these scholarships, you'll need to read the **Scholarship General Information**, **Rules of Entry**, and then complete the **Scholarship Application**. All of this information *will be posted soon* on the Chapter website at www.amtactchatper.org. An eBlast will be sent when the information is available.

Due Date

Once posted, applicants will have until **November 30, 2012,** to submit their entry.

Questions?

Contact Lisa Dann, 3rd Vice President, AMTA CT Chapter via email at: 3rdvp@amtactchapter.org

^{*}early registration rate only

Dear Connecticut Sports Massage Team Members,

The CT Sports Massage Team needs YOUR help, now more than ever! Please "Lend Us Your Hands" at the Niantic Bay ½ Marathon and especially at the ING Hartford Marathon!

For many, many years students from CCMT's Sports Massage Classes have used our AMTA Sporting Events for the Hands-On portion of their training. From those positive Event experiences, we have been able to grow our Sports Massage Team by leaps and bounds, with engaged and excited new LMT's. As of September 2012, CCMT's curriculum will not include out-of-classroom time during their MT3 semester. Students may still attend an event on their own during their 4th term of school, after the Event portion of the class is taught. Unfortunately for us, for the Fall semester, those classes come after our two largest events (Niantic Bay ½ Marathon on 9/23 and The ING Hartford Marathon on 10/13) take place.

Don't we all know the feeling of satisfaction we get from helping an athlete get ready for or recover from a strenuous event? Don't we know how our expertise is critical when an athlete experiences hyperthermia or hypothermia and has mild, moderate or severe cramping? And we all know that the professional networking, both with the athlete's and with other Massage Therapists is good for business and good for the soul. These are just some of the "lessons" that new LMT's will need our help learning after they graduate and are licensed.

Richard and I have no doubt at all that our well trained, seasoned Red Shirts can and will be wonderful mentors to new massage therapists who might be interested in working with the Team. After all, you are the Best Sports Massage Team, many times over, in the country! Over the next several months, we will be launching a Sports Massage Team Mentor Program (details to follow) and we hope to "Count You In"!

And.....

Please, Please, Please help us out at our biggest Event of the Season, the ING Hartford Marathon on Saturday, October 13th. HMF and CT SMT will be proving free transportation from Newington to Bushnell Park for your convenience that day. Departure times will be provided in a SMT EBlast and will be on the SMT Calendar at www.amtactchapter.org/sportsteam shortly. For information, contact Richard Richard.testa@snet.net or at 860-302-9202 and register with me at laurasf58@gmail.com, please put Re: Hft. Marathon

Years pass, policies change but some things remain constant. One of those things is the Heart and Soul of the AMTA Connecticut Chapter Membership. We thank you for your commitment to our Chapter and to the Sports Massage Team. YOU are what makes us the most respected in the Nation!

Sincerely,

Laura and Richard

AMTA Connecticut Sports Massage Team Application

Sports Massage Team Application
Please complete application and return to Sports Director at sportsdirector@amtactchapter.org or fax to 860.537.0829

First Name:	Middle Initial: _
Street Address:	
Town/City:	
	Zip Code:
Home Phone:	Work Phone:
Fax Number:	Cell Phone:
E-Mail:	Birth Date://
	: AMTA # : school? yes no
Total hours in sports massage cours	se? Year you graduated:
	be required to attend additional training in ge prior to Team Membership**
Signature:	Date:



CALLING ALL SPORTS TEAM THERAPISTS (and Sports Team Therapist Want-A-Be's!!)

Hartford Marathon 10-3, Saturday, October 13th

Space at Hartford Marathon from 10-3 is UNLIMITED and the Experience gained at this Event is PRICELESS!

Free and Convenient BUSING!

On Saturday, October 13th, Buses will transport our therapists to and from Bushnell Park. They will leave from the DOT Parking Lot on the Berlin Tpke, Newington promptly at 10am and return therapists by 3pm.

For questions: email Richard at richard.testa@snet.net

To Register: email Laura at laurasf58@gmail.com

STRATTON FAXON FAIRFIELD CHALF MARATHON

The 2012 Stratton Faxon Fairfield Half Marathon is in the books. Although it was a little warm for the runners with the temperatures hovering in the low 80's, there was a slight breeze as the race wore on, thankfully cooling runners massage therapists alike. This race is a favorite of many therapists, including me because of its location right on Fairfield Beach.

With most therapists' set up and ready to go by 7:15, a pre-race line quickly formed. A total of 60 students from CCMT lended a skilled hand with this event and did a remarkable job both before the race started and during post race massage. An amazing team of red shirt therapists totaling another 14 joined those 60 students.

The warm weather definitely played a role in what the runners were presenting with in the tent after 13.2 miles of rolling hills. There were a lot of heat related issues, which tested the student's knowledge of cramp control and ability to remain calm and help the runner through the discomfort. After the race I was able to speak to a large majority of the students and most felt they had gained a lot of confidence in just experiencing one event.

We ended up doing an impressive 112 pre event massages and 410 post event massages and as you can see from the photo, there was a LOT of people!! Many thanks to all the great therapists who came out to assist the 4,500 runners who laced 'em up on June 24 and of course to Rich and Laura who seamlessly pull together all of our events. The Sports Massage Team welcomes all the seasoned veterans to the remaining scheduled races this year, as well as anyone who would like to join the team. Information and an application can be found on our chapter website www.amtactchaper.org.

We will be looking for everyone on the Sports Massage Team to be counted in for the Hartford Marathon on October 13th. This is our biggest race of the year and as the saying goes, many hands make lite work. Come out and enjoy what always seems to be a beautiful autumn day and help the many runners from all over the world to recover from this challenging race.

Kerry L. Methot, Race coordinator

PETIT FOUNDATION 5K

The Petit Event went great. We had about 24 therapists and performed 75 pre and 80 something post massages. We had a great sign-in crew who did a fantastic job of keeping everyone moving. The weather was sunny and nice. It started around 7ish and ended by 11:30. A fun time was had by all.

Brian Gordon, Co-Coordinator

STEEPLE CHASE BIKE TOUR

August 18, 2012 at Eastern Connecticut State University Fields

Coordinator: Karen Jensen Co-coordinator Rocky Perez

Event Day Weather: Raining and cool low 70's for the first part of the day then rain stopped, clouds cleared and it was beautiful with low 80 degree temperature.



Number of LMT's: 11 LMT

Number of RED Shirts: 5

Aprox # of Event Participants: 291

Number of Massages Given: 54



This year's Steeple Chase event had a very wet start challenging therapists to find their inner sunshine which everyone was able to do beautifully. Under the leadership of Rocky Perez therapists from across the state gathered together to provider cyclists with much need relief after their bike ride through the rolling hills of Eastern Connecticut. Riders were given the choice to ride 10, 20, 35, 50, 62.5, or 100 miles. There were not as many riders as anticipated due to the inclement weather earlier in the day. However; for those riders who did show up to brave the rainy ride the massage tent was a ray of sunshine at the end of a hard ride. Lesser participants allowed therapists to spoil the cyclist there with 20 to 30 minutes massages each. There certainly wasn't any complaint heard at the massage tent only great big smiles. In fact, this great group of volunteers gave 54 riders some much needed post event massage. As always, I am most impressed by the commitment, professionalism, and dedication of the all therapists who participated—a terrific group of volunteers with great teamwork.

Thanks for a job well done!

COMMUNITY SERVICE MASSAGE TEAM

Both divisions of the Community Service Massage Team have been busy this summer. On July 8th the Charity Division participated in the Motorcycle Benefit Ride for the Channel 3 Kids Camp where 11 members gave 31 chair massages and raised \$266 for the Kids Camp. At the end of the July, the Emergency Division participated in a state wide emergency drill. Two teams of five were sent to participate in mock drills where they did 50 chair massages over the two days. Then finally, Sue Barrett rounded up a handful of therapists to do chair massage for the councilors at the Channel 3 Kids Camp on August 8th. It had been a tough week for the counselors because there were several children that needed extra attention. The three team members who participated did over 50 chair massages that day.





Congratulations to Dan Barry, Melissa Bradbury, Steve Callis, Maureen Hanson, Lori Mudge and Craig Wilkinson who have all earned their Blue Shirts this Summer. The whole team has come forward to do over 555 chair massages this year.

Looking forward:

October 7: Loctite Auto Show & Shine (Channel 3 Kids Camp Benefit), Rocky Hill, CT.

October 21-27: National Massage Therapy Awareness Week CSMT Massage-A-Thon, various locations.

November 10-11: CSMT Team Trainings (see page 13 for more information), New Britain, CT.

COMMUNITY SERVICE TEAM TRAININGS

We will be holding trainings for various positions within the Community Service Massage Team in November. These trainings will provide members with the necessary skills to participate fully in our CSMT and earn your Blue Shirts! Responder training will look at our role in both the Charity Division and Emergency Division of our Team. We will also be holding a training session for those Team Leaders that are interested in becoming Team Trainers. Look below to see the pre-requisites for both these training programs. Sign up as soon as possible as there are limits on the number of participants in each class. Deadline for registration is October 30.

<u>CEs</u>: We will be offering CEs for the first time: (12) for the Trainer Training (2days) and (6) for the Responder training (1 day). Therefore there will be a cost associated with the trainings.

Trainer Training! We are holding the first training sessions for CSMT Trainers. Learn to train our Responders.

When: Saturday, November 10, 9-5 and Sunday, November 11, 8-6

Where: Hospital for Special Care, New Britain CT. More details to follow

What: this session will prepare you to be a Trainer for our CSMT. You will learn the details of how the Team works and how to train our responders to fully participate in this dynamic Team. Day two will provide hands on experience during the responder training program

Pre-requisite: Must be a CSMT Team Leader; CT licensed MT; member in good standing of the CT Chapter of the AMTA

Class size: limit 10 people

Cost: \$63.00

Responder Training!

When: Sunday, November 11, 9-5

Where: Hospital for Special Care, New Britain, CT. More details to follow.

What: This training is for those that want to fully participate in both Charity and Emergency Divisions of the CSMT. It will also help earn you Blue Shirts. To obtain your Blue Shirts you will be required to attend a CSMT event following your training date.

Pre-requisite: member in good standing of the CT Chapter of the AMTA; CT licensed MT; **student members** can take the class but cannot do massage at an event until they are licensed and they do not receive CEs.

Class size: limit 26 people

Cost: \$32.00

How to Register: Please see website for registration details. Go to www.amtactchapter.org

NEW MEMBERS

Fairfield County

Andy Almonte

Jeremy Ambrose

Kathleen Barone

Kevin Barrett

Joy Carbino

Janice Curry

Patricia Dooher

Mandy Elias

Jennifer Ganser

Sean Hlavac

Ping Li

Jennifer Lyscars

Melissa Matula

Shelley May

Enma Pesantez

Bobbie Province

Aline Rodrigures

Jamal Savoury

Lisa Sorkin

Jacek Stryjewski

Matthew Thompson

Melisa Webster

Jennifer Zwerin

Hartford County

Janis Baxter

Lori Cova

Marina Dobrynina

Shannon Gregoire

Erika Halford

Daniel Lupacchino

Patricia Mattei

Marianne McAllister

Jenny Mooney

Meredith Morotto

Ewe Nizielski

Morena Rafala-Negri

Dianne Ramos

Denise Randall

David Rosenberg

Jennifer Russo

Hollee Schneider

Katherine Stiles

Marianne Stone

Angelita Tolly

Sara Ward

Litchfield County

Gina Charles

Maria Dubacher

Maira Fongari

Heather Kess

Shala Kisling

Sharon LeBlanc Corthouts

Maria Loiveira

Tracy Sullivan

Joseph Toussaint

Kimberly Zinnen

Middlesex County

Krystal Bradicich

Melissa LaPointe Scully

Bernadine Provost

Teresa Resnick

Kyle Shermer

Jenna Snelgrove

Kiara Wall

Gregory Zbell

New Haven County

Donna Armannsson

Heather Aubrey

Sidney Blackmon

Marcie Carroway

Jody Clouse

Mary Louise DeLoy

Jean Garcia

Raejeanne Guevara

Michele Houston

Shakira James Edwards

Ellen Lenson

Jennifer Lewis

Rasheen Murphy

Louise Rogers

Carol Starrett

Atira Weeks

New London County

Carole Bull

Francis Cowgill

Ram Iyer

Fedeline Louis

Donald Maranell

Jennifer Norman

Michael Pinto

Katrina Saer

Tolland County

Kimberly Blais

Cassidy Hebert

Eva Lister

Charisse Muriel

Windham County

Cheryl Baskin

Jennifer Niemi

Wicomico, MD

Irene Pena-Modos

Columbia, NY

Diana Wilson

Dutchess, NY

Rachel Smith

Putnam, NY

Leah Alexander

Westchester, NY

Kristin Hale

MASSAGE THERAPY RESEARCH--THE WHY OF WHAT WE DO

National Massage Therapy Awareness Week October 21-27, 2012

NMTAW is a nationwide effort to increase public awareness of the many benefits of massage therapy. Our theme this year focuses on all the great research available to highlight the benefits of the massage work we do. NMTAW gives us as massage therapists the opportunity to not only share with our communities the research and benefits of massage therapy but also to raise our own awareness of the facts and findings.

The reasons to get involved are endless—to promote your profession, to build your business, to meet fellow massage therapists, to network with your community, and many more. The first step is deciding There are many different ways to get what to do. involved from hanging up a poster in your office to coordinating an outreach program at your local library-the options are plentiful. National has put together a list of 15 Ways to Celebrate NMTAW and you can find a link to this list on the CT chapter's NMTAW webpage. Not sure what massage research to highlight or use for inspiration? Find a link on the NMTAW webpage to AMTA National's Massage Therapy Research Roundup.

University Day 2012

For the past five years CT members have joined together to participate in University Day, which targets higher education institutions providing chair massage and distributing information to students, faculty, and staff. What better venue to open the dialogue on massage therapy research than a University setting? Some of the University sites will remain the same but there is always room for more. If you are interested in adding a new site please contact Karen Jensen. There are tons of great resources on the NMTAW webpage to help you coordinate your own University site or any other venue you may choose. Check it out!

Community Service Team NMTAW Massage-A-Thon

Attention all Community Service Team members--volunteers are needed to participate in a fundraising event for what better cause than the

Massage Therapy Foundation. The MTF is responsible for a great deal of our massage research past, present, and future. The Massage-A-Thon will be held on Monday October 22rd at the Day Kimball Integrative Medicine in Putnam, CT. Please contact CST director Christine Decarolis at csmt@amtactchapter.org for more information.

What will you do to celebrate? Be sure to REPORT how you celebrated NMTAW 2012. Just log on the AMTA CT chapter website's NMTAW webpage located under CSMT and download the "event report form." Submit your form to AMTA National by November 1, 2012 for consideration in an AMTA publication. Also, be sure to email your completed form to Karen Jensen at theblackant@hotmail.com to be printed in the CT chapter newsletter.

AMTA Continuing Education Requirements and FAQs

What are the continuing education (CE) requirements for Professional membership? Beginning with the first full year of Professional Active membership, AMTA members are required to complete 48 clock hours of continuing education every four years.

Educational programs used to fulfill this requirement must meet the following general description: "an organized education experience directly related to massage therapy, which is offered under responsible sponsorship, capable direction, and qualified instruction." These may be experiential learning, theoretical or research in nature.

Responsible sponsorship includes:

- AMTA sponsored education—AMTA National Convention, Schools Summit, Fascial Therapy Continuing Education program, online courses, chapter events
- Massage schools, colleges or universities offering continuing education courses
- Regional workshops by NCBTMB or state approved providers
- Home study courses that include an assessment- online courses, workbooks, DVDs, etc.

MASSAGE THERAPY FOUNDATION FACTS

The Massage Therapy Foundation advances the knowledge and practice of massage therapy by supporting scientific research, education and community service.

History

The Massage Therapy Foundation was founded by AMTA in 1990 with the mission of bringing the benefits of massage therapy to the broadest spectrum of society through the generation, dissemination, and application of knowledge in this field. We do this by receiving donations and granting funds for research, community service, educational initiatives, and conferences. We also do this by providing direct consultation to the medical and research communities, and by educating massage therapists about the world of research.

Goals

- 1. Advance research on therapeutic massage and bodywork
- 2. Foster massage therapy initiatives that serve populations in need
- 3. Support the evidence-informed practice of therapeutic massage and bodywork based upon available research, client factors, and practitioner experience and judgment
- 4. Fortify the Foundations financial resources and organizational effectiveness

The Massage Therapy Foundation and AMTA

The Massage Therapy Foundation and the American Massage Therapy Association share a profound commitment to advance the massage therapy profession through promoting scientific research and evidence-informed practice.

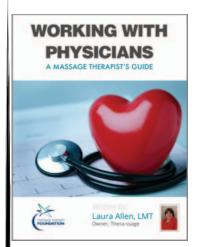
Although we are separate organizations, together, we endeavor to collaborate as full strategic partners to realize our independent and interrelated missions. Our relationship will live in perpetuity.

While the American Massage Therapy Association is committed to financially supporting the work of the Massage Therapy Foundation, both organizations call for partners in funding the Foundation's mission.

Taken from the Massage Therapy Foundation's website:

www.massagetherapyfoundation.org

Working with Physicians: a Massage Therapist's Guide



Research has shown that massage therapy is a beneficial complement to medical treatment in many cases.

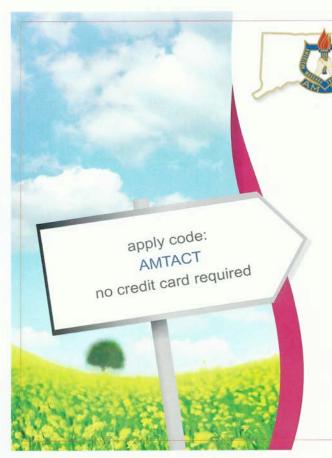
Fortunately, today's physicians are beginning to *embrace* massage therapy and *integrate* it into their patients' treatment plans.

So, how do you, as a massage therapist, connect with physicians and develop a relationship that can lead to more patient referrals?

Download our free eBook for a complete guide to partnering with physicians.

In this guide you will learn:

- How to approach physicians and explain what you do;
- How to speak in terms that will resonate with the medical community;
- How to use research and data to establish credibility with physicians.





25% discount for AMTA-CT members!

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Looking for a massage therapist or other complimentary practitioner to share existing massage office space.

Immediate availability in professional building in South Windsor, near Evergreen Walk. Safe, beautiful space, great energy, lots of parking. Waiting room and use of treatment room, everything included. Just bring your sheets & oil and get to work! Days/rate flexible, option for full sub-lease available.

Contact Erica: (203) 422-9220 or Erica@outerpeacewellness.com



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John M. Upledger, CEO and John E. Upledger, DO, OMM, developer of CranioSacral Therapy

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- Learn from a balanced mix of lectures, demonstrations and supervised hands-on practice; take home a comprehensive, illustrated study guide
- Become certified by an organization whose programs are known, valued and respected worldwide
- Earn contact hours to satisfy continuing education credits

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CranioSacral Therapy 1 (CS1)

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CranioSacral Therapy 2 (CS2)

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SomatoEmotional Release 1 (SER1)

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CranioSacral Applications for Conception, Pregnancy and Birthing 1 (CCPB1)

Additional dates and locations at Upledger.com



Dr. Chikly Lymph Drainage Therapy

Learn these noninvasive and effective lymphatic techniques

Use Lymph Drainage Therapy (LDT) to address:

- Edema, lymphedema, inflammation
- Pre/post surgery pain
- Burns and scars

START TRAINING

- Headaches, chronic pain
- Eczema, dermatitis, wrinkles
- Sinusitis, allergic reactions
- Pediatric infections

Ask about our Core-Pak Training and Certification Package

More Than 30% • Coursework Satisfaction Guaranteed!

- Geriatric degenerative conditions
- Chronic fatigue, fibromyalgia
- Detoxification, insomnia, stress



Lymph Drainage Therapy 1 (LDT1)

Toronto, ON	Nov 1-4, 2012
Chicago, IL	Nov 15-18, 2012
Palm Beach, FL	Jan 10-13, 2013
Seattle, WA	Feb 7-10, 2013
New London, CT	Feb 21-24, 2013

Lymph Drainage Therapy 2 (LDT2)

Washington, DC Nov 29-2, 2012 Edmonton, AB Mar 21-24, 2013

Certification Programs available.
Upper level dates and locations
available online at ChiklyInstitute.com



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Bruno Chikly, MD, DO, developed the first lymphatic techniques that allow you to attune to the specific rhythm, direction, depth and quality of the lymph flow, consistent with recent scientific discoveries.







Continuing Education Offerings

83 Boston Post Road, Waterford, CT. (860) 443-0800 www.time4healing.com

Ethics in the Round "Your Gut Check" - Presented by Nileen Drzewianowski, LMT

We are busy... we are in the groove, like a well-oiled machine we just keep going, never stopping to assess where we are with our clients, our lives or our businesses. **The Gut Check** requires reflection and time. This class will give you the opportunity to reflect and re-evaluate your core values and principles as a professional massage therapist.

Sun, 12/9/12:10am-4:30pm, Sat, 2/9/13: 9:00am-3:30pm

Certificate of Attendance for 6 CE hours of Ethics will be provided.

This includes 2 hours of NCBTMB Standard V requirement.

Cost: \$85

Introduction to Hot Stone Massage - Presented by Johanna Gierhart-Straub, LMT

Ever wonder about the 'how to' of hot stones? Now you can discover the ease with which you can incorporate Hot Stone into your massage. In a 6 hour introductory class you will learn the indications and contraindications of hot stone massage, the set up and care of your stones, choose your own set of 13 stones and begin to become acquainted with using hot stones in your practice. Items to bring: table, linens, hand towels, lotion/oil (optional).

Sun, 10/21/12: 9am-4:30pm

Certificate of Attendance for 7 CE hours will be provided.

Cost: \$180. (maximum class size of 20)

Inner Sanctuary Training - Presented by Amy Martin, APRN, RhD

A two day class. This is a powerful imagery technique for daily use. You will learn to create a place of peace within your consciousness where you will feel restored and enlightened! If you've always thought Meditation was too difficult, but you are seeking a way to consistently calm and center yourself, this class will give you the tools you need.

Fri, 11/2/12: 6:00pm-9:00 pm and Sat, 11/3/12:10:00am-3:30pm

Certificate of Attendance for 8 CE hours will be provided.

Cost: \$200 (includes book)

It's All About Energy - Presented by Amy Martin, APRN, RhD & Nileen Drzewianowski, LMT

A two week, eight hour interactive experiential workshop. Come and learn what you've always wondered about regarding the mysteries of ENERGY. Hands on experience will have you understanding the reality of energy's impact on you, as well as your energy's effect on others. Learn how to read energy, understand it, protect yourself from toxic energy, use healing energy for yourself and others, raise your energy, calm it and see it for the gift that it is.

Sat, 10/6/12: 9:00am-1:30 pm and Sat, 10/20/12: 9:00am-1:30 pm

Certificate of Attendance for 8 CE hours will be provided.

Cost: \$160

$\underline{\textbf{Essential Oils Series}} - \textbf{Presented by Richard Harris}, \textbf{LMT}$

A three week series: Creating a Healthy Medicine Cabinet, Essential Oils for the Emotions, and Beat the Winter Blues. Wed, 10/3/12 6:30-8:00pm, Wed, 10/10/12 6:30-8:00pm, Wed, 10/17/12 6:30-8:00pm

Certificate of Attendance for 4 CE hours will be provided.

Cost: \$20/Class OR \$50/Series

<u>Additional Offerings:</u> RoHun Transpersonal Psychotherapy, Acupuncture, Raindrop Therapy, CranioSacral Therapy, Hypnosis for Smoking Cessation and Weight Loss, Monthly Woman's Healing Circle, Drumming, Meditation Classes and much more.

We also have Therapy Rooms available for rent to body workers and therapists, in our beautiful, well established Wellness Center; call for interview.



"THE BARS" CLASS

Maureen Stott, LMT and Bars Facilitator 8 NCBTMB-Approved CEhours

Learn how you can change any area of your life that is not working for you. "The Bars" are 32 points on the head that have become an energetic dumping ground. When released and cleared, the energy can flow freely giving you more awareness and choice in your life.

When and Where? All classes are Sundays from 9:30am to 6:00pm

October 14th - Vernon, CT November 18th - Vernon, CT December TBD - Vernon, CT

For future dates, more information, questions, or to schedule a Bars session, visit www.TMCV-Office.com or email TMCV@TMCV-Office.com

Cost? \$200



How to Register? Go to www.bars.accessconsciousness.com and click on "Classes," "Find a Class," and from the drop down menu choose the month of the class you wish to take, "Access Bars" and "Maureen Stott."

the bodymind center for thai massage

Thai Massage Sessions:

Monday ~ Saturday by appt.

Effective approaches to common complaints. Thai Massage, Cupping, Herbal Compresses, & other therapies to treat soft tissue injury, tension, and pain. A Thai Massage session is a great overall tune-up as well.

Ask about discounted rates for LMTs and MT students

Check www.bodymindthai.com for "Open Mat Monday" info

For information please contact Rick at:

the bodymind center for thai massage

95 kitts lane, newington ct www.bodymindthai.com 860.913.7500

Upcoming Classes:

Thai Massage Level I

Two weekends: Oct 13 & 14, 27 & 28
Tuition: \$675 - NCBTMB CE HRS: 32
Entry Level Course. Theory and Practice.

Thai Massage Level II

Saturday & Sunday: Nov 17 & 18 Tuition: \$275 - NCBTMB CE HRS: 16 Theory, Sidelying, and Abdomen

Eastern Approaches to Ethics

Mindful Massage inspires a discipline of Ethics.
A unique approach to a required course.
6-hour class presented over 2 weeks.

Wednesday evenings:

Sept 26 & Oct 3 6:3

6:30 - 9:45

Nov 28 & Dec 5

6:30 - 9:45

Fee: \$125. 6 CE hrs. Meets NCBTMB Ethics Requirements

The bodymind center for thai massage is approved by the National Certification Board for Therapeutic Massage and Bodywork as an Approved Continuing Education Provider.

10 day lomilomi intensive on Emerald Lake in NH ~ April 12-21, 2013



WHAT IS MANA LOMI®?

Mana Lomi® is based on Hawaiian healing concepts of working with the

symbolically means to communicate energetically deep within the bones of

body, mind and spirit. Hands on healing, it is deep and powerful, yet

gentle, giving immediate and long term results. Mana Lomi®

the individual and thus with the soul of the person.

- Become proficient giving a full body Mana Lomi® massage.
- Learn Mana Lomi® advanced treatment for back, neck, shoulder, elbow, wrist, hip, knee and ankle conditions.
- > Explore body awareness & movement.
- Learn Hawaiian healing meditations, chants, songs & ho'oponopono practices for body, mind & spirit alignment.
- > Share healthy meals and lodging.
- ➤ Have fun! Earn 54 massage CEs

Participants will learn Mana Lomi® healing massage at an accelerated pace in this residential lomilomi program.

> One full tuition GOODWILL RAINBOW SCHOLARSHIP

will be awarded to someone who uses manual healing arts to contribute to community.

Details on website

other 2012 Mana Lomi® classes in New England



Manchester, NH

Northeastern Institute of Whole Health

Nov. 16-18 Fri-Sun ~ hot stones 27 CEs

Danbury CT ~ Ridley Lowell Institute

- ➤ Dec. 7 Fri ~ Anywhere/Anytime techniques done in chairs or on floor
- ➤ Dec. 8 Sat ~ Hands & Feet Treatment
- ➤ Dec. 9 Sun ~ Shoulder Treatment (Dec 7, 8 9 classes each 8 CEs)

(All CEs qualify for license renewal in NY State)

Mana Lomi® Teacher Barbara Helynn Heard, LMP

lomilomi practitioner 16 yrs, lomilomi teacher 7 yrs

Pictured above left with

Mana Lomi® founder Dr. Maka'ala Yates, D.C WA massage license MA 00009734

Register at www.lomilomi-massage.org

(206) 323-5871



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All advertising must be prepaid and emailed to the newsletter editor by the deadline. Please email your ad as a .doc file or .pdf file with a minimum 300 dpi resolution to: newsletter@amtactchapter.org.

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Full page	6¼ "W x 9½ "H	\$150.00	\$200.00
Half page	6¼ "W x 4¾ "H	\$75.00	\$100.00
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Business Card	3½" W x 2¼ " H	\$20.00	\$30.00

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If you are not receiving your newsletter in the mail, please contact the national office of the AMTA by emailing <u>Silas Dameron</u> at <u>Sdameron@amtamassage.org</u> All contact information used by our chapter comes directly from the national office, including your email address. We cannot add or change anything at the chapter level. Please make sure all of your contact information is up to date by logging in at <u>www.amtamassage.org</u>.

Reporting Unethical & Illegal Practices

The question often comes up about policing our own profession if a therapist or establishment is practicing inappropriately. Members want to know what recourse we have with the state and what they will do if contacted.

Begin the process by calling the CT Department of Public Health (DPH): (860) 509-7552. They will send you a form to fill out, which needs to be notarized by a notary public before you send it back.

You will need the following information: Practitioner's name; the name of the business where they are practicing; and the business address and phone number. Also, your name, address, and phone number where the DPH can contact you.

Write your specific concerns as 1. 2. 3.etc. and then specify your complaint with only as much detail as necessary to give them a solid background so they can make a sound decision.

2012 Deadlines

Due to Editor Delivery Date

November 27, 2012 December 27, 2012

February 28, 2013 March 28, 2013

Classified Ad Fees

Members - 30 words \$5.

Additional words 10¢ each.

Non-Members - 30 words \$10. Additional words 10¢ each.

Editorial Policy - Please Note:

The American Massage Therapy Association, AMTA CT Chapter, and the newsletter editor reserve the right to edit and/or refuse any submitted article or advertisement and assume no responsibility for errors, omissions, corrections, or modifications in publication. Neither the AMTA CT Chapter, nor the chapter newsletter editor guarantees, warrants, or endorses any product, service, or referral advertised herein, nor do they express any

Submissions

Send your submissions for the newsletter (articles, ads, letters to the editor) to Marilyn Waters at newsletter@amtactchapter.org

After attaching any documentation you have to support the complaint, you want to check to make sure that everything is legible, clearly written and notarized. It is a good idea to make a copy of everything for your files before sending it to:

CT Dept. of Public Health ATTN: Investigation Unit 410 Capitol Avenue Hartford, CT 06106

The department looks over the complaint and decides whether or not to go forward with disciplinary action. If so, it goes to the legal department for further action. The next step is a hearing for a decision.

In the past there have been cases where therapists have had their licenses revoked, had to practice under supervision, and/or received recommendations for counseling. It is in the best interest of our profession to follow through with the process when we know of practices that could be damaging to our reputation.



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Want to Exhibit at the next Chapter Meeting?

Please contact JoAnn Parady, Treasurer, 3 weeks before the chapter meeting. Payments must be mailed in advance. 6' table - \$10.00 for chapter members; \$20.00 for non-members.

