

AMTA CT Chapter Newsletter

Fall 2015 Edition



President's Message

"Education is the most powerful weapon which you can use to change the world." ~Nelson Mandela

I have just returned from National Convention in Pittsburgh PA and as always I have come back, refreshed, renewed, refocused, and reenergized. There is something about networking and mingling with like-minded professionals that tends to ground me and always makes it very clear that I have chosen the right career path. Our delegates were busy with meetings and education and of course each represented the chapter in the House of Delegates. They also made use of the long ride on the bus to and from Pennsylvania. There was actually an impromptu meeting on the bus ride home where new ideas for our members were tossed around and shared. Scroll through this newsletter to read more about the Convention including the awards that were given to the CT chapter, individual awards and what our delegates each had to say.

Speaking of new ideas for our members.....**SAVE THE DATE!**

When: April 22-24th 2016

Where: The Doubletree Hotel, Bristol CT

The Connecticut Chapter is proud to announce our first annual conference. Some of the presenters will include, James Waslaski, Lee Stang, Wendy Peyton, Kyle Carso, Deb Van Ohlen and more! There will be an exhibit call, a welcome reception and of course our annual chapter meeting. **Full registration which includes up to 24 hours of education is only \$199.00!** There will be many other pricing options as well; come take one class or spend the day.

The newly renovated Doubletree will be offering rooms at just \$105 per night double occupancy. This is a beautiful hotel with a large pool, fitness facility and Jacuzzi.

This promises to be a fun event! There will be much more information including how to register coming very soon. Watch for more announcements on Facebook and our website. Spread the word; we hope to see you there!

An important topic for our members to ponder is that of upcoming elections. [Click here](#) for a recent announcement about the new changes to be made in terms of electing chapter Board of Directors.

Lastly, I would like to thank our 1st VP Sue Barrett for taking on the task of fundraising for the Massage Therapy Foundation (MTF). With her efforts and your generosity at chapter meetings, we were able to win the very first chapter challenge issued to all chapter Presidents in March. All totaled, the Connecticut Chapter donated an amazing \$4,355 to the Foundation. What is the MTF you ask?? Scroll to page 18 to learn more and to see how you can donate and support the Foundation.

I look forward to seeing you at the fall chapter meeting on Sunday October 25th at 11am in North Haven!

Cheers,

Kerry

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AMTA CT Chapter Delegate Reports from 2015 National Convention

House of Delegates Report

By Becca Torns-Barker, 1st year delegate for CT

I want to thank the membership for allowing me to represent us at the 2015 House of Delegates (HOD). The HOD is unique to the AMTA. AMTA is the only organization that offers our members a voice and a chance to speak on what is important to our industry. CT has a very active delegation. This year was no exception. Our delegates all got up and spoke in favor of the PSs that we supported. I am happy to have been a part of the debate and to have voted as a 1st time delegate and look forward to completing my term at next year's National Convention in Milwaukee. Here is a summary of the proceedings.

HOD Background

First, some background, each state is given a certain number of delegates based on their chapter size. CT is an extra large chapter, with 2300+ members. As such, we are given five delegates. Each delegate must also have an alternate delegate. At the beginning of the HOD, a roll call is taken. If a delegate is not seated at the time of roll call, they are not allowed to participate. If an alternate is present, however, the alternate may be seated instead. This is why CT sends the alternate delegates, because you never know when something unexpected may happen. CT is extremely lucky. Many other states elect Delegates, but then do not cover any of their expenses. CT, however, covers most of the expenses of the Delegates. CT offers benefits like these that are largely unseen.

Position Statements (PS) vs. Recommendations

This year the HOD debated two Position Statements and three Recommendations. A Position Statement is a statement, backed by research, that the AMTA adopts. It requires no further input from the National Board of Directors. A Recommendation is largely an opinion that the HOD votes to adopt. If adopted, it requires action from the National Board of Directors. They may evaluate associated costs, for example, before deciding whether to implement the Recommendation.

As a delegate, being able to read and identify "good" research is an important skill. Both Position Statements and Recommendations rely on research, and as you'll see, many are voted down simply because of research questions.

2015 Position Statements

1) **Massage for Burn Scars.** This Position Statement failed at last year's HOD due to language in the PS (the use of may vs. can). It also did not contain any language stating a therapist may need additional training to work with burn patients. Lastly, some delegates did not feel there was enough research to support the statement.

This year, some language was changed and updated based on feedback from last year, however, the PS still FAILED. This is interesting because many of the trade publications, including the Massage Therapy Journal (MTJ) published articles regarding massage being good for scars.

2) **Portability.** This PS was co-authored and spoken about by our own Maureen Stott. Portability (not to be confused with reciprocity) means we want states to consider our previous education, CEs, and professional experience when trying to obtain licensure in another state. We still have to meet each state's requirements. This PS PASSED.

2015 Recommendations

1) **Human Trafficking.** This Recommendation requests that the AMTA work with other agencies to create guidelines to help us detect and report human trafficking. This Recommendation created a great deal of debate. So much so that we ran out of time, held a caucus for discussion amongst each state's delegates, and then managed to vote for more time to debate the issue. Ultimately, it PASSED.

2) **Complimentary Online Classes for AMTA Members.** This Recommendation requests that the AMTA offer free CEs to members. There was a bit of debate on this, mostly against the Recommendation because it devalues continuing education. This Recommendation FAILED.

3) **AMTA Media Education Kit.** This Recommendation requests that the AMTA put together a media kit that will better enable chapters and members to respond to negative press we see regarding massage therapy in our local news outlets. This Recommendation PASSED.

Other News

I'm happy to say that our own Laura Stevenson-Flom was elected by the HOD to serve another term on the House of Delegates Operating Committee (HODOC). This Committee vets incoming PSs and Recommendations and takes care of everything behind the scenes for delegates. They did a great job this year. Congratulations Laura as you continue to work with Richard Testa and the rest of the HODOC!

Massage Therapy Foundation

By Sue Barrett, 1st VP CT. Chapter AMTA

I went to the AMTA National Convention this year as an Alternate Delegate. An Alternate Delegate's responsibility is to support the five Delegates and help where/when needed. We are there to fill in for a Delegate if they are not feeling well or if they can't make it to the House of Delegates for any reason. The House of Delegates went very well this year and it always amazes me that I continue to learn new things every time I go to conference.

I had the opportunity to meet many hard working volunteers and staff of the Massage Therapy Foundation. This was exciting for me because now I can put the names with



their faces. This was a great opportunity for me to meet the four individuals that I was working with during the Chapter Challenge. I met the MTF President, the Executive Director and many others that dedicate their time and efforts to help make the massage therapy profession stronger through research and education.

I am proud to say that the Connecticut Chapter was able to raise over \$4300 for the Chapter Challenge! The CT Chapter, to my surprise, took home 2 awards/trophies for all our efforts. One trophy was for raising over \$4300 for the challenge and the second one was awarded for having the most individual members donating money for the Chapter Challenge. Great Job Connecticut

Chapter!

In just two chapter meetings, and through the generosity of individual members, we were able to collect \$1855.35 and our Chapter added its donation of \$2500 for a grand total of \$4355.35. Well done!

Being that I was able to participate in the National Conference this year, I was able to present our Chapter check to the Massage Therapy Foundation at the reception. This was a wonderful privilege; I was able to talk with some of the dedicated educators, businesses and individuals that contribute regularly to this foundation. I also had the chance to speak at the foundation's reception before presenting the check. I thanked the staff for giving me the crash course on how to help with the Chapter Challenge. I also recognized the work that the Chapter Outreach Work-group did as well. Each of us that were a part of the Chapter Outreach Work-group had our own group of states to contact, answer their questions and promote the challenge. The foundation was hoping the Chapter Challenge would raise \$35,000.00 for our future research grants and at last count had realized \$32,197.32. We are very close to our goal. The foundation anticipates donations for the challenge until 9/15/15. I will report the final total at the October Chapter meeting.

I chose to take the research classes at the convention this year and was amazed at how many ways the grant money was used. There were case studies presented which included topics about massage and exercise, CAM therapies for fibromyalgia and massage therapy for chemotherapy-induced peripheral neuropathy. It was interesting to see what is involved in the making of a case study. The practitioner and student case report winners were there as well, presenting their case studies. Very interesting.

We may not know right now, if we will be the next therapist that might want to write a case report or contribute to research for our profession but it's a great feeling to know that we have the support available to us if we ever need it. Thanks for electing me to be a part of the House of Delegates this year. The experience was greatly appreciated.

Regards,

Sue Barrett, LMT

1st VP CT. Chapter AMTA

How Does the House of Delegates Happen Every Year?

Here's a Hint: The HODOC

By Laura Stevenson-Flom, HODOC Member

This was the second year of my 2-year term as a member of the House of Delegates Operation Committee. As it usually is after the rookie year, the whole process made more sense, I was able to participate more and in the end, I was able to contribute more.

This year the HODOC held seven, one-hour conference calls and conversed via dozens and dozens of emails. Like last year, our members were scattered all around the country including Hawaii, making a convenient call time challenging. Luckily Roxanne and Olivia were willing to start the day of our call at the crack of dawn so we could chat from 12-1p EST. Roxanne always treated and teased us to a pre-call picture from her "office", which consisted of the sunrise, surfboards, sand and the beautiful Pacific Ocean. Our calls were full of congenial conversation and camaraderie but the bottom line was we were all there to get our business at hand done and we always did.

If you have never participated or observed the AMTA House of Delegates, probably the best way to visualize it would be from the pictures or film footage you see from Congress. The representatives being the HOD members elected and sent from each state. The pomp and circumstance and decorum are very similar, as are the rules and the order of business.

It is the Business of the House that the HODOC is charged with overseeing. They not only set the tone of the House but also the agenda. It is the HODOC that receives and reviews the Position Statements and the Recommendations from the National Review Committee and does a final check on each before they are presented to the Delegates. The online Delegate Toolkit that contains the rules, regulations and policies of the House, come out of the HODOC has to be reviewed, edited and updated before being made available for the incoming House Members. In addition, each HODOC Member is assigned a group of Delegates and Alternates and sends a letter of welcome as well as making a personal telephone call to each one to answer any questions they may have.

The coined phrase that many of us may have used at one point or another: "It takes a Village" is certainly a true adage for this Committee. While we are blessed with a delightful and efficient National Staff Member, Colleen Leaders, who is assigned to assist us, each HODOC Member has a voice and defined, as well as many undefined, responsibilities throughout the year.

This year the Conference was in August for the first time, cutting our organizational time down by two months and that time certainly passed quickly for our group. Our arrival in Pittsburg was filled with excitement and that nagging amount of trepidation. While we all knew that we had done our due diligence, I am sure each one in our group asked ourselves more than once if we had thought of everything to make 2015 the best HOD yet for the Members.

Again this year, one of my assignments was to check in and hand out Delegate credentials. The process had been streamlined this year and thanks to the help of several of the Committee Members, there were very few glitches. Introductions were made, old friends were hugged and there was an excited buzz in the air as the meeting room filled with representatives from each state in the country.

For the second year, Lee Stang presided as Moderator of the House and did an outstanding job, as did the entire Connecticut Delegation, who came well read and very well prepared. From my seat at the front of the room with the rest of the HODOC, I was impressed, relieved and proud of how seamless this much anticipated and important event ran.

After the House finished their "Business", five plus hours later, there was some unfinished business to attend to: Elections. I am honored to have been elected to another 2-year team on the HODOC and continue to work at the National level to help make sure our profession will continue to garner respect and acceptance from the community and allow professional, educated massage therapists to be a part of a patient's healthcare and wellness team.

After the meeting was finally adjourned, the members of the HODOC gathered in the emptying meeting hall, taking the traditional group picture and making plans for the 2016 HOD Meeting in Milwaukee. It will be another year of planning and preparation to make sure that the House of Delegates have the tools they need to continue to help advance the profession of Massage Therapy.

Respectfully,

Laura Stevenson-Flom, LMT, CKTP

HODOC Member

Connecticut Delegate

CVOP Report

By Rocky Perez, AMTA CT Chapter 3rd VP

For years I've wanted to attend CVOP (Chapter Volunteer Orientation Program) but never received the chance to go until our Chapter President asked me if I would like to attend. I was very excited and timing couldn't have been more appropriate!

This year, CVOP was blended into our AMTA National Convention in Pittsburgh, PA and we were the first CVOP Class NOT to be in Evanston, Illinois! I feel honored to be in this first CVOP class outside of its normal location.

As I entered the huge room where CVOP was going to be held, I noticed there were AMTA members from all over the country present. I wanted to be right up front so I chose a table closest to the speakers. The other attendees at the table were all amazing with different backgrounds in our field of massage. I learned so much being around them and we will forever be part of a team and a cause!

As CVOP officially began, two eccentric people; Steve and Jill, began to introduce themselves and I was a little guarded until they started teaching. They were so amazing! Steve and Jill balanced each other out with their teaching style mixed in with jokes and sarcasm which was all good for our 2015 CVOP class!

CVOP made me realize how our dedicated members have impacted our CT Chapter through strong leadership and purpose. This team spirit has created a foundation in our CT Chapter like no other in a strong and powerful way!

I feel CVOP has giving me more leadership tools to add to my belt and I hope to bring this new found knowledge to help and encourage members in our chapter to be their very best!

~Listen to Understand, Not to Respond~

Rocky

AMTA 2015 NATIONAL CONVENTION PITTSBURGH, PA

By Scott Raymond

WOW!!! What a great convention!

As most of you know, I just love going to National Convention. Over the years, my AMTA family continues to grow and grow. AMTA volunteers are passionate, dedicated, and really love what they do. There is something for everyone!

All AMTA CT Chapter delegates are required to submit a report about the National Convention. You have read about the House of Delegates moderated by our own chapter member Lee Stang, saw that our chapter brought home awards on the individual and team levels, and learned about the experiences from all of the delegates. Having the convention in Pittsburgh really allowed CT Chapter members to participate in the experience without the expense of airfare and travel.

This year I was honored to present to the National board in both executive and open session. I, along with Lee Stang and the rest of the Governance Committee, have been working on the National election process for nearly two years. It was a learning experience that I will never forget. For the first time in nearly five years I was NERVOUS to speak publicly!!! When it came time for me to speak in open session, I drew a complete blank for nearly 10 seconds. (That seems like an eternity when you are in open session.) I have spoken in the House of Delegates for 8 years, been the Chapter Presidents Council Moderator, been Chapter President for one of the most dynamic chapters, met with the Attorney General, and taught classes with nearly 70 attendees. Now being nervous was a new experience; but a very rewarding one.

This year, you will see an entirely new National Election process that was unanimously passed by the National Board of Directors. This year, the membership will be voting on a slate of directors as a team instead of voting for each individual member. This new process required research about the voting policies for other non-profit organizations, and was a collaborative effort with the Governance Committee, the Commission on Candidacy, the Commissioner of Elections, and national staff. Members will vote "yes" or "no" on the slate as presented. The slate is assembled by the new Slate Selection Commission (SSC). The 5 member SSC deeply understands the needs and requirements of the National BOD. You will be seeing a lot of communication coming from National office regarding the changes. Also, there will no longer be Vice Presidents or Members-at-Large. The position title will be the same for all elected, they will be Directors. Then, once the board of directors is established, the directors will self-elect a president-elect. We have learned that one of the biggest reasons that members don't vote is because they do not know the candidates. Who else is better to vote in a president-elect than the individuals that work with that member side by side? This will foster mentorship and a team effort at the national level that has never been seen before! AMTA continues to

create and maintain a team building atmosphere and it is now the cornerstone of the National Board of Directors election process.

National convention is a lot of work when you are a chapter or national volunteer, but it is a lot of fun as well. Lifetime relationships are formed and nurtured. Together, we are AMTA.

Scott Raymond LMT

CT License #1882

AMTA CT Chapter

Immediate Past President

Government Relations Chair

Delegate

AMTA National Governance Committee Member

Opening Session National Convention Pittsburg 2015

By Shannon Saunders

The room is all a buzz, therapists are scrambling to save seats for their chapters and Connecticut Chapter wants to sit right up front. We choose seats right behind the reserved for the past presidents in front of the podium. Opening session is the start of the AMTA National Convention, where the AMTA President gets to thank everyone and awards are given out. This year the National President Jeff Smoot, paid homage to Dr. Janet Travell, founder of Triggerpoint Therapy. She was THE woman who made strides in massage therapy with her books on trigger points and myofascial pain when it was not only unpopular but suspect for women.

Our CT Chapter brought home the Five Hands Award, an award given to a chapter based on their size. The CT chapter is considered extra-large because of the number of massage therapists. This award is for ALL of the services delivered to the chapter members and is the highest award that is given out.

We also brought home the extra-large chapter National Sports Massage Team award, accepted by Rich Testa and Laura Stevenson-Flom who have recently stepped down as our team directors. Scott Raymond, our Immediate Past President and government relations chair, received an award for the outstanding national committee-governance. Finally, Lee Stang collected a few awards: Outstanding National Committee-Governance, CT Meritorious and the very prestigious National Meritorious award. We are very proud of our Chapter and our individual members! Lee said of her National Meritorious award, "You don't win an award like this on your own, it's really a chapter award."



CONGRATULATIONS CONNECTICUT CHAPTER and THANK YOU!

The opening session was wrapped up by an emotional yet humorous keynote speech by the Olympic Gold Medalist Scott Hamilton who reminded all of us that the work that we do was instrumental in his recovery from testicular cancer and brain cancer. His message: "When you fall down, you have to get back up and keep going!" Thank you for the work that you do!

Anatomy of a Position Statement

By Maureen Stott

I was honored to be one of three authors of a position statement about portability. I intended to write about my experience working with the other authors; how I got involved; presenting it on the floor of this year's House of Delegates (HOD); and the exhilaration of having it pass. As I thought about it, however, I decided that it would be more valuable to you, the reader, to discuss position statements and why they are important to you as a massage therapist.

An approved position statement is AMTA's position on professional or public policy issues that relate to the mission and goals of the association. This statement can be written by any chapter member or group of members, but must be submitted by an active professional member. If you are interested in seeing what is involved in writing a position statement, or desire to write one, all of the requirements are on the AMTA website.

[Click here for more info](#)

Proposed position statements go through a lengthy, comprehensive review process involving the AMTA's staff and legal departments, the Massage Therapy Foundation, and the Position Statement Review Commission. These groups do not make suggestions about nor change content. It goes back and forth between these groups and the authors until all criteria are met and the proposal is an accurate and complete statement.

The completed statement is sent to that year's delegates and made available to the membership for feedback via the AMTA website. In our chapter we also ask for feedback at the chapter meeting preceding the convention. Using this feedback to help form an opinion on the position statement, the delegate goes to the HOD meeting where the position statement is debated and then voted on. If the position statement passes the HOD, it becomes an official position of the AMTA.

The first ever position statement, *"It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective for stress relief"* was approved at the 2006 National Convention. There were no AMTA positions before that.

That massage therapy can relieve stress seems obvious to those of us in the field. Of course, massage therapy can relieve stress, right?! This common knowledge does not convey the endeavor to get these statements approved. Proposed statements often come up on the floor of the HOD for a number of years before they are approved. Each time it is not approved the authors have the option of re-working it and presenting it again. This was the third time the statement on Portability came before the HOD.

Prior to the year's HOD there were 14 Approved position statements. For a list of the Approved position statements [click here](#) to go to the AMTA website. (For the complete statement, click on the title.)

Why are position statements important?

If you work at a spa, why would a position statement about Fibromyalgia be important to you? If you work with athletes, would a position statement about newborns be important to you? Is the position statement about postoperative pain relief of use to you? These are just three of the approved position statements.

If you are working in a spa and a client says that they have fibromyalgia, wouldn't it be helpful to let them know that research shows that massage therapy can be a beneficial part of an integrative treatment plan for their fibromyalgia syndrome? Or if your athlete says that his wife just had a premature baby, would it be of comfort for them to know that research shows that newborns (especially pre-term infants) may benefit from massage therapy? Or for the client who needs surgery that massage has been shown to

aid in postoperative pain relief? You do not need to do the research, nor provide these massages. In fact, you may need advanced training before you can treat certain conditions, but just letting someone know that massage may be an option is of value.

A few other reasons why the position statements are important include, but are not limited to:

- They raise everyone's awareness that AMTA members need and want to contribute to health care in America.
- Because of the long review process, these positions have credibility. They are not just what we wish to be true. These are true because they are supported by research.
- As a massage therapist you can use any of the approved statements in your brochures, websites, or blogs.
- These approved statements are available to the public (which includes Health Care Providers) and raise their awareness to areas where research indicates that massage therapy can or may be beneficial.

I hope this gives you something to think about; that you take the time to read the approved position statements and use them in your literature; that you think of other reasons why the positions statements are important to you; and that they encourage you to author a position statement in the future. It is an awesome experience!

Chapter Leadership Training

By Tami Taylor

This was my first year attending leadership training and I felt it was a positive experience for me. The experience is unique; coming together with fellow Massage Therapists from all across the country to share ideas, network, and connect with others that hold the same position in their chapter.

This year, I was told, was done a little differently than in the past. After having a continental breakfast we were divided into groups for break out sessions. My first session was Member Outreach=Chapter Value, the group was fairly small so the interaction and ideas were minimal, but the one piece of information did give food for thought.

The idea was to come up with different ways to incentivize the members to renew their memberships. Currently Connecticut offers free education to their members at chapter meetings, making us one of the only states that has that benefit, however it would be interesting to hear from our chapter members any other ideas they may have in regard to adding even more value to our chapter.

Please email your ideas to education@amtact.org

The second break out session was titled The Survey Says. Our very own Kerry Methot and Ann Blair Kennedy presented this session. Discussion revolved around effective and creative ways to conduct a survey. The most surprising thing I learned was just how low the participation is when surveys are conducted making it more difficult to really understand what the membership desires.

Transitions was the third session and was very informative. The class really dealt with strategies that you could use to help ease the transitions being made within the Board of Directors and Chairs. Another point of focus was how to encourage members that have never run for an open position before. One of my favorite ideas was to list the positions along with their descriptions that will become available at the next election in every issue of the ezine, not only the issue right before election, this gives the members more exposure and more time to ponder the idea of running.

The last session was Communications/Soft Skills. This was especially focused on meeting management. There were a lot of great ideas as to how to have a successful meeting. My favorite one was making sure you are clear and concise when assigning tasks, which ties into another point that was made about clarifying statements. It opened my mind up to fact that we all don't hear things exactly the same way, so to that point, I will try to keep this in mind as I work with my peers at board meetings etc.

Overall this was an uplifting experience. Some topics spoke to me more than others and I can only assume that those were the topics that I need to pay close attention to in order to make me a better team player and leader.

What is it like to be a Teaching Assistant for Whitney Lowe?

By Richard Testa, AMTA CT Chapter Delegate

My interest in Orthopedic Assessment began in the early 1990's when I took a Whitney Lowe workshop for the first time. I felt that Assessment work in

massage was the link I was missing and looking for. Throughout the 90's I was able to take all the upper body and lower body workshop's that he offered. When I started teaching Sports Massage in 2000, Orthopedic Assessment was not part of the curriculum. I always "opened the door" to students about his work. I also continued to take his workshops whenever I was able. I don't recall the exact year that CCMT's Sports Massage class changed the curriculum and started to use and teach out of Whitney's book, but I do remember Whitney coming to CCMT to give all the MT-3 teachers a little workshop about teaching his work. That is when I started to get to know him personally. I was able to assist him on several occasions in Connecticut, Framingham, Massachusetts as well as in Portland, Oregon, Fort Worth, Texas and more recently in Pittsburgh PA.

He is a humble man, not one to be the "showman". He is simply a teacher, a true educator in the highest sense. He is extremely knowledgeable and once told me that he reads research papers like someone would read the newspaper. He has a very quick sense of humor, which makes his workshops enjoyable. This year in Pittsburgh, he used his computer that had some of his active and passive movement technique videos and his IPAD with the Essential Anatomy App, using this cool technology to engage his students. I believe that almost everyone walked away with a different view and possibly an idea on how to incorporate his work into their own work.

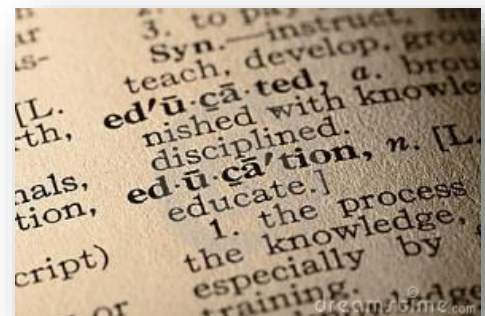
Personally, it doesn't matter how much and how long I have been doing this work, I always come away learning something new and more importantly to me, a new way of presenting his material to my class.

So, what is it like to be a teaching assistant for Whitney Lowe?

It is an Honor and a Privilege.

Education

As sad as it is to see the end of the summer on the horizon there is still a lot to look forward to in the Education department. In just a few short weeks we will kick off an awesome line up of presenters all hosted by the CT Chapter.



Take a look!

CEU Workshops

- **September 26th and 27th – Southington Holiday Inn Express – 8:30am-5:30pm with an hour for lunch – 16 CEU hours**

Structural Relief Therapy: The Low Back and Pelvis
Presented by: Taya Countryman

Workshop Fees:

AMTA CT Chapter Member - \$200

Non- Member - \$220

- **October 25th – Best Western in New Haven-2:30-6:30- 4 CEU hours**

Ethics

Presented by Nancy Parambo

Workshop is Free and will be held after our chapter meeting.

- **November 7 & 8th - Southington Holiday Inn Express – 9am-4 pm each day with an hour for lunch – 12 CEU hours**

Dimensional Massage Therapy for Tension Headaches
Presented by Nancy Dail

Workshop Fees:

AMTA CT Chapter Member - \$180

Non- Member - \$200

Refer to the CT Chapter website for a more detailed look at these workshops at www.amtactchapter.org

Respectfully,

Tami Taylor BCTMB, LMT

What is the Massage Therapy Foundation and why do we need it?

The Massage Therapy Foundation was founded by the American Massage Therapy Association in 1990 with the mission of advancing the knowledge and practice of massage therapy. This was done by supporting scientific research, education, and community service. The foundation is able to provide these services because of individual gifts, industry support and fundraising events. The MTF is celebrating its 25th Anniversary this year.

The Massage Therapy Foundation has funded 39 research projects over the years. Some of the topics researched were cancer, migraines, spinal cord injury and postural control of elders.

The foundation is a valuable resource for us as massage therapists. The information gathered, the education offered, and the support provided to us, is what this profession has been asking for. I think we all need to start accessing this incredible resource and run with it. So now I wanted to take a little time to tell you about some of the many incredible resources we have right at our fingertips. The more I look over the Massage Therapy Foundation website (www.massagetherapyfoundation.org) the more interesting things I find.

The foundation provides us with the tools needed to achieve our goals. The education from the *e-book series* can help us with great topics like; How to Connect with a Researcher, Working with Physicians: A Massage Therapist Guide, Pediatric Massage: A Massage Therapist's Guide to Getting Started, 3 Effective Physician Introduction Letters and The Case for Pain Relief: 5 Research Studies for Massage Therapist. These are free e-books for us to use.

The next thing I would like to talk about is the *Research Grants* that are offered to us. The Foundation is looking to fund solid research studies investigating the beneficial applications of massage therapy. The Foundation awards grants to those conducting studies that seek to advance our understanding of specific therapeutic applications of massage, public perceptions and attitudes towards massage therapy, and the role of massage therapy in healthcare delivery. The maximum award is \$30,000 for a one year project period.

Community Service Grants are also awarded to charitable organizations that provide massage therapy to people who currently have little or no access to such services. The maximum award is \$5000.

The Case Reports Contests are for the practitioners as well as students. The MTF has been offering the Case Report Contests since 2006 as a way to help us develop the research skills needed to provide evidence informed massage to the public. Cash prizes are awarded to the winners of each contest. Check the website for deadline information.

So if you are thinking about becoming more involved with the MTF here are some fantastic ways to get started:

- Donate - when you give to the Foundation, you are giving to the profession.
- Sponsor - whether you choose to sponsor an event or a seminar, know that you are committing to build a better industry.
- Volunteer - they cannot do it without the many individuals who so kindly donate their time.
- International Journal of Therapeutic Massage & Bodywork - get your ad featured in one of the only peer-reviewed online journals for massage.

The Massage Therapy Foundation provides the therapist with skills needed to locate, interpret, evaluate and apply research findings for the benefit of our clients. They also provide us with research classes for all practitioners as well as educators.

They host the International Massage Therapy Research Conference every three years. This event brings together massage and manual therapy practitioners, educators, CIM researchers, allied health professionals, and others interested in massage research. They aim to educate massage practitioners about the research process and provide an opportunity to disseminate current massage research.

The 2016 International Massage Therapy Research Conference will be held May 12-15 at the Renaissance® Seattle Hotel in Seattle, Washington and it is the fourth research conference. They will be announcing more details in the up-coming months including a call for presenters. Stay tuned for registration information.

The Massage Therapy Foundation has something for everyone; so when you have a little spare time, explore what they are all about and see if you can use some of these resources in your practice or consider making a donation to help support the current research; it can only make our profession stronger.

Sue Barrett, LMT
1st VP. CT. Chapter AMTA

AMTA CT Chapter Sports Massage Team

Hi everybody,

I would like to welcome aboard Margy Bedard as Chair for the Sports Massage Team. I believe she will be a great asset to the team!

We are winding down the end of the Sports Massage Team calendar, but we have two events left for the year.

- Hartford Marathon -- Saturday October 10th
- Manchester 5K -- Thanksgiving Day.

Please come out and have some fun and support the team! It's always a great time and great connections.

Stephen B Callis L.M.T
AMTA CT Sports Team Director

National Massage Therapy Awareness Week

Ready or not summer is coming to an end and fall is right around the corner. So we all know what that means, don't we. It is time for National Massage Therapy Awareness Week!

National Massage Therapy Awareness Week (NMTAW) is scheduled for October 25-31, 2015. This will be AMTA's 19th annual NMTAW and once again it gives us the opportunity to spread the word about our wonderful profession.

We will be working with area Universities and Colleges to promote the benefits of massage to the people involved with higher education. Last year, we had five different locations that our teams of volunteers helped with and this year I would love to see that number grow. The locations last year were mostly in the eastern part of our state and we had requests that we should do events in other parts of the state as well. So that is my goal with this write up in our e-zine. I am asking for volunteers in other areas of the state to step up and organize an event in your own area. It doesn't have to be at a University or School. It could be at a Chamber of Commerce meeting, local firehouse, police station, a library or networking event. There are numerous possibilities, we just need to put on our thinking caps.

It amazed me last year that when I volunteered for NMTAW at QVCC in Danielson. I worked on a client that had her very first massage at the Hartford Marathon that year. She was so impressed by how good she felt afterwards, she signed up to receive a chair massage at her workplace while I was there and asked me more about the benefits of massage. She then went on about how she would like to get massage on a regular basis, now that she was running regularly, but didn't know who or where to go. I told her about the AMTA Locate a Therapist site and encouraged her to check it out and find a therapist in her local area. It was great to see someone so excited about massage and *that's why we do what we do*. So remember to update your info on the AMTA National site because you never know who might be looking in your area for a therapist.

Talking about the benefits of massage with the public is what keeps us all in business.

Looking forward to seeing you at a NMTAW event. Watch the website for dates and times for the University events and contact me if you would like to help with an event in your area. Remember no event is too small!

Happy Fall Everyone!

Sue Barrett, LMT

860-558-3251

1st VP CT. Chapter AMTA

See you at the fall chapter meeting!

Sunday, October 25 – North Haven, CT

10am – Social time, vendor exhibits

11:00am-1:00pm – Business Meeting

2:30pm-6:30pm – Continuing Education

