

# Massage Matters

## President's Letter

Winter is a time for slowing down, pulling on layers and feeling cozy. With the arrival of cold weather we finally have an excuse to stay indoors, work on forgotten projects by a crackling fire and fill the house with baking aromas. It is a time to look back at the past year to celebrate our successes, and to learn the lessons from our mistakes.

In October, CT Chapter delegation came back from National Convention in Portland, OR. It was an amazing convention in one of the most beautiful parts of the country. The House of Delegates was a wonderful experience. The House was smudged with Sage to clear the energy of the space. It was calm and focused. The House passed 3 Position Statements:

- It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing the symptoms of depression.
- It is the position of the American Massage Therapy Association that massage therapy can be effective therapy for those who suffer from tension headaches.
- It is the position of the American Massage Therapy Association (AMTA) that those who participate in exercise programs, as well as athletes in training can benefit from massage therapy.

The three that did not pass will be back again after a little rewriting. I am looking forward to the next convention in Raleigh, NC!

The CT Chapter also brought home a few awards. Our Community Service Massage Team brought home the Community Service Award for the third year in a row! We also brought home the 5 hands award of excellence for an extra large chapter, and our own fearless Sports Team co-director, Laura Stevenson-Flom, brought home the Sports Massage Achiever of the year award. Be sure to congratulate her next time you see her! Lee Stang also won a group award for her committee work at National office revising the policy manual.

As all of you know, winter came to visit shortly after convention. I hope that everyone was able to stay safe and warm during one of the most tumultuous weeks that this state has ever had. We were still able to have our chapter meeting on the 30<sup>th</sup> in North Haven, and quite a few members from the southern part of the state were in attendance. Thank you to everyone to came out to the meeting to learn more about our chapter, and to stay warm. I am sure that winter will be back sometime very soon.

Our future is looking bright as we continue to look forward. The website revitalization committee led by Marilyn Holt will be unveiling our new website in 2012. Kerry and Marilyn are working very hard to get it EXACTLY the way it should be done. It will be more user friendly, and we will have a mobile platform for all of us with smart phones. We are very excited about our new website! Community Service is gearing up for working with a new charity, and they are continuing to train therapists to volunteer and give back to the community. Government Relations will be meeting with the Department of Public Health to look at the issue in the state of individuals who are practicing massage illegally and possibly against their will. This is an issue we have been working on for a couple of years and now is the time to act. Lisa Torre has been instrumental in getting this together. Thanks Lisa!! The Sports Team is gearing up for another great year and they will be celebrating their achievements at their 2<sup>nd</sup> annual bowling banquet!

Keep an eye on our website, facebook page, twitter, and your email box for more info on all of our dynamic teams and committees to see if there is something that calls out to you. Please feel free to contact us if you have any questions!

May you and your families have a wonderful and joyous Holiday season. I am looking forward to seeing all of you at the January Chapter meeting.

~ Scott



The AMTA CT Chapter Community Service Massage Team is teaming up with Button up Connecticut. We are collecting clean, new or gently used winter coats for children and adults. These coats will be distributed to those in need

through local nonprofit agencies such as shelters, food pantries, children's homes, and more.

Please bring any coats that you can collect during this holiday season to the next AMTA CT Chapter meeting on January 29<sup>th</sup>, 2012. If you are unable to make it to the meeting, you can drop them at my office in Newington anytime before the 28<sup>th</sup>.

Button Up Connecticut is 100% non-profit. Coats are never sold and never provided to agencies that will sell them to clients.

For a more information and complete list of drop-off locations, please visit [www.buttonupconnecticut.com](http://www.buttonupconnecticut.com).

*New drop-off locations are always being added!*

## New Members

### **Fairfield County**

Stacey Smith  
Kristina Arias  
Alyssa Crouse  
Maria De La Cruz  
M. Carmen Gil Delgado  
Barbara Grathwohl  
Kenyetta Hayes  
Paula Jelly  
Jillian Peterson  
Jen Scott

### **Hartford County**

Piotr Raziwon  
Nadine Atkinson-Roberts  
Jessica Gibbons  
Jessica Moore

### **Litchfield County**

Mary Goodwin  
Casey Kinney

### **New Haven County**

Kim Caron  
Susan Zasciurinskas  
Kathy Falcone  
Bethany Gibbons  
Shanon Preuss  
Nicole Turner

### **New London County**

Nancy Smith

### **Tolland County**

Andrew Bartholomew  
Kimberly Bona

### **Westchester, NY**

Olga Drouin

### **WEST HARTFORD OFFICE RENTAL—**

Beautiful, fully furnished space available for a Massage Therapist, Acupuncturist, Holistic Healer, Reiki Practitioner, Reflexologist, Midwife or similar.

Shared space with several other Massage Therapists in a quiet, serene office. Treatment room is fully furnished, including a massage table. Complete turn-key operation, so all you need are your working supplies.

Large waiting room, full bathroom off waiting room, lots of windows, off street parking, single story building (no stairs for clients to climb), respectful environment, easy access from I-84 in both directions and from all points in West Hartford.

This is the perfect opportunity for a new graduate, a part-time practitioner or someone new to the area looking to build their practice without overspending paying for a location.

Please contact Cailin Lawler at 860-508-3336 for more information and rates and days/times available. You may also visit my website at [www.BalanceMassageCT.com](http://www.BalanceMassageCT.com)

**AMTA Connecticut Chapter presents:**  
**4hours NCBMT continuing education workshop**  
**“CranioSacral Therapy (an introduction to the history and theory)”**  
**Instructor: Anne Buchalski**  
**Sunday, January 29, 2012- 2-6pm**  
**Location: Clarion Inn, Windsor, CT**  
(After our meeting- no cost to members)

**About the workshop:** This class will introduce LMT's to the history and theory of CranioSacral Therapy (CST) and will include demonstration and practice of a limited number of basic techniques.

**The format** will vary: lecture, followed by demonstration, and then practice.

**You'll learn:**

The basic history, concept and mechanics of CST from Dr. John Upledger's perspective, utilize palpation skills needed for CST, identify the craniosacral rhythm through palpation of several areas of the body (self and others), evaluate craniosacral rhythm using SQAR assessment (Symmetry, Quality, Amplitude, Rate), define listening stations, identify asymmetry in the craniosacral system, and apply a self-healing stillpoint to assist the body's self-corrective mechanism.

**Bring:** massage table and linens, as well as pen and paper

**About the presenter: Anne Buchalski, LMT, CST, CYT, RMT**

Anne earned her BA in Biology and Theater Arts from SUNY at Buffalo in 1978, and then her MA in Dramatic Arts from UCONN in 1980. She has been a nationally certified Licensed Massage Therapist since 1995. She has taught Energetic Foundations and Business Practices at Connecticut Center for Massage Therapy.

In 1995, she began to study CranioSacral Therapy. She has published articles in CT on CranioSacral Therapy, worked as a Teaching Assistant for Upledger CST courses since 1998, and is approved by the Upledger Institute to teach Intro to CST, Overview to CST, and ShareCare classes. She has also led Upledger approved Study Groups.

Anne is one of only ten Certified CranioSacral Therapists in Connecticut, and is currently the only Upledger Certified Teaching Assistant in Connecticut.



# *Registration is now open for the 2012 New England Regional Conference.*

Please join us from March 15-18<sup>th</sup> at the Sheraton Framingham  
in Framingham, MA for the 29<sup>th</sup> annual NERC  
hosted by the New Hampshire Chapter!

The investment for this year's conference is \$369 before January 31<sup>st</sup>  
and \$429 after. Classes fill quickly, so for the best choice register early.

Don't forget to book your hotel room by calling the Sheraton directly  
at 508-879-7200. Mention 'AMTA' to receive the special \$115 per night  
discounted price. Please go to [www.amta-nerc.org](http://www.amta-nerc.org) to register and for all  
additional information. We hope to see you there!



MASSAGE THERAPY  
*Reaching for Wellness... Partners in Health*

*29th Annual New England Regional Conference  
March 15 - 18, 2012*

Presenters Ralph Stephens, Michael McGillicuddy & More.....

**One low price ~ \$369 early full registration  
Up to 18 CE Hours & 6 meals included**

**Register Online @ [www.amta-nerc.org](http://www.amta-nerc.org)**

Come for all six sessions or choose a la' carte:

One Session \$139  
Two Sessions \$244  
Three Sessions \$360  
Ethics Only Special \$ 89

Joann Larson  
Jeanne Sommermann  
Jeff Mahadeen  
Elaine Pendergrast  
Sharon Pusko  
Carol Bufithis  
Nancy Porambo  
Annie Powell



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# Community Service Massage Team

Our award winning CSMT ended a busy season with a weekend training program for new responders and team leaders. Held at the Hospital for Special Care in New Britain 41 CT members became responders on this service branch of our Chapter. Our Community Service Massage Team is made up of two divisions; Charity and Emergency. Our Charity Division works throughout the year supporting charitable endeavors like the CT Mission of Mercy and raising monies for charities like FoodShare and the Arthritis Foundation. Our Emergency Division responds to state and regional disasters providing stress relief to responders and support staff.

These new members have taken the first step in earning their 'blue' Team shirts by attending the day long training conducted by Team Trainers Deby VanOhlen and Lee Stang. They learned the intricacies of an emergency response as well as the do's and don'ts when working at a charity event. They now understand where we fit in with the overall structure at various events and when and how to appropriately promote themselves and massage. The day was filled with role plays, discussions and fun!

Sunday was our Leader Training with 27 members in attendance. Team Leaders are those people that coordinate the onsite event; either charity or emergency. The training involves a more detailed understanding of our place in the overall organization of the event. Leaders gain insights in dealing with challenging situations involving our team, fellow members, the public and responders.

This was a strenuous weekend of trainings. In the end our Team became stronger by 41 people! That brings our total Team Members up to 109! WOW! Sue Barrett, our CSMT Charity Division Coordinator, and Lee Stang, our Emergency Division Coordinator, are working on making connections with a new charity for the upcoming season. So stay tuned for more information on that.

The Dental Mission of Mercy will probably be our first event of 2012. So **SAVE THE DATE** of **March 23 and 24** to help those great folks (dentists and assistants) that are working hard to make CT smiles even brighter. Carol Radzunas will be our fearless leader for that event and we will put out information as soon as we have it. You can contact Carol directly at [sanuzdar@gmail.com](mailto:sanuzdar@gmail.com) for more information.

With the addition of these new Team Members and Leaders we are anticipating a remarkable year for our Team. Congratulations to all who chose to say that now famous CT Chapter saying: **Count Me In!** Way to go Team!!

## Congratulations to our new:

### **Responders**

Jamie Acevego  
Rebecca Adams  
Colleen Almy  
Aulenti  
Bob Austin  
Melissa Bradbury  
Dierde Braun  
Donna Burritt  
Stephen Callis  
Eileen Corrieia-DePaola  
Christine Decaolis  
Stacy Duford  
Kellie Dunne  
Krista Finnemore  
Andrew Frankson  
Bill Gibbs  
Jennifer Gleason  
Maureen Hansen  
Heather Harvell  
Lisa King  
Cindy Lee  
Gerri Macinski  
Katya Manani  
Dan McDonnell  
Lori Mudge  
Maryla Radziszewski  
Michelle Rosenthal  
Lani Roth  
Shannon Sanders  
Julie Shilosky  
Eric Steinbeck  
Debbie Steir  
Cindy Strickland  
Jamie Tedford  
Kathy Tucker

Gary Tyler  
Laurel Valli  
Susan VanCura  
Sharon Weidanz  
Michael Weinmayr  
Neva White  
Sue Wightman

### **Leaders**

Jamie Acevego  
Rebecca Adams  
Sue Barrett  
Dan Barry  
Stephen Callis  
Cass Crewdson  
Tom Cushman  
Christine Decarolis  
Andrew Frankson  
Bill Gibbs  
Maureen Hansen  
Heather Harvell  
Lisa King  
Cindy Lee  
Seth Levine  
Gerri Macinski  
Katya Manani  
Barb Prine  
Maryla Radziszewski  
Lani Roth  
Julie Shilosky  
Eric Steinbeck  
Debbie Steir  
Cindy Strickland  
Kathy Tucker  
Neva White  
Sue Wightman  
Susie Williams

## Government Relations: Invasion from Flushing?

An issue has been brought to the attention of the CT Chapter Board of Directors that is essential for members to be aware of. There appears to be an influx of individuals from the Flushing NY area requesting CT Massage Licenses.

It is not uncommon for Massage Therapists to come into our state from other states and apply for licenses. They must follow the same state statues that our residents do for licensure. This includes graduating from an accredited school, having at least 500 hour program, and passing the NCBTMB certification exam. What is uncommon is the number of people coming from one area.

If you check the DPH website and look at individuals requesting licenses from other towns in NY or NJ generally 3 to 10 people may come up on the list. Over 180 people will come up from Flushing NY. Interestingly many have the same last name and many appear to have graduated from schools with very questionable credentials. Some have been sanctioned by NCBTMB.

Does this sound curious to you? Well it does to former LOT chair Lisa Torre and our BOD. We have made contact with NCBTMB and Linda Orange, State Representative. We have been speaking with other AMTA chapters especially NY and have learned of past issues with illegal therapists in the Flushing area. We are gathering information about this issue and will be presenting it to Representative Orange just after the holidays. We anticipate a meeting in the near future with the Dept. of Public Health.

It is important to say that we do not know exactly what is going on here but this situation raises lots of red flags for us and our profession. Issues of illegal massage, prostitution and even human trafficking come to mind. Chapter members need to be aware of these issues. We each need to stay alert to new businesses in our area. We need to check them to see that they have CT licenses and we need to do this in a non-threatening manner. We need to note if

the therapists understand English as they can not take the NCBTMB exam if they do not understand English.

As we proceed with our research into this issue we may need the help of our members. That could come in the form of contacting our Representatives and Senators or something else. So stay alert! We will keep you posted. Any questions or comments can be forwarded to Scott Raymond ([president@amtactchapter.org](mailto:president@amtactchapter.org)) and/or Lee Stang ([lstangbth@aol.com](mailto:lstangbth@aol.com)).

## NMTAW Recap

Connecticut members of the AMTA celebrated National Massage Therapy Awareness Week 2011 in many different ways. The theme for NMTAW 2011 was Massage Therapy—The Future of Preventative Health. CT members took the opportunity to share with their community members the many benefits of massage and also to promote the role that massage therapy plays in preventative health. CT members were able to reach out to their communities through hands-on massage events, local publicity, charity partnerships, and business promotions. AMTA members across CT were able to come together to make NMTAW 2011 a terrific success. A BIG THANKS to all those who participated.

NMTAW 2011 was the fifth year CT members participated in University Day which targets higher education institutions in an effort to spread massage education to faculty, staff, and students. This year University Day consisted of five schools across CT, in which, 15 therapists gave 169 massages. Participating schools included: University of Hartford, Asnuntuk Community College, Quinebaug Valley Community College, Eastern Connecticut State University, and University of Connecticut at Storrs.

NMTAW 2011 gave one CT AMTA member the opportunity to partner with a charity not only to raise awareness for the charity but also the health benefits associated with massage.

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October is National Breast Cancer Awareness Month which inspired Judd Delany of Greenwich Kinetics to launch a new wellness initiative for Breast Cancer survivors. Judd, in collaboration with the Chiropractic Office he works with, provided 20 chair massages along with lunch and goodie bags to the medical staff in the building. Also, they gave clients the opportunity to donate the cost of their massage to breast cancer research. They were able to raise \$100 for charity during NMTAW 2011.

Other CT AMTA members choose to promote “Massage Therapy—The Future of Preventative Health” by reaching out to their community through various awareness events. Cindy Strickland, of Coventry, held a three hour chair event at the Coventry Farmer’s Market. Cass Crewdson, of Tolland, and Karen Jensen, of Storrs, partnered with the Town of Mansfield’s Employee Health Fair to provide massage and promote the health benefits of massage therapy.

Therapists across Connecticut were also able to celebrate NMTAW 2011 by hanging up posters around their towns. The CT AMTA chapter purchased over 100 NMTAW posters which were distributed to CT member to help spread the word about NMTAW 2011. Several members also choose to offer discounts on massages during

## National Convention-Portland

*(Information from the Business meeting excerpted from Shirley Cooper)*

6 Position statements were presented at the Business Meeting. 3 passed, 3 did not, with lots of lively discussion (pro and con) for each one. Those that failed maybe resubmitted at next year’s House of Delegates (should the submitter wish to do so).

### **Position Statements - Passed**

#1 - It is the position of the AMTA that massage therapy can be effective in reducing the symptoms of depression.

#2 - It is the position of the AMTA that massage therapy can be effective therapy for those who suffer from tension headaches.

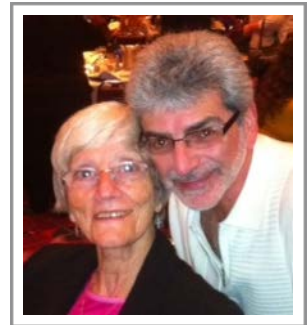
#3 - It is the position of the AMTA that those who participate in exercise programs, as well as athletes in training, can benefit from massage therapy.

### **Position Statements - Failed**

#1 - It is the position of the AMTA that massage therapy can be effective in reducing anxiety and its symptoms.

#2 - It is the position of the AMTA that massage therapy can be effective in managing signs and symptoms of fibromyalgia syndrome.

#3 - It is the position of the AMTA that there should be fair and consistent licensing of massage therapy in all states that can lead to portability of practice.







Connecticut Chapter  
Delegates and Alternates  
in Portland at the  
AMTA National Convention

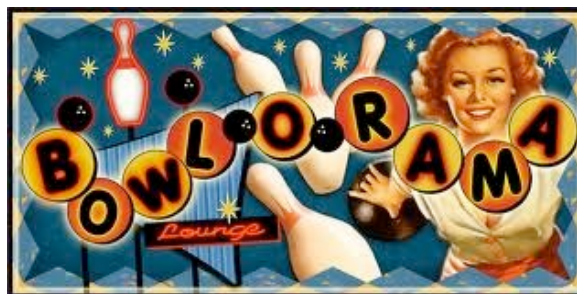


## SAVE THE DATE

The 2011 CT Sports Massage Team Season is Over and  
it's time to PARTY again!!

We're Going to Have a another "BOWL" at a Our 2<sup>nd</sup>  
Bowling Sports Team's Annual Awards and Recognition  
Party

Sunday Afternoon, February 26<sup>th</sup>, 2012 1-3 PM  
Great Food      Fun Prizes      Cash Bar



Make your Own Team of 5! Or.. we can pair you up with others!

Prizes for Team Names, Most Original Shirts, High Game and More!

At Bowl-O-Rama, 2143 Berlin Turnpike, Newington

[www.bowloramact.com](http://www.bowloramact.com)

**Red Shirt Therapists Celebrate for Free**

\$20      For Non Red Shirt LMTs and Students

\$25      All other guests (no children please)

Watch for an E-blast with more details in January!!





## NASCAR 2011 Recap

This year at the Nascar World Series Event we had some new people who were amazed at our work!

Other officials and drivers from previous years came back to us with smiles on their faces, and new ones shyly asked what the sports team was all about, and said that we are very special to do something like this.

This year was a new type of "car" event. It wasn't the same one as last year. We had approximately 30 massages, with 8 therapists. Rocky, once again, recruited a new celebrity as a client!

I found out some great news I never knew about from the marketing director. To spread our name more, I will attend the driver meetings and announce that we are there to serve them and help keep them safe as we possibly can within our work. In addition we can also have our website linked to theirs to show that we will be there.

Transportation was a breeze from the parking area to the paddock, and we all were treated with smiles and friendly hellos!

Submitted by Jen DiDomizio

## Niantic Bay Half Marathon Recap



On September 25, 2011, 14 CT Red Shirt and LMT's and 10 massage students gathered to give 302 massages for the Niantic Bay 1/2 Marathon. As usual it was a beautiful day for the ending to my year volunteering for the Sports Massage Team. Niantic Bay is my favorite race for a number of reasons. First of all, I get to work with some of the BEST therapists in CT who teach me something every year. Second, the race is held at the beach! No matter how warm the temperature on race day, there is always a breeze. The last reason that I will mention is that I get to work with the BEST therapists and aspiring therapists in CT! It is worth mentioning twice!

At the AMTA National Convention in Portland, OR, we watched another state take the National Sports Massage Award. All I could think about was the number of therapist that backed out or just didn't volunteer for a CT Sports Massage Event. WE are CT Chapter AMTA, we cannot rest on our reputation. Our excellence has to continue and to grow! It is not anyone else's responsibility to make us great! Please consider recommitting your energy and talents at a race next year to help push the CT Sports Massage Team back in the National spotlight.

See you next year at the Niantic Bay 1/2 Marathon.

Respectfully submitted by Shannon Saunders, Coordinator



# 2011 Hartford Marathon Recap

After months of planning, during which Richard and I were working closely with Beth Schluger and her people to make sure all the i's were dotted and t's crossed, the day of the Hartford Marathon was suddenly upon us. We had had a tremendous response from our therapists from our Eblast and were looking forward to a record number of student therapists joining us for a great day of hands-on volunteering and educating the athletes on the benefit of massage.



October 15<sup>th</sup> turned out to be a beautiful sunny day, just perfect weather for a marathon. We were breathing a sigh of relief after several days of monsoon-like rain. But, at 6 am that morning it quickly became clear to us that one thing that we hadn't planned on was the "lake" we found inside the Massage Tent!

Luckily for us, the CT Sports Massage Team has such a wonderful group of professional and flexible members. By 7 am Deb Testa, Steve and Rocky had gathered some helpers and were scavenging for cardboard and hay, making pathways through the muck. It soon became obvious that our 85 CCMT MT3 students with their fabulous instructors and 25

LMTs would have to divide up to be able to conquer the expected crowd of runners. So Blane, Matt and Peter's classes stayed under the tent on the "drier" side and Richard, Lee, Jodi and my classes bumped out to the lawn. By 11 am we had 3 Red Shirts acting as Massage Maître d', finding massage tables for the 992 runners!

With the sun shining, wind blowing and a challenging 26.3 mile course we had the regular and expected "issues": dehydration, soft tissue injury, athlete exhaustion and cramping, cramping and more cramping. Having our own Hartford Hospital medical team assigned to our tent has



proven to be very beneficial on many occasions but for most situations our therapists are so well trained that they are able to get their athlete back on the road to recovery.

I cannot forget to mention of our biggest successes of October 15<sup>th</sup>..... the fact that after several years with big glitches, this year we were able to transport our therapists to and from the Marathon in a seamless fashion! Richard worked diligently with The Hartford Marathon team to provide bus service from Newington to Bushnell Park. Standing alongside the Hartford Policeman in charge of road closures

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and traffic control in Command Central, he guided the two busses filled with LMT and students to their destination... the Massage Tent! Thanks go out to Mike and Judd for being our eyes and ears on those busses.

But the BIGGEST success of the day was each and every therapist who volunteered their time and expertise to help make the 2011 Hartford Marathon the best one yet. The CT Sports Massage Team may not have received the National Award in Portland this year but Richard and I have no doubt whatsoever that the Connecticut Sports Massage Team is far and away the BEST Sports Massage Team in the nation, bar none!

So, please accept our heartfelt "Thank You" to everyone who came out to volunteer!

Submitted by Laura Stevenson-Flom, event coordinator



## Manchester Road Race Recap

The Manchester Road Race is a tradition that goes back 75 years now! There were approximately 15,000 people registered to run/walk this popular event. This year's weather was picture perfect. It was sunny, not windy and approximately 50° out. We had 10 Red Shirts plus two students participate in both the pre and post sports massages. They were: Red Shirts - Stephen Callis, Mary Hatch, Karen Jensen (who also ran the race as a Bumble Bee!), Dan Mercuri, Lori Mudge, Andrea Newell, Lani Roth, Pat Shimchick, Maureen Stott (whose son Jonathan ran in the race), and Patty Wade.

Students were Al Arbuckle and Renato Silva.

We all observed the start of the race and it took 20 minutes for everyone to go by us. The event was televised on FOX. I know along the route there were bands playing and lots of people cheering the participants on. A fun time for all.

We did 73 pre-massages and 62 post-massages for the day. Some runners were there for the first time and some were up to their 30th run!

As usual we had our tradition of bagels, cream cheese, juice, coffee, tea and water.

Thanking all who participated and looking forward to the next!

Submitted by Shirley Cooper - Coordinator



# Oncology Massage Therapy

Caring for Clients with Cancer

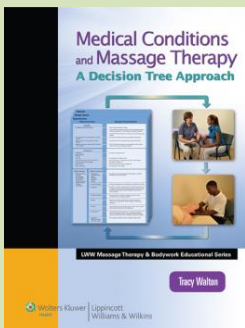
**A 4-Day Intensive Course with Tracy Walton**  
**\$595 early reg (4 weeks in advance)**  
**\$670 thereafter; 32 CE hrs**



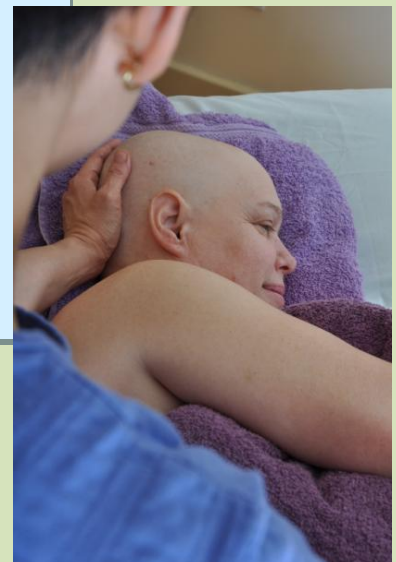
**Boston, MA**  
**February 2-5, 2012**  
**Register at**  
**[www.tracywalton.com](http://www.tracywalton.com)**  
**or 617 661 5800**

**Hartford, CT**  
**April 25-28, 2012**  
**Register at**  
**[www.ccmt.edu](http://www.ccmt.edu)**  
**or 877 282 2268**

- ★ Expand awareness of the cancer journey
- ★ Take home client forms and clear intake questions
- ★ Adapt massage to cancer treatments and complications
- ★ Practice interviewing and hands-on work in a supervised clinic
- ★ Learn in a lively, fun, supportive environment

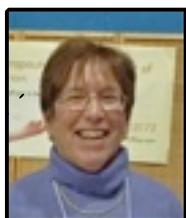


**Tracy Walton, LMT, MS**, is a researcher, writer, award-winning educator, and specialist in massage therapy and cancer care. She is a dynamic voice for the power of touch, and is the author of a textbook, *Medical Conditions and Massage Therapy*. Tracy appears in the film "Touch, Caring, and Cancer," an inspiring instructional program for care partners. She has worked in private practice, hospital and spa settings since 1990. In her classes, Tracy warmly welcomes and reaches massage therapists from all levels of training.



**Courses fill quickly!**

**Learn more about oncology massage and our webinars at [www.tracywalton.com](http://www.tracywalton.com)**



*Are you looking for:*

- ◆ *A new way to enhance your massage sessions?*
- ◆ *A fun way to get 13 NCBTMB-Approved CEUs?*
- ◆ *An easy-to-learn technique that easily integrates into any modality?*

You're ready to register for a

## QUANTUM-TOUCH LEVEL 1 WORKSHOP

with Maureen Stott, LMT and Certified QT Practitioner & Instructor

January 21<sup>st</sup> and January 22<sup>nd</sup> or April 14<sup>th</sup> and April 15<sup>th</sup>

at the Therapeutic Massage Center of Vernon - Vernon, CT

Save \$50.00 - the cost is \$295.00 if payment is received 14 days before the workshop. If received closer to the workshop, the cost is \$345.00.

TO REGISTER or FOR MORE INFORMATION: Email: TMCV@comcast.net or Phone: 860-872-3172. Registration is complete upon receipt of the check

**COMING SOON: Access Bars Workshops** - A process to change what isn't working in your life.

For more information about Quantum-Touch or Access Bars and proposed workshop dates for 2012 click on the "Workshops" tab at [www.TMCV-Office.com](http://www.TMCV-Office.com).



***Deep yet Gentle, Clinically Focused, Loving Touch!***

*Mana Lomi® uses a clinical, problem solving approach based on Hawaiian concepts of working with body, mind and spirit. Mana Lomi® gives immediate & long term results.*

*Lomilomi symbolically means "to communicate deep within the bones of the individual and thus with their soul."*

Mana Lomi® is NCBTMB approved provider #287333-00

### MANA LOMI® CLASSES IN THE NORTHEAST ~ 2012

#### Level 1 ~ 27 CEs

~ learn a full body routine

- ❖ Apr 13-15 ~ Greenfield, NH
- ❖ Apr 20-22 ~ Clinton, CT
- ❖ Jun 2-4 ~ Hoboken, NJ
- ❖ Jun 8-10 ~ Waldoboro, ME
- ❖ Sep 7-9 ~ Burlington, VT
- ❖ Sep 14-16 ~ Pawtucket, RI

#### Treatment Classes ~ 8 CEs each

##### Shoulders

- ❖ Apr 16 ~ Greenfield, NH
- ❖ Sep 10 ~ Burlington, VT

##### Hands & Feet

- ❖ April 19 ~ Clinton, CT
- ❖ Sep 13 ~ Pawtucket, RI

##### Chair & Floor

- ❖ Jun 1 ~ Hoboken, NJ
- ❖ Jun 11 ~ Waldoboro, ME

Instructor: Barbara Helynn Heard, LMP [barbaraheard@msn.com](mailto:barbaraheard@msn.com) 206 323-5871

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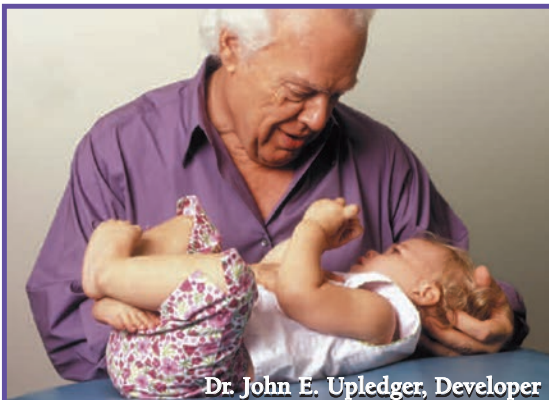
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- Increase your confidence by heightening your skill set**
- Magnify your results with each client**
- Be able to command and receive higher fees**
- Turn clients into Raging Fans**



## **REMEMBER:**

**It is not any one technique that determines how much a tight muscle relaxes or adhesions or scar tissue breaks up. The most important thing is how fast or slow the nervous system is firing off! Superior textural palpation is key to knowing this. Once you know this, it is the way you move your body and thus your clients body that will calm their nervous system down, bringing these tissues into a more supple and pliable state so that they can melt and separate under the skilled therapist's fingers!**

**You already have the tools (techniques) you need to be the most effective therapist's possible and you learned them in school. Now learn how to use them at the right time to get the results you want and your clients need!**

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**Techniques are the tools we put in our tool box, but if you do not know when and how to use them your results will be limited! Ex: I have a shed full of tools but I cannot build a house! Though I can do little odds and ends type of jobs, that's about it. Like the good Massage Therapist's who can give an awesome relaxation massage but cannot effectively relieve someone's neck pain!**

**You see, it is not the techniques (tools), we've all learned those! It is the way we use them!**

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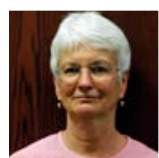
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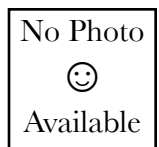
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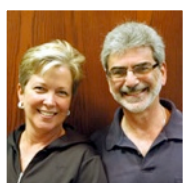
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Send your submissions for the newsletter (articles, ads, letters to the editor) to Marilyn Waters at

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## 2011/12 Deadlines

<u>Due to Editor</u>	<u>Delivery Date</u>
February 24, 2012	March 22, 2012
May 18, 2012	June 18, 2012
August 28, 2012	Sept. 28, 2012

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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.

## **WINTER CHAPTER MEETING**

Sunday January 29<sup>th</sup> 2012

Clarion Inn & Suites, East Windsor

(exit 45 off I-91 North or South)

***Bad Weather? Not sure if the meeting is happening?***

***Call the Clarion Inn @ 860-623-9411***

10 am Doors Open

11am-1pm Business Meeting

2pm-6pm Continuing Education (see page 3 for details)