

Message Matters

AMTA CT CHAPTER NEWSLETTER

WINTER 2014

President's Message

**"What lies behind us and what lies before us
are tiny matters compared to what lies
within us." ~Henry Stanley Haskins**

The end of the year is upon us, and what a successful year it has been for our chapter! Once again, Connecticut was the recipient of multiple awards at National Convention. We continued our strong presence in the community with our Community Service Team and Sports Massage Team. We donated more money and massage to the Channel 3 Kids Camp and have laid the foundation to host the 2014 New England Regional Conference. The CT chapter spirit is alive and well, and we certainly have a lot to be proud of. Thank you to everyone who lent a hand in any capacity to make this year so memorable and fun.

Some big news came down from AMTA recently that has the potential to impact our chapter greatly. The National Board of Directors has voted to make the \$10 chapter fee you all pay upon renewing your dues optional beginning in January. The Board believes this will attract potential new members and make it more likely that current members will renew. While this seems like great news for chapter members, it is not such good news for the chapter.

That chapter fee for CT, which totals approximately \$23,000, has now been removed from our budget. This is the same budget that we use to provide you with benefits like free education, food and drinks before chapter meetings, speakers at chapter meetings, the

ability to retain a lobbyist to protect and strengthen our laws, and for support of our volunteer teams.

Providing free education is very important to us! Did you know that very few states are able to provide completely free education throughout the year? In our chapter you have the ability to fulfill your requirement of 12 CE's per year totally FREE! In order to continue to do this, we are asking all chapter members that are financially able to continue to add the \$10 chapter fee--or more if you are able--to your AMTA renewal. We believe we offer our members great value as a chapter. If you believe that also, please show your support by donating when you renew so we may keep providing the valuable services that you've come to expect year after year.

I look forward to seeing all of your smiling faces at the January meeting when we begin a new year together as a chapter. I will be talking more about the optional chapter fees and we will be voting on the new chapter standing rules that are found inside. The Board of Directors and Committee Chairs are available beforehand, and will now be available after every meeting to answer questions. We continue to listen and make changes based on your comment cards found on the tables at every chapter meeting. If you have a suggestion or comment, please let us know. I wish you the happiest of holiday seasons with your family and friends and a happy, healthy, and prosperous New Year!

Cheers,
Kerry

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Volunteer Position Open April 2015

The year 2015 marks my “30 year” anniversary serving as a volunteer on the CT Chapter Board of Directors. I became a chapter member in October 1984 and went to my first National Convention in 1985. I was hooked! I became a volunteer for many reasons, but when I took on the Treasurer’s position – it was also the Secretary/Treasurer’s position. So over the span of many years, I performed two jobs on the board. We had \$300.00 in our checking account – that’s it! So along with many members of the board over the years, we built our chapter to over 2000 members and our finances increased with those numbers. I have felt more like a guardian of our treasury over the years protecting our accounts for the good of the chapter and our members. But now I feel it is time to step down from my position and find my replacement. I would need to start training this individual for the job. If you are honest, trustworthy, have integrity and a bookkeeping/accounting background, the CT Chapter is looking for you. Of course, you would be committing to about 10 – 20 hours each month. Please contact me at: treasurer@amtactchapter.org

Thank you,

JoAnn Parady

National News Bite

Download your CE transcript online!

AMTA members can now download their CE transcript from the AMTA website! To access your transcript, log in and go to the “My Credentials” page, then click “Download your CE Transcript.”

[Login to view your transcript now!](#)

Board of Directors & Committee Chairs

President: Kerry Methot
president@amtactchapter.org

1st Vice President: Sue Barrett
1stvp@amtactchapter.org

2nd Vice President: Shannon Saunders
2ndvp@amtactchapter.org

3rd Vice President: Michele Willis
3rdvp@amtactchapter.org

Secretary: Tami Taylor
secretary@amtactchapter.org

Treasurer: JoAnn Parady
treasurer@amtactchapter.org

Education Director: Patty Kingsbury
education@amtactchapter.org

Membership Director: Becca Torns-Barker
membership@amtactchapter.org

Sports Team Directors: Laura Stevenson-Flom & Richard Testa
sportsdirector@amtactchapter.org

Community Relations Chair: Christine DeCarolis
csmt@amtactchapter.org

CSMT Emergency Division: Lee Stang
csmted@amtactchapter.org

CSMT Charity Division: Sue Barrett
csmtcharity@amtactchapter.org

Ambassador Committee Chair: Michele Johanson
ambassador@amtactchapter.org

Immediate Past President & Govt Relations Chair: Scott Raymond
impastpresident@amtactchapter.org

Newsletter Editor: Marilyn Waters
newsletter@amtactchapter.org

Website Manager: Allissa Haines
allissa@writingabluestreak.com

NERC Representative Co-Chairs: Cass Crewdson & Shannon Saunders
nerc@amtactchapter.org

NERC Alternate: Tami Taylor
nerc@amtactchapter.org



Electronic Newsletter Proposal: You Vote!

By Becca Torns-Barker, Membership Director

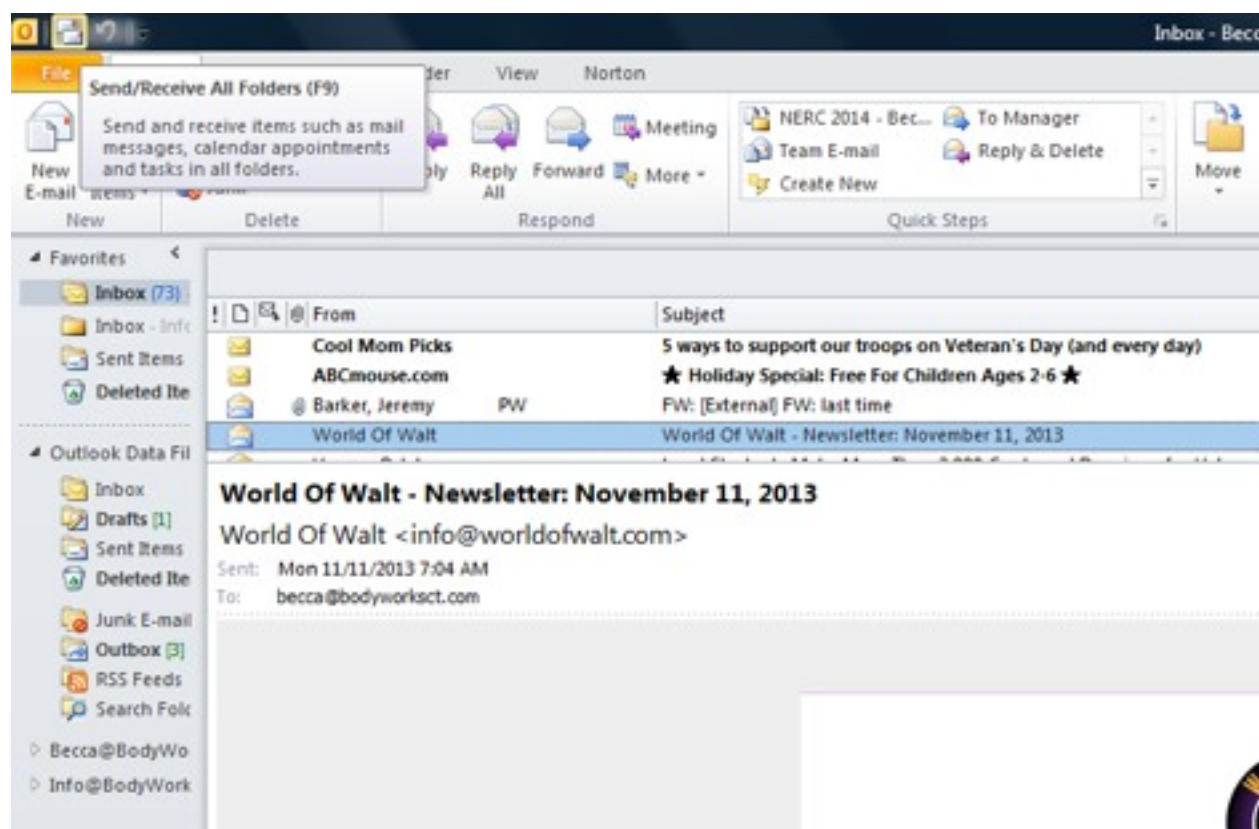
I know. You're already thinking, "They're doing it AGAIN?!?!?" But wait. **We're not doing the same old thing.**

First of all, this is a proposal. **YOU get to vote** on whether to accept it at January's chapter meeting. Please come out and vote! Second, the last time we tried moving to an electronic newsletter, it looked exactly like a print newsletter did, but online. And let's face it. That's really hard to use, read, and navigate. Plus, you have to go find where you left off last time you were reading. We know, we had the same usability problems.

However, our chapter **spends more of our money on printing newsletters and postage than on almost any other expense.** We also **spend more on newsletters than most other chapters in the country.** And the Board doesn't feel like that is spending your money wisely. So we're trying it again. But this time we formed a subcommittee consisting of myself, our newsletter editor, our web master, and our 2nd VP to look at what was out there. What are companies doing? What are other chapters doing? And let's throw in what the four of us know about newsletters, the online world, and usability. Here's what we came up with.

Welcome to the ezine. Wikipedia defines an ezine as "small magazines and newsletters distributed by any electronic method, for example, email. " More importantly, here is what we envision:

1. It will be emailed to you. Here's one that gets emailed to me:



2. We are **not** stripping content. The ezine will still contain information on:
- Upcoming meetings.
 - Upcoming scholarships.
 - Forms or materials needed to cover business, such as elections.
 - Upcoming educational events.
 - President's welcome.
 - Calendar of Events.
 - Benefits. A new Benefit Corner, highlighting a benefit, will be added.
 - FAQs. Our members are smart and ask me good questions that I follow up on. But then I don't know what to do with the information. So now it'll be here.
 - Advertising with active links to make it easier for you to get to your preferred vendors
3. You'll be getting more ezines each year. Four will still be "business oriented" the way our current printed newsletter are. An additional four will be more "story based". Story editions will contain:
- Meeting wrap ups.
 - Recaps of Sports Team and CSMT events.
 - An article related to the story theme. For example, a Sport Team edition may highlight a Sports Massage story or bio.
 - A new YouTube video feature.
 - Calendar of Events
 - Benefits. A new Benefit Corner, highlighting a benefit, will be added.
 - FAQs. Our members are smart and ask me good questions that I follow up on. But then I don't know what to do with the information. So now it'll be here.
 - Advertising with active links to make it easier for you to get to your preferred vendors
4. The entirety of each article in the ezine, will not be within the ezine. There will be a title, an introduction, and then a link to the Web where you can view the rest of the article. Here is an example:



Interesting Updates On FastPass+ / MagicBands Roll Out

New details raise new questions about what comes next with Disney's NextGen Project.

[Click here to read more...](#)



The King Cupcake At Disney's Pop Century: Bacon Plus Chocolate?

This cupcake has flavor combinations that you just don't find every day.

[Click here to read more...](#)

Here's a good example of the kind of ezine we're looking to create. Notice the Calendar of Events along the right side.



THE MOVEMENT™

THE EXTRA MILE

Issue #135
August 13, 2013

TAX FREE WEEK

August 18-24

Apparel & Shoes* are Tax-Free!
* XC Spikes are not eligible for tax-free

Positive Power

no negative thoughts allowed

"Running is like getting drunk in reverse. With drinking, it feels great at first, but then you start feeling awful. With running, you feel awful at first, but then, after you finish, you feel great."

- Running with the Kenyans by A.Finn

Running isn't always fun. Pushing your body's limits can be uncomfortable and hard work. The biggest obstacle is usually your mind. It sends messages like "I can't", "This is too hard" and "Who really cares?"

Find a way to silence your mind, and a sense of strength and freedom will course through your body. You return to a primal state, intimately feeling your heart beat, lungs heave and sweat pour. Endorphins release and you feel like a champion. That feeling rarely happens to me while running, but most always, I feel it when I finish my run.

I will admit to being addicted to that "Runner's High". It is the reason why I, like many of you, push through pain and past limitations. Running is our route to enlightenment - albeit a route paved with bumps and obstacles. To succeed, you need to have

STORE HOURS:

Mon-Thurs: 10-7
Fri: 10-6
Sat: 10-5:30
Sun: 12-5

Phone: 860-233-8877
www.fleetfeethartford.com

EVENT CALENDAR

All events are at Fleet Feet Sports unless otherwise noted.

Wed, Aug 14 @ 6am
Morning Fun Run
3-5 Casual Miles
All abilities welcome
More Info [HERE](#)

Wed, Aug 14 @ 6:30pm
Evening Fun Run
w/Adidas & Garmin
Demo the new Sequence
& Learn to Use Your Garmin
3-5 Casual Miles
All Abilities Welcome

For a full look at ezines, here are links to the two I used in this article:

- World of Walt. www.worldofwalt.com. You can sign up for the newsletter on the right side of the screen under "Want more Disney fun?"
- Fleet Feet Sports. www.fleetfeethartford.com. You can sign up for the newsletter on the right side of the screen "NEWSLETTER, Join Today! Click Here"

Standing Rules

The following are the Standing Rules of the CT Chapter of the AMTA. At the January meeting we will be voting on proposed changes to our Standing Rules. Be informed, come to the meeting, and make your vote count! The proposed changes to the standing rules are in ***bold italics***. See you at the meeting on January 26th!

1. The elected officers shall include a President, First Vice President, Second Vice President, Third Vice President, Secretary, and Treasurer.
2. Elected members of the AMTA-Connecticut Chapter Board of Directors shall include: the President, First, Second and Third Vice Presidents, Secretary, Treasurer, Immediate Past President, Sports Massage, Membership and Education Directors.
3. The Sports Massage, Membership and Education Directors will be elected for one year terms each year.
4. The above elected officers and directors, along with the Immediate Past President, are voting members of the Chapter Board of Directors.
5. Committee chairs are appointed by the President and approved by the Board. They have a voice but **No Vote** on the Chapter Board.
 - a) The positions of Newsletter Editor and Webmaster are staff members. Vacant positions are filled by the Chapter Board of Directors reviewing qualified applicants and a simple majority vote rules.
 - b) They have a voice but **No Vote** on the Chapter Board.
6. Chapter and Board meetings shall be set previous to the last quarter of each year for the ensuing year and shall be published in the newsletter. The Chapter Board may change dates and locations of these meetings by a 2/3 vote.
7. Board members are expected to attend **ALL** meetings. An excused absence that will be accepted is:
 - a) Unforeseen emergencies (i.e. medical emergency, family emergency, death in family)

(Exceptions can be given on an individual basis, which would be at the board's discretion.) A written/ emailed or faxed report to the President will be expected when an individual is absent. If resignation is called for, the chapter will follow AMTA Bylaws.
 - b) Committee Chairs are expected to attend ALL chapter meetings; Board meetings As necessary.

(Resignation protocol will apply to committee chairs as stated above for board members.)
8. A President's Fund shall be established and shall be per fiscal year, **at the discretion of the President**, for assistance to any Chapter AMTA member for massage and/or AMTA-related needs or emergencies and cannot be used in lieu of stipend, scholarship or non-approvals.
9. ***The AMTA- Connecticut Chapter shall hold online elections*** in accordance with AMTA Bylaws and Policy.
 - a) Candidates for board and delegate positions must submit a resume for that position.
 - b) ***Resumes will be posted online and chapter members will have no less than 10 days to cast their vote.***
 - c) ***Winning candidates will be announced at the Spring Annual Chapter meeting.***
 - d) ***All Members will be sent an announcement with directions for online voting directly linked to the candidates running for open positions.***

Requirements for Delegates/Alternate Delegates:

- 10. Be a Professional member in good standing.

Delegate/Alternate Delegate duties during the year (See Delegate Handbook):

- Attend **ALL** Chapter Meetings during their tenure. Head of Delegation will keep track of attendance.
- Attend the September Board Meeting or other designated meeting or conference call during their tenure with the exception of unforeseen emergencies (i.e., medical or family emergency, death in family). Action taken for any missed Chapter Meetings or Board Meeting will be one-fifth of reimbursement for the hotel room and per diem will be deducted per meeting missed.
- Be familiar with the recommendations and position statements presented to the House of Delegates.
- Be in contact with members. (During the year ask members their concerns, involvement in the Chapter, and about recommendations for HOD.) List of members in your area to be provided by Head of Delegation and assistant.

While at the Convention:

- Attend all House of Delegate functions, **chapter leadership training**; attend chapter-related meetings.
- Following the Convention, submit a written report to the President within 30 days after the convention.
- Attend October Chapter Meeting and be prepared to report on Convention as per President/Head of Delegation
- Upon receipt of the written report and attendance at October Chapter Meeting, the President or Head of Delegation will inform the Treasurer which delegates are eligible for reimbursement.

Delegates will be reimbursed as follows:

- Registration to the National Convention (at the Early Registration rate).
 - Transportation at coach air (**tickets purchased no later than 90 days before the conference**) train, or mileage (mileage reimbursement not to exceed cost of the average rate of an airline ticket) plus parking fees.
 - Transportation from airport to hotel (if not provided by the hotel).
 - One-half cost of hotel room per each day of official function (not to exceed five (5) days) pending receipt of written report and attendance at the October Chapter Meeting.
 - A per diem for each official day will be given to each delegate, not to exceed five (5) days. The per diem will be reviewed annually at the January Chapter Board of Directors meeting.
 - The Chapter will cover the cost of the first bag fee (if the airline charges) and the delegate/alternate is responsible for any additional baggage charges.
11. **Election of delegates shall be online.** Final determination of delegates and alternates shall be in order of highest votes received. In case of a tie, a coin toss shall determine rank.
 12. If the CT Chapter President is not a delegate, the CT Chapter will pay his/her expenses to the National Convention.
 13. Chapter Meritorious Award shall be determined by a committee of five (5) members, and approved by the Chapter President and Board of Directors. At least three (3) committee members shall be previous Meritorious Award recipients.

14. The two voting representatives to the New England Regional Conference will be selected by April 1st of each year by the President and will each receive a stipend to cover their expenses. This stipend will be reviewed and voted on for approval at the January Chapter Board of Directors meeting and will cover expenses, including, but not limited to, travel expenses and meals. The two alternates will each receive a stipend for gas mileage for each meeting attended; this stipend will be reviewed at the January Chapter Board of Directors meeting and voted on for approval
15. The Chapter Board of Directors will establish fees and other expenses for educational presenters as needed.
16. If a CT Chapter member or outside group has an agenda item they would like to present to Secretary **30 days** prior to the Board meeting they would like to attend. Inclusion of the item will be at the discretion of the President.
17. ***An electronic copy of the Chapter Newsletter will be sent to AMTA-CT Chapter members. If a member is unable to receive an electronic copy, upon request, a hard copy will be mailed.***
18. Any National Board Member, AMTA - CT Chapter Board or staff member will be ineligible to participate in any free raffle at a chapter or regional event sponsored by the AMTA - CT Chapter.
19. An AMTA - CT Chapter member can only win their dues once during the fiscal year.



Community Service

CSMT: Red Cross Update: *Lee Stang, CSMT Emergency Division Coordinator*



We continue our efforts to secure a letter of agreement between the National American Red Cross and National AMTA. We have been working with Mark Tyle (AMTA National) and staff of the Disaster Response Unit at the National Red Cross. Currently we have a draft document in hand that is on its way to the AMTA legal department for review. I am confident in saying that a signed letter of agreement between our two organizations is now imminent! This will allow CT as well as other AMTA Chapters to develop a more specific and detailed relationship with our local Red Cross Chapters.

CT has been fortunate in that we have established a good working relationship with the CT Red Cross. As well we have been successful in introducing other Chapters to their Red Cross leaders because of our work. This national agreement will serve to strengthen our local relationship and it is our intent that it allows us to become even more involved in drills and disaster responses and preparedness programs. There may be some changes in regards to our overall training or continuing training with regards to incorporating Red Cross training programs into our protocols. This is a work in progress and we will keep you all posted as we break new ground in yet another endeavor. And as has been a CT standard we continue to help set the stage across the nation.

For more information on how to become a member of the Community Service Massage Team (CSMT) contact our CSMT Chair at csmt@amtactchapter.org or Emergency Division Coordinator at csmted@amtactchapter.org.

Sports Team

Become an AMTA CT Red Shirt at a Chapter Sponsored 2 Day / 16 CE Sports Event Massage Certification Workshop

Saturday, February 1st & Sunday, February 2nd, 2014
9am to 5pm each day
(lodging accommodations are not included)

Location: Holiday Inn Express, 120 Lanning St., Southington

Cost:

AMTA CT Members: \$120

AMTA Student Member: \$ 90

AMTA Out of State: \$160

This Workshop is for AMTA Members Only

Richard Testa, LMT, CKTP & Laura Stevenson-Flom, LMT, CKTP Instructors

**** Please Note ****

There is a MANDATORY Assigned Event (during the 2014 SMT Season)
that you MUST attend prior to receiving Certification

You must attend BOTH class days AND ONE of the mandatory events.

Registration will Open Online January 6th ~ Watch for an Email!

THERE ARE NO REFUNDS after you have registered

For information, call Richard Testa @ 860-302-9202



The Sports team is looking for volunteers to take pictures at Sports Team events. The right volunteer does not have to be on the Sports Team. The AMTA CT Chapter will provide with a memory card for your digital camera and all you have to do is snap away! Pictures will be used on the chapter website, social media and in the newsletter.

Interested people should email sportsdirector@amtactchapter.org for more information.

Thanks in advance!

Laura Stevenson-Flom & Richard Testa
Sports Team Directors

This is a Huge Shout-Out Thank You to all 55 LMT and 15 CCMT MT3 Student volunteers who **committed to** volunteering for the SMT at the Hartford Marathon on the seasonable, sunny Saturday, October 12th!

When we say **committed to**, we really mean that you **signed up** and you **showed up and worked...** and you sure did work! There were 23 Pre-Event and 1000 Post-Event Massages and 43 massages given in the Elite Tent on Bushnell Park that day! We couldn't have done it without **YOU**! Because **YOU** volunteered, we had a VERY Successful Event with loads and loads of very happy athletes!

To our Students: Thank you for volunteering! We hope that you had a very positive experience, learned a thing or two and will join our incredible SMT when you are licensed!

This was the 1st running of the Hartford after the tragedy at the Boston Marathon this past April and boy oh boy the security that was put into place included things that were seen and not seen. We were incredibly impressed and relieved that so much care was given to keeping the runners, volunteers and spectators safe. Thankfully, everything went off without a hitch. We are thrilled to have such a close working relationship with the Hartford Marathon Foundation and are extremely grateful for the extra TLC they provide for our therapists.

While this was the last year of the bright Orange ING Logo as a sponsor of the Hartford Marathon, we have been assured that next year's event will be as big and maybe even better than ever before and you can count on the AMTA CT Sports Massage Team will be there, lending our hands to the runners!

Richard Testa & Laura Stevenson-Flom
AMTA CT Sports Massage Team Co-Directors
CT SMT Hartford Marathon Coordinators



A view from the finish line

The 20th running of the ING Hartford Marathon was a huge success with beautiful weather and a full field consisting of elite runners to the 6 hour finishers. We were stationed near the finish line in a tent for elite runners. What is an elite athlete you ask?? They are either paid by a company or sponsored to run by a club and have run previous races at a very fast pace that would allow them to finish at or near the front of the pack. Elite athletes are either invited to run by race organizers or apply with qualifying times for their age group. They train hard, often at 90 plus miles a week and eat well. BUT would you believe that a large majority of the athletes we worked on did not have a regular massage therapist?

It seems almost impossible to ask your body to run that many miles and not get bodywork done. Some of the runners prefer foam rollers, or "the stick" most all will have some type of stretching routine. But to some, massage is still considered a luxury or they just don't know who to go to. That is where the free AMTA locator service comes in. It is so important to keep all of your information as therapists current on the service because you never know who is looking for someone in your area. These runners were given the information they needed (findamassagetherapist.org) so they could go home and find someone to take care of their tired legs.

In the end the two of us did an incredible 43 massages, 7 pre and 36 post much to the delight of some very appreciative athletes. Some of them assumed we were paid. We both made sure to proudly tell them that we are part of a National award winning Team made up of all volunteers. You see when it comes right down to it, there is very little difference between elites and the common runner, they all run their hardest and appreciate a good massage at the end.

Kerry L. Methot
Shannon Saunders



Membership

Welcome New Members!!

Vincent Afasano
Suzanne Andrelli
Leigh Ann Attardo
Kayla Benjamin
Melissa Berardi
Amanda Bocherek
Rebecca Boss
Caryn Brogan
Trudy Brown
Pamela Bugden
Shelby Chartier
Lindsay Cole
Johara Craig
Sade Davis
Philip DeRicco
Melissa Dimauro
Christina Domond
Lindsey Eggebrecht
Pamela Eza
Anna Fabis
Meghan Fitzpatrick
Lauren Fleet
Sherri Francesohena
Marissa Gandelman
Melissa Gargamelli

Jessica Gilmore
Kimberly Giuffre
Casey Gleason
Erinn Goldey
Lilian Gourdet
Georgia Green
Venessa Gutierrez-Santana
Donna Lee Hall
Mairi Harvey
Trish Hollman
Andrea Hunt
Joyce Islam
Megan Johnson
Rich Kevorkian
Ava Kuser
Abdellah Lahmine
Katherine Lan
Duane Lanham
Michelle LeBoeuf
Dominic Lucia
Helen Marks
Dellene Martin
Karen Martin
Sarah Matson
Daniel McAdam

Darshanee McFadden
Matthew Mitchener
Sasia Moore
Joseph Morales
Michael Morrison
Michele Nanfito
Gregory Nardine
Samantha Ogradowski
Adonis Olivera
Jaclyn Osanitsch
Carolynn Pampena
Theresa Parana
Katherine Perras
Barbara Perricone
Pryia Persaud
Dawn Peterson
Heather Plante
Alex Pullium
Erin Racine
Mya Rath
Roy Resto
Andrea Reutter
Bonnie Rhodes
Colleen Robinson
Jennifer Romanchick

Lindsay Savo
Sammy Sawwan
Christine Scirpo
Naim Shaikh
Maria Signore
Amanda Sroka
Mark Stanley
Jessica Szczesiul
Jennifer Tautkus
Valerie Terriberly
Cynthia Thomas
Estelle Trabucco
Sofia Tzinis
Ashley Vargo
Ann-Marie Ventres
Renee Wade
Lara Ward
Latravia Weathers
Jacquilynn Wilkinson
Sierra Wirth
Charlotte Zabrodsky
Amy Zera

Student Essay Contest Winners!

Please join me in congratulating our student essay contest winners. We had several applicants this year, and our review committee of non-Board, Professional Members reviewed the essays. All personal information about each applicant was removed prior to committee review. Our committee decided to award two essays. Each received a cash prize and an AMTA Student Membership.

Our two award winners are students at CCMT: Dellene Martin and Emily Dunphy. Their essays follow.

Congratulations!!

My Biggest Challenge as a Massage Therapist & What Can the AMTA CT Chapter Can Do to Help Me Meet the Challenge

By Dellene Martin

During my last semester at CCMT, my Mother was diagnosed with Pulmonary Fibrosis, to which I lost my Father three years previous. During consultation with the Pulmonologist, who cared for my Father as well, the Doctor asked if I'd learned "Pulmonary Massage". I responded "no, not yet".

His question later evolved and became my heart's endeavor, to help my Mother. I then redirected my supplemental studies. I studied breathing techniques and exercise. In my attempt to learn massage specific to pulmonary fibrosis, to construct a routine to utilize with her, I ran into the proverbial brick wall.

I consulted with teachers, massage therapists, and contacted the AMTA. To no one's knowledge was there available the specifics I sought for pulmonary or respiratory massage. Working the muscles of inspiration and expiration was suggested, as was lymphatic drainage, acupressure, and tapotement. I was enthusiastically encouraged by many to blaze a new trail.

I began by searching in every medical book and database I could access, associating massage with pulmonary massage. Again I found limited information. The case studies on the effects of massage on respiratory function I located did not include modality, technique, or frequency. I found just one program that included massage specifically for Respiratory ailments; a program for Registered Respiratory Therapists (RRTs). The professor from an RRT program I contacted was gracious enough to forward a text-book excerpt and said she'd be interested to see a program if I do indeed develop one.

At this point I became intently determined to put the pieces together myself and develop my own program, not just for Pulmonary Fibrosis, but for other lung ailments as well. As I was attempting to match specific modalities, techniques, and bolstering with contraindications and indications for lung pathologies, I found that I would not be able to do so without assistance from the medical field.

So I contacted the Pulmonologist, where this all started. I explained my predicament and asked for his assistance. He was gracious, curious, and offered to help in any way possible. It was, however, my error in assuming that as he had prescribed massage for his patients, that he was familiar with Massage Therapy. He had received only one massage and described a lack of noticeable result. I asked why then does he prescribe massage. He explained his reasoning.

With his patients, he takes the time to discuss not only the physical disabilities, but the emotional difficulties as well: the stress, anxiety, and fear that in time can cause further health issues. He wishes to help his patients alleviate those, to relax without pharmaceuticals, and so prescribes massage as one of many alternative options. "Quality of life" he said, a term we are quite familiar with.

As a result of the discussion, we have agreed to teach each other. I will teach him about the greater potentials of Massage Therapy, those beyond simple relaxation. He, in turn has agreed to share with me his experience and knowledge to help develop a program that can be utilized for pulmonary patients. His one stipulation; that it include the holistic approach; mind, body and spirit. He offered to allow me to shadow as well. I will do so as I believe it would be a beneficial piece of the puzzle.

As I am already receiving a good deal of support from the medical field, the AMTA can help me by putting me in touch with LMTs who have clients with lung pathologies other than the COPD grouping, who are willing to share their experience. Overall, I feel an uncertainty approaching "Pulmonary Massage," and wonder if others do as well. Perhaps a program is needed, perhaps not. The uncertainty I feel is disconcerting so I am charging ahead to amend it.

My Biggest Challenge as a Massage Therapist & What Can the AMTA CT Chapter Can Do to Help Me Meet the Challenge? My Lord and My God

By Emily Dunphy

My Lord and my God! This exclamation is uttered out of the mouth of St. Thomas the Apostle, in the Gospel of John, after he touches the wounds of the Risen Christ. Thomas didn't fully believe that Jesus had risen from the dead and asked for more proof. Jesus kindly grabbed Thomas's hand and put it into the wound in His side, and at once Thomas's eyes were opened.

The Gospels are filled with the principle of touch, everywhere you look. Whenever Jesus heals someone—physically, mentally, or spiritually—He *touches* them. God knows that we are human and need to encounter Him in the physical before we can ascend to Him in the spiritual. This principle of touch, and its healing power, is one of the reasons I decided to become a massage therapist. I hope to actively incorporate the Christian faith into my healing ministry for clients who are open to it, helping them to heal physically, emotionally, and spiritually with the gentle, yet powerful touch of God flowing through my hands.

While this is my passion and my vision for my future massage therapy practice, it has also been my biggest challenge during school. Although I met amazing people in my classes and have professional teachers, at times, I felt judged for my perspective. I am passionately Catholic, with a bachelor's degree in Theology, and have a love for teaching others about God. And I go to massage therapy school?! Sometimes the judgment is from my own Catholic community, due to ignorance and stereotypes regarding massage therapy. Sometimes I feel misunderstanding from the massage therapy world; that you have to be a certain "way" to be a massage therapist. I have encountered people of different cultures and backgrounds, and I have realized that, at the end of the day, we're all human and all need touch.

The biggest struggle of my education so far, however, was taking a class called Energetic Foundations. It focused on becoming aware of the "energy" in a client and in ourselves. Do I believe we all have energy running through us? Yes. I call it the Holy Spirit. Others call it *prana*, *chi*, the "Energy Source". I noticed that there was an obvious correlation between this energy and something divine, or simply something greater than us. If I called upon this "energy source" that wasn't God, but still divine, I would be going against my very religious beliefs. I was blessed to be able to sit out of certain exercises that would have caused me to do so, or at least modify them.

The fact that this class was required made me wonder why the New Age movement and massage therapy seem to be so inseparably linked in school and in our overall culture. There are so many other worldviews of massage therapy, including my own of Christianity. I respect my peers with the Eastern and/or New Age viewpoint and learn from them constantly, but ultimately it is not my own.

This is how I believe the AMTA CT Chapter can help; by fostering a greater awareness of these beautiful diversities within our profession. Holding Continuing Education classes that educate about these different viewpoints would be beneficial. Helping to bring this awareness of diversity to the massage therapy world will help to keep it balanced and open-minded. It is my sincere hope that bridges continue to be built between students of all race and creed in the massage therapy school environment, so that we can learn in a safe and comfortable atmosphere that doesn't suppress our diversity, but embraces it. Compiling a list of graduated mentors for students of different religions and beliefs would also be a useful support system for therapists still in school. I know the energy class would have been so much easier if I had someone to help me through it, to seek advice from and bounce ideas off of. May we all be like Thomas, putting our hands on each other's hearts and opening our eyes to the beauty surrounding us.

Education

The October Continuing Education workshop – The Alexander Technique for Massage Therapists was a huge success with many members commenting that they will be able to implement the information from Eric Miller into not only their practice but also their everyday lives. It was a great introduction to many who were unfamiliar with the Alexander Technique and has piqued interest for many who might seek more training in this method. We had 115 members attend, however, we had maxed out registration at 150. It is very important that you let us know as soon as possible if you will no longer be able to attend, so that we can open your spot up for additional members.

Online registration worked much smoother for the October continuing education with everyone having access to their membership numbers. As always, it is imperative that everyone clears out of the room quickly after the meeting adjourns, so that we can begin the check in process in a more timely manner. Starting in April, our Sunday workshops will begin at 2:30 to allow for a more timely turnaround and for our members to be able to get something for lunch, etc.

Please note that we will continue to ask for online registration and provide an electronic file of the handouts in advance when one is provided by the instructor. We will allow registered members to enter the room as soon as the room has been cleared from the business meeting and if there are any available seats, we will open up registration at 1:50pm for additional participants. To register for the January 26 workshop please go to: <https://2014wintermeeting.eventbrite.com>.

Registration will open on December 30 and will close on January 20, or once we reach the workshop capacity of 70 members. Once you are registered, print out your form and then bring it with you (or on your smartphone) to the class. At the end of the workshop, there will be a table where we will collect the completed record of transcript and workshop evaluation forms in exchange for your certificate of completion for the CEU credits, please have your membership number with you to fill out the forms.

If you have any ideas for upcoming workshops or would like to help during and after the January class, please contact me via email: education@amtactchapter.org

Happy Holidays!

Patty Kingsbury, Education Director

"The Mind is Everything. What You Think, You Become" Buddha

Continuing Education Workshop

Sunday, January 26, 2014

2-6 pm (30 minutes following chapter meeting)

Hilton Garden Inn, Windsor

Introduction to Thai for the Table

4 CE Hours

With Rick Haesche

Bring: Massage table and fitted sheet; paper and pen; water bottle and snack. Please wear loose comfortable clothing

Participants will learn about:

- The founder of Traditional Thai Massage and country of origin
- Safe body mechanics while performing Thai Massage at the massage table

Class size for this workshop will be limited to 70 participants, please register early and let us know if your plans change so that we can allow another member to fill your spot by contacting Patty Kingsbury at education@amtactchapter.org.

Upcoming Education Workshops: we are working on putting together some great workshops for next year's chapter meetings including ethics, aromatherapy, muscle review and a special guest instructor from the National Board!

National Massage Therapy Awareness Week

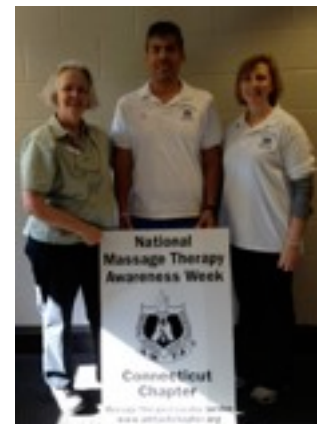
The AMTA CT chapter celebrated NMTAW 2013 in several great ways. This year's theme was Massage Therapy—Making the World Healthier through Touch.

For the second year the NMTAW Media Team posted short videos throughout the week on the CT chapter website and Facebook. Scott Raymond kicked off the week with an introductory video highlighting the several ways in which Massage Therapy is making the world healthier through touch for people with low back pain, osteoarthritis of the knee, tension headaches, or those who exercise. The videos will remain posted on the AMTA CT chapter website for members to utilize and share throughout the year.

This year's University Day celebration was the 7th annual and targeted 4 different schools throughout CT. A total of 112 massages were given by 10 therapists at the University of Connecticut Storrs, Eastern Connecticut State University, University of Hartford, and Quinnebaug Community College and therapists included: Evan Williams, Davis Mendea, Michelle Martinelli, Gary Smith, Pat Schimchick, Cass Crewdson, Dru Knight, Lisa King, Gale Williams, and Karen Jensen. Both veteran and rookie University Day volunteers turned out to spread the word about the many benefits of massage, to promote their businesses, and to network with other therapists—making this year's event a tremendous success.

NMTAW 2013 encouraged therapists to engage community members in experiencing the benefits of massage. Michelle Martinelli of Newington and Michelle Johanson of Bristol both offered complimentary massages including Thai Massage at their offices. Jody Clouse of Hamden promoted a referral program for her existing clients interested in introducing massage to new clients in honor of NMTAW 2013. Cass Crewdson and Karen Jensen participated in a Health Fair sharing free chair massage and information with town employees.

The opportunities to participate in NMTAW are endless. Spreading awareness of the benefits of massage and promoting our profession is not limited to just one week. If you missed this year's NMTAW there is no reason to wait until next year. There are many great resources available on-line at www.amtactchapter.org to help you get your message out to your community—have fun!



New England Regional Conference



CT Chapter is hosting NERC and we NEED help!

Here are SOME of the responsibilities

• Registration:

1. 3 or 4 people to help pass out registration packets on Thursday night.
2. One or two people to help work the Registration desk Thursday night. You cannot attend a Thursday night class if helping at the desk.
3. One person to help work the Registration desk Friday AM, and one person to work the desk Friday PM. You would have to miss the AM or PM class, respectively.

Helping at the desk entails using the computer to process class changes, register walk-ins, and process meal purchases. You may also have to print name badges and exchange class tickets. Becca will have instructions and you will not be the only person working the desk.

• CE Monitor:

1. Be at your room at least twenty (20) minutes before the session begins.
2. As attendees enter the room, check their badge to make sure they are in the correct class and collect their booklet.
3. Give count to registrar on a one class list and give the other to presenter.
4. Place booklets in alphabetical order. If CE booklets are not picked up, take the remaining ones to the registrar.

• Room Monitor:

1. Meet with presenter at least twenty (20) minutes before the beginning of session.
2. Be in room and available to presenter for whatever they need or the room needs, for example water, temperature control etc. Relay those needs to a NERC Planning Committee member.
3. Assist the CE monitor with duties such as handing out evaluations and handouts.

• Hospitality Desk:

1. The hospitality committee shall welcome and greet attendees.
2. There should be minimum of 2 staffing the booth at most times.
3. Raffle gifts and prizes may be on display at hospitality and monitored by them for security.
4. Selling raffle tickets, creatively and everywhere possible.
5. Collect conference evaluations. Provide drop off up to closing of conference and bring to wrap-up meeting.
6. Lost and found: collect and bring to registration.
7. Take sign ups for Table massage during off hours.

If you are interested, contact Becca Torns-Barker at :

membership@amtactchapter.org or Shannon Saunders at :

2ndvp@amtactchapter.org.

New England Regional Conference registration is now open!

Come network with massage therapists from all over New England! March 20-23, 2014 **AMTA Connecticut Chapter** will be hosting the 31st Annual New England Regional Conference!

Some of the presenters are our very own **Lee Stang, Maureen Stott** and **Rick Haesche**! We have managed to secure **Tim Agnew, Nancy Dail, George Kousaleos, Allissa Haines, Don Ash, Jon Balletto** and more! **Suzanne Scurlock-Durhana** author of *Full-Body Presence: Learning to Listen to Your Body's Wisdom* will be the keynote speaker! Check the website <http://amtanerc.org/> for more info.

The prices for registration have remained the same as last year **and** the year before that! **18 CEU's possible!** Early full registration for members is \$369, non-members \$429, students \$335 by 1/31/14. Register for Ethics only and pay **\$89!**

After 1/31/14 full registration for members is \$429, non-members \$489, students \$385, single session \$139; two sessions \$244, three sessions for \$360.

When you register for two or more classes, you are eligible to sign up for chair or table massage to earn extra money! Indicate that you are interested when you register.

Go to <http://amtanerc.org/> to register for classes and don't forget to register for your hotel room at the newly renovated Framingham Sheraton Hotel at 508-879-7200. There are more details on our website: [http:// www.amtactchapter.org/](http://www.amtactchapter.org/) or check us out on [Facebook](#). For special room rates: mention AMTA - New England Regional Conference to receive our discounted group rate of \$115.00 per night (Plus Tax). Contact the Framingham Sheraton Hotel directly, prior to 2/14/2014. Third party bookings do not recognize our discount.

See You there!!

The Longevity of a Massage Practice: *The Tools for Self Care*

By Carol Bufithis

"The way we earn a living is a source of peace and joy. Our work can be a wonderful means for us to express our deepest self. When we do this we are able to realize peace and joy, and the work we do will be of great help to the world."

Tich Nhat Hanh

When I graduated from Connecticut Center for Massage Therapy in 1983 I never imagined that I would still be practicing in 2013. How on earth did 30 years pass by? It's been a journey that has expanded through half of my lifetime.

Being a body worker requires that I take care of myself. I also believe it makes me a better person. My job description is to be grounded, focused, caring, compassionate, present and empathetic. What a wonderful set of guidelines for an authentic vibrant day. Unlike so many of the clients who walk into my office, I get to be exactly who I want to be in my life at work each and every day. Even after all these years I don't take this for granted and I'm grateful for this continuous opportunity to grow and stretch as I serve others.

I guesstimate that I have had somewhere around 18,000 sessions with clients during the span of 3 decades. They have been my teachers about life and the human condition. They reveal to me the gifts of strength of character, vulnerability, power of pain and the depths of healing. They show me grace, humility, resiliency, fortitude and courage. They give me perspective about the priorities in life on a daily basis. It is my privilege and my responsibility to meet client's needs as much as possible, to be at my best each day as they invite me into their realm and ask for my assistance in their self-care. This has been such a wonderful part of my career. It feeds my heart and soul.

The therapeutic relationship between client and therapist is a professional healthy process whereby a person is entrusting his or her body to me, the therapist, to assist in their own healing. My presence and authenticity is essential to this sacred process. With this job description, my work demands that I take care of myself physically, mentally, emotionally and spiritually. Similar to athletes, there must be an ongoing regime that allows me to be healthy and balanced.

Life situations have obviously been occurring throughout my practice and many have been challenging and depleting. "Filling the well" has been a key factor along the way. I began teaching a workshop a few years ago on just this topic to other massage therapists. Below are several of the self-care practices I have incorporated into my life and share with students, to allow me to continue to give of myself, not drain my inner resources, prevent injury and maintain a satisfying career.

Self- Care Practices

1. The most helpful self-care practice that I have been consistent with for almost 3 decades has been **receiving massages** every two weeks with few exceptions. This commitment to my body and mind has allowed me to de-stress and replenish with deep relaxation. The work has helped prevent chronic pain and given me relief physically, emotionally, mentally and spiritually. I also personally embrace the premise that when receiving bodywork for myself, I reinforce the practice of asking others to pay for massage. Receiving bodywork on a regular basis allows me to know the value of my profession, in not just a theoretical way yet also in the practical sense. I like to receive work from practitioners who also receive bodywork on regular basis; therapists who are also "filling their well". I think receiving bodywork helps a therapist to be new and fresh in the field. I have learned techniques and nuances, gained wisdom and have been both motivated and inspired by receiving bodywork from other practitioners.

2. A **mindful meditation practice** has been a daily morning ritual in my life for many years. Having this routine is a great way to begin my day. I feel more connected to a deep place inside myself and more comfortable in the world. This practice has helped me hone in my intuitive skills and be more grounded, focused and present with myself and my clients. Coming home to myself on a regular basis allows me to have a deeper awareness of self, therefore decreasing the complications of transference and counter transference with clients. Clients have their own issues and I don't take them on as my own. I also do my best to keep my life challenges separate from the therapeutic relationship.

I think examining our relationship with boundaries on a regular basis is a self-care tool. It is easy to become complacent and unaware of our habits and behaviors when we have been in practice for a long time. Meditation has helped me with this self-reflection process.

3. **Fresh air, exercise** and being in nature are indispensable parts of my weekly routine. Many days I take a walk in between appointments which allows me to rejuvenate for the rest of my day. I try to make it to the gym three times a week and yoga moves in and out of my life. When the weather permits I love to ride my bike. With some combination of these forms of exercise my body and mind maintains flexibility and I feel energized.

4. I love the luxury of **working for myself** and having an office attached to my home. Creating my own schedule and having a flow in my day is an essential factor in self-care. I have found that there is a flexibility that works to both suit my needs and those of my clients. I have a massage center that is attached to my home and this has been an ideal space for me over the years. This was especially valuable when I was raising a family earlier on in my career. Still, today, I easily move in and out of the therapist role as I step through the door of my office into my kitchen to cook or my yard to garden.

Massage therapists make a difference in their client's lives and the question I ask is: are we making a difference in our own lives? How are we doing that? Is it a priority? As caregivers, are we able to create and protect our time for self, our energy to renew, our emotional needs, our life filling relationships and our spiritual underpinnings. When we are rooted in healthy self-care practices we generally make better choices in our lives.

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Jan 12,13,14; 19, & 21

40 hour weekend intensive:

Feb 7, Feb 8, Feb 9 & Feb 21, Feb 22, Feb 23

Level I tuition: \$595 40 ncbtmb ce hrs

Thai Massage Level II

Theory, Side-lying, and Abdomen

Mar 9, 10, & 11; Mar 16 & 18

Level II tuition: \$595 40 ncbtmb ce hrs

Look for us at the AMTA CT Chapter Meeting in January, and at the New England Regional Conference in March!

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

Winter 2014 Continuing Education Courses

with

John P. Calatayud D.C., LMT

- **CPR & First Aid** **January 18th February 8th & March 1st**
This 8 hour CE course is designed to teach basic CPR, First Aid, and how to use an AED. CPR certification is now required by the NCBTMB to be *board certified*. **\$150/8 CE credits**
- **Assessment of the Cervical Spine & Shoulder** **January 25th**
This one day seminar will review the pertinent anatomy of the cervical spine and shoulder including muscles and bones of the area. History taking and assessment of the client with shoulder or cervical spine pain along with special assessment tests will be discussed. **\$150/8 CE credits**
- **Assessment of the Lumbar Spine & Pelvis** **February 22nd**
This workshop will focus on common conditions a massage therapist will encounter affecting the lumbar spine and pelvis. We will review the pertinent anatomy of the region, client history taking and assessment. **\$150/8 CE credits**

Class sizes are limited to 12 students. Deposit is required to hold your spot.

All classes are held from 9:00am to 6:00pm. Checks can be sent to the address below.

Please call Jennifer Landry at 203-294-1700 for registration & questions.

Location: Calatayud Chiropractic & Massage Therapy Center

85 Barnes Road Suite 101

Wallingford, CT 06492

johncalatayud.com



Dr. Calatayud is approved by the NCBTMB as a continuing education Approved Provider

#706339-51





ACCESS CLASSES

Maureen Stott, LMT and Bars & Body Processes Facilitator
Bars Class - 8 CEhours / Energetic Facelift Class - 4 CEhours

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It begins with the "Bars," which is a gentle, non-invasive, hands-on process using points on the head that relate to aspects of life.

When and Where?

Jan. 19th - Bars Class - 9:30am to 6:00pm - Vernon, CT

Feb. 9th - Bars Class - 9:30am to 6:00pm - Vernon, CT

Mar. 16th - Bars Class - 9:30am to 6:00pm - Vernon, CT

NERC - March 22nd-23rd - Access Energetic Facelift Class

April 12th - 16th - Third Annual "5-Days to Change Your Life"
 with Christine DiDomenico - Manchester, CT

Cost? \$200 for Bars class / \$125 for Energetic Facelift class

For more information about the Bars classes, Energetic Facelift class, Access Consciousness, the 5-Day classes, or questions, please call: 860-875-1424, email: TMCV@comcast.net, or visit:

www.TMCV-Office.com



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Cortiva Institute, Hoboken, NJ

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May 30-Jun 1, 2014, Fri-Sun ~ Level 1 (full body)

Downtown School of Massage, Waldoboro, ME

Jun 5, 2014 Thu ~ Hands & Feet Treatment

Jun 6-8, 2014, Fri-Sun ~ Level 1 (full body)

classes scheduled in CT, MA, NH

Sep 4-19, 2014, see website for specific details

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Philadelphia, PA	Jan 16-19, 2014
Albany, NY	Feb 20-23, 2014
Boston, MA	Apr 10-13, 2014
New York, NY	May 1-4, 2014
Hartford, CT	Sep 4-7, 2014
Portsmouth, NH	Oct 23-26, 2014

CranioSacral Therapy 2 (CS2)

NJ Shore, NJ	Jan 9-12, 2014
Boston, MA	Aug 14-17, 2014
New York, NY	Oct 16-19, 2014

SomatoEmotional Release 1 (SER1)

Washington, DC	Jan 23-26, 2014
Albany, NY	Feb 20-23, 2014
Hartford, CT	Sep 4-7, 2014

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Palm Beach, FL	Jan 9-12, 2014
San Francisco, CA	Jan 9-12, 2014
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Seattle, WA	Feb 6-9, 2014
Denver, CO	Feb 20-23, 2014
San Luis Obispo, CA	Apr 3-6, 2014
Boston, MA	Apr 10-13, 2014
New London, CT	Apr 10-13, 2014
Atlanta, GA	May 1-4, 2014
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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.

Type	Approx. Size	CT AMTA Member	Non-Member
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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If you are not receiving your newsletter in the mail, please contact the national office of the AMTA by emailing [Silas Dameron](mailto:Silas.Dameron@amtamassage.org) at Sdameron@amtamassage.org. 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 www.amtamassage.org.

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.

After attaching any documentation you have to support the complaint, you want to check to make sure that everything is

2014 Deadlines

Due to Editor

February 27, 2014

Delivery Date

March 27, 2014

Please note that the above due date is tentative as we are proposing changes to our newsletter form. We will let you know about any changes and deadline dates as soon as we have them.

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

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.



2nd VP
PO Box 674
Putnam, CT 06260

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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.

Winter Chapter Meeting

Sunday January 26th, 2014

Snow Date February 9th

10am-Doors Open

11am-1pm Business Meeting

2pm-6pm Free Education: *Thai Bodywork Approaches to the Upper Body*

with Rick Haesche

Don't forget to register for the meeting and education!

To register and for more information look under "Event Details" at

<https://2014wintermeeting.eventbrite.com>. Registration opens December 30th.

Bad Weather? Not sure if
the meeting is happening?
Call the Hilton Garden at
860-688-6400.

Hilton Garden Inn
555 Corporate Drive
Windsor, CT 06095

From the North: Take 91 North exit 38/Poquonock Ave at the bottom of the exit take a right, go under the overpass and stay in the right lane and follow the signs to Day Hill Rd. Take first left after the traffic light onto corporate drive, the hotel is located on the left hand side.

From the South: Take 91 south exit 38B/Day Hill Rd take first left after the traffic light onto corporate drive, our Windsor hotel is located on the left hand side.