



AMTA *Wisconsin* Chapter

www.amtawi.org

Connecting Hands

Promoting Wellness Through Massage

Fall 2012
Volume 19-03

Don't miss out on
the fun we are
going to have in
the Dells!

Our upcoming Chapter meeting and Education Conference will be held at the Chula Vista Resort in Wisconsin Dells, August 24-26. There will be a variety of class offerings, a Chapter meeting during lunch on Saturday and networking opportunities! At this Chapter meeting we will be discussing the proposed mission statements, which will then be voted on in the House of Delegates meeting at the National Convention in Raleigh. These are important statements! Please go to <http://www.amta-massage.org/positionintro.html> and review them and come to our meeting in the Dells to give your input. Also, Wisconsin Dells has a variety of entertainment, shopping, and fun. So bring your families and turn your "business" trip into a family vacation!



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WISCONSIN CHAPTER ELECTIONS 2013

Call for AMTA WI Board of Director Members! Do you know of someone who would be an asset to our board? Would YOU like to be a part of the vitality of AMTA WI?

Spring 2013, elections will be held for **1st Vice President, 3rd Vice President, Treasurer, and (2) Member at Large**. Elections will also be held for **(3) 2 year term delegate** positions which will be sent to the national conventions on: September 25-28, 2013 in Fort Worth, TX and September 17-20, 2014 in Denver, CO

Come be a part of massage in Wisconsin's future!!

ALL applicant information must be received no later than January 31, 2013.

Please see our website for more job descriptions under "About us" and "Board Members".

Any interested parties please contact Robin Brauner at: or 715-379-0900.



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Term ends 2014



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The AMTA Purpose

The purposes of the AMTA shall be; To advance the science and art of massage and related techniques; To raise and maintain the standards of the massage profession; To foster a spirit of cooperation and the exchange of ideas and techniques among its members and others who are part of the massage profession; To promote legislation that supports and upholds, and oppose legislation that harms and damages, the massage profession; To protect and preserve the rights of its members; To enhance the public's understanding and appreciation of massage; To further the broad objective of improving conditions of life, or individual well being, in our society through utilization of the professional knowledge and skills of massage therapy; To advocate the rights and interests of persons seeking massage therapy as health care; To conduct any other activity in connection with the purposes stated in this Article and to undertake such other desirable activities as the Board of Directors may determine.

Connecting Hands

This newsletter is published 3 times per year from the AMTA Wisconsin Chapter, (AMTA-WI) a non-profit professional massage therapy association. This publication welcomes contributions from readers. Articles for submission may be presented in any format, but must include the name, address and phone number of the writer. Copyright materials must be accompanied by written permission by its holder. The Wisconsin Chapter reserves the right to edit material for space and clarification; accept or reject materials; and assumes no responsibility for errors, omissions, corrections or modifications to publications. The beliefs or opinions contained in this publication do not necessarily reflect those of the AMTA-WI Chapter.

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Website: www.amtamassage.org

Email: info@amtamassage.org

For address changes, insurance questions, etc.

Wis. Dept. of Regulation & Licensing

1400 E. Washington Ave.

PO Box 8935

Madison, WI 53708-8935

Fax: 608-267-0644

608-266-2112 Automated line for credential applications

608-266-7482 For complaint forms

Website: <http://drl.wi.gov> (new web address)

To check law updates, licensee status, etc.

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Fax: 608-264-8477

To verify a school's status, make reports

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800-296-0664 for applications

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For application downloads, updates, etc

President's Message

Hello Wisconsin AMTA members! I am so excited to be your new president! Let me tell you all a little about myself. I am from a small farming community in central Wisconsin. My husband and I have a dairy farm that has been in the family for over 130 years. In my free time, I love to sing karaoke, or just sit at the piano and play for my family while they sing. I also teach Sunday school for teenagers and play piano for church. I have been a massage therapist since 2008, and I thoroughly enjoy what I do. I recently expanded my small massage practice into a complete wellness center. A lot of new changes are happening around here!



I hope you are all enjoying the summer, and are taking the time to relax and fun. Many of us forget to do that sometimes. As massage therapists we are always busy taking care of others that we often forget about ourselves. I must have told my clients a hundred times, "now go home and relax" when they would leave my office, but how often did I actually take my own advice? I started to block out little chunks of time for myself to just sit, relax, and clear my mind. It made a world of a difference! I strongly urge all of you to review your daily schedule. Are you leaving any time for yourself? Give yourself at least 15 minutes in the morning to stretch, breath, and clear your mind. Try this and see how you feel throughout the day. You'd be amazed at what a difference it makes!

Remember, if we are not taking care of ourselves, we are not going to be able to help others!

Mya Rowe, LMT, NCTMB

New Education Chair



Hi I am Stephanie Anderson. I have been a Massage Therapist for seven years and have a practice located in Altoona, WI. I began working with the education committee in March of 2011 helping to organize the educational events. As of March

2012 I was appointed to chair of the committee. In this position I hope to work with the great team of volunteers to make our educational events fun and successful. I hope to see all of you at upcoming events. Looking forward to a great year!

Newsletter Committee Chair

Kelsey Lyons, LMT

Layout/Design

Mike Rude

Editorial Committee

Board of Directors

Deadlines

February 28 (April Issue)

June 30 (August Issue)

October 30 (December Issue)

Submissions will be accepted by email to:

Kelsey Lyons, LMT

Klyonsmassage@gmail.com

Typed or handwritten submissions are also welcome, they should be mailed to:

Advertising

Kay Peterson, amtawikay@essentialmassagetherapy.com

Advertisement should be sent in PDF format by email

Advertising Rates

Full Page - \$175 1/2 Page - \$90

1/4 Page - \$50 1/8 Page - \$30

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Ethical Dimensions

By Kathy Ginn, L.M.T., NCTMB

Deep Roots ~ Beautiful Fruits

Remember the lesson of the seed ~ sending a shoot down so that it may be rooted and grounded, while at the same time it sends a shoot up to be the plant and flower that shall gladden the world.

The two growths are necessary. Without the strong root the flower would soon wither.

So what does this have to do with ethics and massage therapy?

Before I continue with my article; I would like to thank you for taking the time to sit with me. I do hope the following words inspire you and invite you to pause and reflect.

We are in a profession like none other. Think about this ~ another human being gives us almost total access to their naked body. We often touch our clients in ways that are so unlike the medical profession. Our touch often fosters a sense of intimacy, nourishment and healing. It is the combination of the intimate, quiet privacy of the healing relationship and the vulnerability of having one's clothes off and being touched skin to skin that takes our work into the most private of human realms. The responsibility and wakefulness that is needed to hold this space is quite significant. One of the recurring themes in my approach to ethics education is that the source of our healing abilities is who we are being, not just what we know.

And so we begin with our deep roots. I refer to our deep roots as our inner code of ethics; the internal web of virtues. The profession has blessed us with an external code of ethics. Our external code of ethics is "lived wisdom" passed down to us by those who came before us ~ a mighty gift indeed. This is good; but not enough. The code is often vague and does not cover the many detailed dynamics we enter into daily with our clients. We need more, we need something that gives us deeper rooting, something that is strong and firm – a non-wavering if you will. Pondering the vast rhythms of both our internal & external code of ethics allows us to access the wisdom that fosters attentive and peaceful presence with our clients.

Common social virtues that most of us were taught as children have meaning much deeper than I had ever guessed. They are fundamental in spiritual traditions



all over the world, fundamental to the sense of deep roots, fundamental to the client/therapist relationship, and fundamental to simply how we live our lives. Virtues such as kindness, respect, truthfulness, gratitude, humility, receptivity, non-doing, frugality, love, the Golden Rule and many more are perhaps our deep rooting.

Many of you know I am drawn to working with questions. I often ask my students more questions than offer them answers. May you allow the following questions to define and discover your deep roots.

1. What guides you from the inside?
2. How do you make decisions?
3. What do you do when no-one else is watching?
4. What virtues did you learn as a child and still carry with you today?
5. How do you gladden this world?
6. What is the highest purpose of your life?
7. What do you know about your presence?
8. How do your answers to the above questions get expressed in your session room?

The practice of deep rooting bears fruit. Look around you. What fruits do you see? What are your gifts you offer this earth? Does the practice of deep rooting foster the person you want to be for yourself and this world?

As this message lands in your lap; summer is upon us with its beautiful fruits and plants. Many have survived and some have withered and died.

May your deep rooting bear beautiful fruit!

Kathy

Kathy is currently in private practice in Madison, WI. She has been active in the field of massage therapy and bodywork since 1991. Kathy is a Right Use of Power facilitator and Hakomi trained bodyworker. She served with the NCBTMB Ethics committee for 8 years. She is currently on faculty with TIBIA massage school and East-West Healing Arts Institute.

Kathy is an NCBTMB Approved Provider. She offers Ethics workshops both locally and throughout the country. Kathy also offers mentoring for those who seek her service.

Please view Kathy's workshop schedule @ <http://www.ethicaldimensions.com>

Check out our website at
www.amtawi.org
 for conference pictures, meeting minutes,
 the budget and so much more.

Global Outreach

Going Above and Beyond

by Kelsey Lyons, LMT



Throughout my life I have had a yearning to help people. It is the same drive that most of us felt when becoming massage therapists. Over the past 8 years of teaching and providing massage, my need to find new ways to help people has continued to grow. I recently got on the computer and started doing research. I found a number of organizations that helped build schools and water treatment centers, missionary groups, and more. As important as those things are, I knew that there was a strong need for touch/massage and I was determined to give back doing what I know best; massage. I found "The Heart Touch Project" a non-profit educational organization dedicated to the training and delivery of compassionate and healing touch. Each year, "The Heart Touch Project" organizes a program for volunteers to spend two weeks in either India, Cambodia, or Thailand; providing compassionate touch to children and adults. Recent trips have focused on children in orphanages in Cambodia and Thailand who are HIV positive and whose parents either died from HIV/AIDS or are too ill to care for them.

My journey with "The Heart Touch Project" started soon after I found them. My first step was to travel to Santa Monica, California and take a 3 day-long intensive Compassionate Touch workshop. I was amazed that I learned so much, and what I could bring back to my practice; even after 8 years of massage. More importantly, I got to see first hand what a great organization they have and all the history behind them. During the first day, I knew I was signing up for the Cambodia trip in November 2012. As the months get closer and closer, I get more and more

excited. We will be doing a week at "The New Hope" orphanage, which houses almost 300 children who are HIV positive and get free treatments. Cambodia still has a stigma against anyone with AIDs/HIV and because of this, Cambodians do not touch anyone that is found positive thinking that they may contract the disease. The orphanage gets 4 new children each week on average. The second half of our journey will take us to a hospital which cares for many adults and children that were burned in the recent acid attacks. Many people are afraid of these burn victims and never get touched.



Because this is a non-profit organization, every volunteer must pay there own way on these trips. Our total costs, including flights, hotels, and transportation are \$3,600. I have been raising money for the trip since February, doing fundraisers and chair massages everywhere I can.

If you would like more information about "The Heart Touch Project" please see their web-site at www.hearttouch.org or you may email me at klyonssmassage@gmail.com. To donate my Cambodia Trip and "The Heart Touch Project" - <http://www.firstgiving.com/fundraiser/kelsey-lyons/kelseylyonssfundraisingpage>

Welcome New Newsletter Editor

Kelsey Lyons

Hi ya'll. I am taking over the newsletter, well at least the compiling part of it anyway. I'm pretty excited about it and can't wait to read all of your wonderful ideas for news articles. So please get writing and send them to me for our next newsletter, deadline is October 30 for Decembers Issue.

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Review of “Reflexology”

By Judith Kolb, LMT

My schedule had not permitted me to take advantage of one of the Wisconsin AMTA continuing education classes in over a year, so I was pleased to see the May offering would fit in my schedule and signed up for the Hand and Foot Reflexology class with Marsha Craven and Barbara Jenkins. I was happy about its location at the Paper Valley in Appleton as it is closer to my north-woods home than most of the classes offered, and Appleton provides an enjoyable “urban fix” for this country bumpkin. The downtown area is alive with interesting shops, good ethnic restaurants, parks, a college campus, and the river, all within easy walking distance of the hotel.

I was somewhat hesitant about a reflexology class having taken one many years ago that left my thumbs very sore and every organ of my body feeling bruised. The class description claimed “It doesn’t have to hurt to work”, so I decided to put my hesitation aside and go for it.

I’m very glad I did. Marsha and Barbara were an excellent team. Marsha the colorful, sassy, southerner, is skilled at the energy work she has an obvious passion for. She encouraged us to have fun and was able to create an environment that was comfortable and relaxed. She knew just when to shift the energy in the room by throwing in a good laugh, or hug. Barbara is a more reserved woman with a subtle wit and great skills at hand and foot reflexology and knowing how to teach those techniques. Both women also feel very strongly about self-care for the therapist and shared some good suggestions and aides.

The material was clearly presented in the common format of lecture, followed by demo, followed by practicing with partners. The great advantage in working with hands and feet is they come in pairs. This meant we were able to see two demos, practice twice and experience twice. I found this really helped me integrate and feel comfortable with the techniques and I did not experience the frustration I often have at classes where I find myself wishing I had just a little more opportunity to practice.

The instruction was supplemented by excellent materials; a text “Reflexology: Health at your Fingertips” by Barbara and Kevin Kunz; a wonderful color laminated chart of zone reflex therapy for hands and feet; protocols and class syllabus from Healing Arts; and an excellent instructional DVD. As an additional “treat”, we each received a

small bag filled with wonderful “toys” for maintaining healthy hands and feet, many of which I had never seen but am using regularly.

My thumbs were so happy when we were repeatedly encouraged to leave “deep tissue” work out of the equation. The work was a joy to give and a joy to receive. I had forgotten how relaxing and comforting it is to have someone work on just my hands and/or feet....And then I was surprised at the power of this subtle work when I found myself experiencing very strong symptoms of detoxing after the first day. Many others in the class had similar experiences at various times throughout the weekend. It was a beautiful lesson in the power of intention and energy.

As reflexology is a treatment that does not require licensing in most states, the class required only a very basic understanding of anatomy and was not exceedingly technical. I must confess to finding this a welcome break from the last few classes I’ve taken. They were very good classes, but at times I felt like the top of my head was going to blow off. And have on occasion, “hit the wall” and just couldn’t sort through any more information. I’ve also found myself so mentally exhausted and overwhelmed that I lost confidence in my abilities as a therapist as opposed to strengthening them.

This class was a boost for me and my practice. It sent me home tired, but excited, eager, and able to immediately integrate the techniques into my regular sessions. After a review of the DVD and materials provided and a few practice sessions, I also felt able to add a complete reflexology session to my treatment options.

It was a most satisfying weekend. I learned valuable skills, was the recipient of some excellent work, was surrounded by lots of wonderful people and had a nice little “urban fix”. I would happily take another class with Barbara, and/or Marsha in the future.

Review of

“The Ethics of Self Care”

By Mary Schweiger LMT

I recently had the most wonderful pleasure of taking The Ethics of Self Care “Caring for Yourself Inside and Outside the Therapeutic Relationship”, taught by Kathy Ginn. Kathy was very knowledgeable about not just caring for ourselves as therapists, but as parents, friends, and

continued on page 17



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Prerequisite: Freeing the Power to Heal

Freeing the Power to Heal: The Foundation Workshop

16 CE Hours

Oct 20 & 21, 2012, 9a-6p

\$300

\$250 ea. when 2 or more register together!

Energy in Action

16 CE Hours

Nov 3 & 4, 2012, 9a-6p

\$360 (\$320 if paid by 10/20/12)

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Ethics as Right Use of Power

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Sept 29 & 30, Oct 6 & 7, 2012; 9a-6p

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*Prerequisite: Jing Acutouch or any
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16 CE Hours

Oct 27 & 28, 2012, 9a-6p

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+ \$5 materials fee

*Prerequisite: Jing Acutouch or any
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Therapeutic Massage

Myofascial Trigger Point Release

20 CE Hours

Sept 7, 2012, 5:30-9:30p

Sept 8 & 9, 2012, 9a-6p

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+ cost of required text (\$70 new)

*Prerequisite: Intro to Myofascial Release
or instructor permission*

Integrative Myofascial Techniques

20 CE Hours

Nov 2, 2012, 5:30-9:30p

Nov 3 & 4, 2012, 9a-6p

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*Prerequisite: Myofascial Trigger Point
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Cancer/AIDS Class Review

By: Jess Walters, LMT

Cheryl began the class with an introduction of herself, just like any continuing education class "thoroughly explaining her upbringing along with her professional background. Her explanation backed up her credibility allowing me to really trust this instructor." I just so happened to partner up with a seasoned massage therapist who had been to one of Cheryl's classes 16 years ago, and had nothing but rave reviews about that class and Cheryl. (Albeit that's when the information on this class was still in its infancy!) I was even more excited now to jump into this new material! I sat on the edge of my seat as Cheryl talked about her mother who was a nurse. It was only natural that Cheryl follow in her mother's footsteps in the same profession. When she was a child, and she would get hurt, her mother would refer to whatever body part was hurt, would kiss it and say, "What's a matter? Did you hurt your patella?" Of course everyone in the class laughed. And, as a mother I could also relate. It's not often I find myself at a continuing education class being able to relate to the instructor on so many levels. And to me, that's important.

What struck me most about about Cheryl and the material she presented was her unmasked compassion. She truly loves what she does, and it shows. She brought a photo album with her to share with us, chock full of photos of many of her clients, both before and after chemotherapy or radiation, or both. The photographs all taken by Cheryl, were of the surgical sites and the medicinal port sites - clearly all in the interest of education

Just as important in the class was the time Cheryl took to explain what cancer really is. In the '80's, there was a stigma attached with cancer. The word itself was whispered and patients living with it were whisked away to an unspoken area of the hospital. But, now we know so much more about it, and as massage therapists, we have the skills, the hearts, the mind set and the desire to help those living with it. We also discussed such details as scheduling an appointment - a critical piece that may seem so overlooked, or just secondary to us because we do it all the time.

When we broke into the hands-on portion of the class, it was actually a little more difficult for many of us than we thought. For example, I'm accustomed to doing a lot of deep tissue work, so I had to rethink how I was working and really take a step back to realize that I'm working on a client living with cancer. Cheryl explained a pressure scale system suitable for our client demographic. One of the students in the class, Karen Czajka, said it best, "I believe what we just learned was the first thing we should have learned as a massage therapist: to feel nothing and then to feel something. It was difficult not to apply pressure." When working on her clients, Cheryl said that "A lot of my clients leave their body and they're not groggy when they wake up." (They leave their bodies because an individual going through cancer has a lack of control of what is being done to their bodies.) With our efforts as massage therapists, we really can make a difference for these individuals, and their families.

Several key components that I found just as vital were the marketing information, the manual provided in the class, the pamphlets, articles and other information Cheryl has collected over the years along with the stories she shared with us. She really does want to share what she has experienced so that others can continue on to help those living with cancer. Cheryl was also quick to make us laugh, and even got us standing up to do a "phluffing" of our breasts. I can definitely understand why Cheryl is in high-demand. This talented woman paved the path for massage therapists to work with patients suffering with cancer and compromised immune systems, Even though Doctors kept telling her "no" she continued on. A determined sole with an educated heart, she has enlightened and inspired us all and will continue to do so with her wonderful and heart-wrenching stories that touched us, touched us to bring new meaning to the profession "massage therapist".

As I walked out of the room, I was happy to be done with the long weekend, but actually sad to leave because of what had transpired in that room was magical - some people shared their stories of why they were there, and it brought a special bonding to us all, even though all of us didn't share a story. There was acceptance, understanding, compassion and a clear wanting to learn to bring massage therapy to a very special population of people. Now I know why my massage partner came back to take Cheryl's class again.

**AMTA – Wisconsin Chapter
Annual Fall Meeting & Educational Conference
August 24 - 26, 2012
Chula Vista Resort and Waterpark
2501 River Road
Wisconsin Dells, WI 53965
1-608- 254-8366**

Friday August 24:

8:00 - 9:00 Registration for Hands Heal: The Proof is in the SOAP Chart
9:00 - 1:00 Class time
1:00 - 2:00 ~ lunch provided~
1:00 - 2:00 Registration for Kinesage® Self Care for Therapists
 (attendees are welcome to lunch on this day, please mark on registration)
2:00 - 6:00 Class time

Saturday August 25:

8:00 - 9:00 Registration for Integrative Medical Practice Building, Introduction to
 Kinesage® Massage Through Movement, Serving Eldercare and Hospice
9:00 - 12:00 Class time ~ Noon lunch provided~
12:30 - 1:30 Chapter Meeting - House of Delegate Proposals/Chapter Business
1:30 - 6:30 Class time

Sunday August 26:

8:00 - 9:00 Registration for Kinesage® Self Care for Therapists, Introduction to
 Compassionate Touch
9:00 - 1:00 Class time ~ 1pm lunch provided~
1:30 - 2:30 Chapter Meeting
2:30 - 5:30 Class time

Diana Thompson - Hands Heal: The Proof is in the SOAP Chart (8 CE hours - Friday only)

Kathleen Gramzay - Kinesage® Self Care for Therapists (4 CE hours Friday and repeat on Sunday)

Diana Thompson - Integrative Medical Practice Building (8 CE hours - Saturday only)

Kathleen Gramzay - Introduction to Kinesage® Massage Through Movement (8 CE hours - Saturday only)

Ann Catlin - Day One: Serving Eldercare and Hospice: Job Opportunities are Growing! (6 CE hours- Saturday only)

Day Two: Introduction to Compassionate Touch: Hands-on Care for Those in Later Life Stages (6 CE hours- Sunday only)



Kathleen Gramzay, LMT, BS is a certified Massage Therapist and Approved Provider for Continuing Education through the National Certification Board for Therapeutic Massage & Bodywork. The owner of Knead for Balance, Inc., Ms. Gramzay has run a highly successful practice in Scottsdale, AZ for over a decade, and worked concurrently for a number of years at DC Ranch Country Club and the Ritz Carlton-Phoenix. In these settings, she worked with professional athletes in baseball, basketball, football, hockey, golf and boxing, contributing a wealth of knowledge in the area of sports massage. Her excellent reputation in treating athletes led to her opportunity as the therapist for Major and Minor League Baseball teams.

Her passion to understand how the body moves and the need to find a smarter way to work laid the foundation for a new perspective in massage. Through nine years of application, documentation & evolution, she developed Kinessage® Massage Through Movement, a highly effective and efficient method that uses the body's design for movement to care simultaneously for both therapist and client. Ms. Gramzay is an avid learner with a compelling desire to help others. She has taught anatomical kinesiology and anatomy at the Southwest Institute for Healing Arts in Tempe, AZ, and is a member of the AMTA, ABMP and Alliance for Massage Therapy Educators. She teaches Kinessage® and Kinessage® Self Care for Therapists around the country and conducts speaking engagements on Self Care for the general public. To learn more about Ms. Gramzay & Kinessage® please visit her website at www.kinessage.com

Kinessage® Self Care for Therapists - 4 CE hours In this half day session learn: how to use movement to relieve pain and clear restrictions in your own body

Kinessage® Self Care Learning Outcomes: Utilize movement as mechanism of therapist tension/pain relief, Demonstrate use of anatomy and movement to effect tissue changes and increase range of motion

Kinessage® Self Care Curriculum Body Mechanics in Massage, Overview of Kinesiology and Benefits of Use in Relieving Tension/Pain. Assessment: Assess levels of tension/pain and range of motion before and after techniques to demonstrate their effectiveness. Anatomy Review: This review is interactive –visual and kinesthetic

Kinessage® Self Care Techniques Hands-on techniques and interactive stretching for common therapist areas of injury or discomfort – neck, shoulders, forearms, wrists, fingers, and low back.

Course Includes:* One half day training in Kinessage® with 1-on-1 hands-on attention * In color, graphically-rich, detailed student manual * Certificate of Completion * 4 NCBTMB Continuing Education Credits

Come Equipped - Class Requirements: Be prepared to move! Bring a sheet, towel or mat for floor work. Be ready to stretch and feel in your own body the benefits of fun self-care.

Introduction to Kinessage® Massage Through Movement Course - 8 CE hours

In this one day introduction learn: the science behind the method, how to use movement (yours and your client's), and myofascial release to save your body and energy while becoming a more effective therapist.

Course Learning Outcomes Define the kinetic chain and how it is used in kinetic massage, List the 3 types of levers and demonstrate their applications for massage, Utilize joint movement to improve range of motion, Employ kinetic energy as a method of massage, Demonstrate the use of the mechanical advantage to prevent therapist injury, Apply counter movement, myofascial release, and compression to clear restrictions

Introduction to Kinessage® Course Curriculum:INTRODUCTION: PLATFORMS OF KINESSAGE® • The Kinetic Chain • Joint Movement, Planes, and Degrees • Levers, Fulcrums and Force: the Mechanical (and Therapist's) Advantage for Effective Therapy and Injury Prevention • Counter Movement: Push Me/Pull You • Physiology of Tissue Release Through Kinessage®

KINESSAGE® HANDS-ON LAB – PUTTING IT TOGETHER - (4 Hours hands-on)

• Head and Neck - Demonstration & Lab • Shoulder, Arm & Hand - Demonstration & Lab • Hip, Leg, & Foot - Demonstration & Lab

Prerequisites: An eager mind to learn to work in a completely different way! Familiarity with myofascial release is helpful but not necessary.

Come Equipped - Class Requirements: 1. Exercise Ball(to be provided by AMTA WI Chapter) Ready for fun? Seated work is done on an exercise ball. 2.Table Kinessage® uses movement and takes maximum advantage of your table to save your body. It is not done on the floor or a hotel writing table. If you're flying in for the course, you're exempt from bringing a table and get to make a new friend with someone who drove. 3. Linens, beach-size towel and lotion What is done on the floor, are the Kinessage® Self Care exercises, be ready to stretch and feel in your own body the benefits you'll be giving your clients.



Ann Catlin, LMT, OTR is a nationally certified and licensed massage therapist, and owner of Compassionate Touch®, as well as a Registered Occupational Therapist. For 28 years, Ann has worked with people of all ages in facility care who have physical and cognitive disabilities. Her experience includes administrative positions in rehabilitation and longterm care settings. She has enjoyed teaching throughout her career and began conducting Compassionate Touch® workshops in 2001. Ann lives in Springfield, Missouri where she is the owner of the Center for Compassionate Touch, LLC, the organization that provides CompassionateTouch® training. She also has a massage practice serving elders in facility care and is a hospice volunteer.

Serving Eldercare and Hospice – Job Opportunities are Growing!- 6 CE hours

Day 1

Working with elders and those in hospice care can be a successful area of practice and a personally rewarding experience. More than ever before long-term care facilities and hospice organizations are seeking massage therapists to develop clinical programs.

Trends that lend promise to this ever-growing specialized market for massage therapists include: Increasing number of people over age 85. Many elders will require nursing home or hospice care. Growing numbers of long term care and hospice organizations Person-centered care initiatives in eldercare Older adults are using massage therapy more than ever before. But many massage therapists struggle with fear and lack confidence in their ability to successfully reach out to this special population. “I don’t feel I know enough.” “I don’t know the proper techniques.” “I’ve never worked in this kind of health care system- how do I get started?” “I’m afraid of the emotional toll it might take on me.” It’s true that serving this population requires a unique combination of knowledge, skills and personal awareness but with a little effort on your part you will be on your way to discovering the profound rewards of your work—and get paid for your services!

Join us and find out how you can expand your practice with confidence and enjoy the gifts of serving this special population!

Objectives:

Relate current societal trends to the growth of massage in eldercare and hospice. Articulate perceived barriers to getting paid for work in these settings. Define the mutual benefits of massage programs in eldercare and hospice Identify three options and sources for funding for massage services. Recognize two practice models for funding of massage in eldercare or hospice. Describe two marketing strategies for practice building Identify three resources for clinical program development

An Introduction to Compassionate Touch® : Hands-on Care for Those in Later Life Stages- 6 CE hours

Day 2

Your touch has the power to promote healing, relieve pain and comfort those living with the effects of aging, disease or disability. Compassionate Touch® is a hands-on complementary approach for those in eldercare, hospice and palliative care. It combines focused touch and sensitive massage with specialized communication skills to enhance the quality of life for those in later life stages. More than a set of techniques and skills, it is a way of relating that gives you the opportunity to contribute to the quality of life of another human being in a way that is both simple and profound. This hands-on seminar introduces you to an approach that empowers you with the knowledge, skills and sensitivity needed to share the gift of your touch with this special population.

Objectives: 1. Describe four unique needs of elders in facility care and individuals in hospice. 2. Identify six benefits and effects of massage for those in later life stages. 3. Articulate the unique attributes and concepts of Compassionate Touch®. 4. Relate research findings demonstrating the benefit of massage for individuals in eldercare and hospice. 5. Recognize the use of touch as a medium for relating to an individual with physical or cognitive disability. 6. Define general guidelines of massage for this special population. 7. Safely perform three focused touch and sensitive massage techniques. 8. Identify the unique skill sets necessary to serve this special population.



Diana Thompson is a massage therapist, educator, author, research consultant and volunteer.

She believes massage makes a difference in the lives of those we touch. The goal in her private practice is to assist people in discovering ease and comfort in daily movement, and to provide strategies to recover from surgery, illness and injuries.

She believes that teaching is about stimulating curiosity and creating an appetite for discovery. Her goal as an educator and an author is to do more than impart information and teach routines, but rather to provide students with the skills to solve problems and encourage the desire to seek solutions on their own.

She believes that research is vital to advancing the massage profession. As a research consultant, her goal is to ensure the massage research protocols represent massage as it is practiced, and that the results provide information useful for massage therapists and our clients.

As a volunteer, she is dedicated to the work of the Massage Therapy Foundation. She advocates for organizations that provide massage to people in need, and she believes in cultivating research literacy and capacity within the massage profession.

Diana is the author of *Hands Heal: Communication, Documentation and Insurance Billing for Manual Therapists*. The 4th edition was released in July, 2011, from publisher LWW.

The new version contains:

- A chapter on research and writing case reports
- A new measurement tool: the Patient-Specific Functional and Pain Scale
- Easier-to-use insurance billing forms
- Updated HIPAA information, including how to apply for an NPI#

Somatic Research is Diana's bimonthly column in ABMP's *Massage and Bodywork* magazine. Her articles can be found on the magazine's archives database. Search for Diana's articles in the 2010 and 2011 issues of M&B.

Diana is also a contributor to research, consulting on projects at the Group Health Research Institute in Seattle, Wa. She is an author on the paper titled, *Development of a taxonomy to describe massage treatment for musculoskeletal pain*, published on BioMedCentral in 2006.

Hands Heal: The Proof is in the SOAP Chart - 8 CE hours

According to a recent national survey, 97% of our patients consider massage therapy a part of healthcare. One third of Americans sought massage therapists for the relief of stress, pain, and the side affects of conventional medicine. As such, we have a responsibility to employ ethical healthcare practices, most importantly, medical documentation. Learn the difference between charting wellness massage sessions and sessions that address medical conditions and become proficient at both in this workshop.

Integrative Medical Practice Building - 8 CE hours

Integrative healthcare is the hottest topic amongst the policy makers, inside the debate around healthcare reform, and within the boardrooms of military and civilian hospitals. As massage therapists, we have always applied holistic, patient-centered, natural, non-invasive, preventative healthcare. But we have consistently overlooked conventional practices that are necessary in today's healthcare environment. This workshop will fill in those gaps and teach you how to employ evidence-based clinical reasoning, treatment planning, outcome measures, and team communication skills and earn you respect within integrative medicine.

Please Detach and send to: Stephanie Anderson
 2519 N. Hillcrest Parkway Suite 102
 Altoona, WI 54720 amtawistephanie@essentialmassagetherapy.com

Please print clearly.

First Name _____ Last Name _____ Height(for Kinessage only) _____

Address _____ City _____

State _____ Zip _____ Home Phone _____

Work Phone _____ Email Address _____

AMTA member # _____ * must provide number to receive member discount*

Circle which class/classes you are taking:

	Before August 10th:	After August 10th:
Friday		
Hands Heal - Member/Student:	\$60.00	\$80.00
Hands Heal - Non-member:	\$120.00	\$140.00
Self Care for Therapists - Member/Student:	\$40.00	\$60.00
Self Care for Therapists - Non-member:	\$80.00	\$100.00
Saturday		
Integrative Medical- Member/Student:	\$60.00	\$80.00
Integrative Medical- Non- member:	\$120.00	\$140.00
Intro to Kinessage- Member/Student:	\$110.00	\$130.00
Intro to Kinessage- Non- member:	\$220.00	\$240.00
Saturday & Sunday		
Serving Eldercare and Hospice and Intro to Compassionate Touch- Member/Student:	\$135.00	\$155.00
Serving Eldercare and Hospice and Intro to Compassionate Touch- Non- member:	\$270.00	\$290.00
Sunday		
Self Care for Therapists - Member/Student:	\$60.00	\$80.00
Self Care for Therapists - Non-member:	\$80.00	\$100.00

Method of payment: Check / VISA / MC - PLEASE MAKE CREDIT PAYMENTS @ amtawi.org

Amount Paid _____ Check # _____ Make Checks Payable to AMTA-WI
 PLEASE MAKE CREDIT PAYMENTS ON OUR WEBSITE amtawi.org or call Stephanie Anderson

*** Lunch is included with your registration only pay for guests or if not attending classes.***

Lunch Friday _____ Lunch Saturday _____ Lunch Sunday _____
 AMTA member \$15 Prospective member/guest \$25

Any additional questions regarding conference contact Stephanie Anderson 715-379-6361

Cancellation Policy: Full refund minus \$30.00 administrative fee. Cancellations less than 72 hours prior to the event receive no refund.



**AMTA-WI Chapter Educational Conference
Eau Claire, WI ~ The Plaza Hotel and Suites
Friday November 16th ~ Sunday November 18th, 2012**

**PNMT: Neck and Head - 19 CE hours
with Doug Nelson**

AMTA-WI Chapter Members \$190/Non-Member \$395

Neck pain accounts for a great percentage of visits to massage therapy offices. Headaches alone account for over 80 million visits to the doctor's office per year and the number of new whiplash cases is over one million per year. While the need is great, only highly targeted treatments are likely to produce immediate relief. To treat the neck well, you must know the corresponding musculature and functional relationships thoroughly. More complex than probably any other area, vertebral mechanics also play a major role in understanding muscle function.

The neck is a daunting area to study, fascinating because of its complexity, yet the neck is a work of artistic beauty. The neck is subject to all the stresses and imbalances of the body below, yet it carries this task remarkably well.

The Neck and Head seminar has several sections. They include: 1. Contraindications and screening procedures for the neck. 2. Range of motion restrictions. We will explore limitations in all planes- forward flexion, extension, lateral flexion, and rotation. You will be amazed at the changes PNMT can produce in ROM limits! 3. Muscular Influences in Headaches 4. Occular pain 5. Orofacial Pain

This seminar is designed to be a "hands on" experience and the style of therapy is easy to learn; you can utilize the techniques taught in class immediately. At the end of the seminar, you will put the sections of the seminar together with real world treatment protocols and case studies. We think you will find the PNMT Head and Neck seminar to be immediately and profoundly useful!

Students will also find it a great review of the anatomy and function of the neck musculature.

Do you know. . . * which muscles limit contralateral rotation of the neck? * what the Spurling test is and what it tells you? * what the role of facet inflammation is and what muscles affect it? * what role the anterior muscles serve in whiplash? * what muscles limit capital flexion? * what muscles limit cervical flexion? * what muscle is implicated when a headache disappears after ten minutes of recumbancy * what ligaments can be injured in a whiplash? * what the distinguishing characteristics of cluster headaches are? * what muscles create pain behind the eyes? * what muscle is most likely injured in a lateral whiplash?

Please Detach and send to: Stephanie Anderson
2519 N. Hillcrest Parkway Suite 102
Altoona, WI 54720 amtawistephanie@essentialmassagetherapy.com
1-715-379-6361

First Name _____ Last Name _____
Address _____ City _____ State _____
Zip _____ Home Phone _____ Email Address _____
AMTA member # _____ * must provide number to receive member discount*
Method of payment: Check / VISA / MC - PLEASE MAKE CREDIT PAYMENTS @ amtawi.org

Amount Paid _____ Check # _____ Make Checks Payable to AMTA-WI
PLEASE MAKE CREDIT PAYMENTS ON OUR WEBSITE amtawi.org or call Stephanie Anderson

Any additional questions regarding conference contact Stephanie Anderson 715-379-6361

Cancellation Policy:

Full refund minus \$30.00 administrative fee. Cancellations less than 72 hours prior to the event receive no refund.

Doug Nelson's PNMT Upper Extremity Seminar

By Michael Billings, L.M.T.

Doug Nelson's PNMT seminar on the Upper Extremity is an in depth analysis of the structures and components of the shoulder, arm, and hand coupled with hands on techniques that have been proven effective through his years of practice. In the three days that I was at the seminar I was constantly forced to question the massage knowledge I had previously held as truth. That, in and of itself, is the essence of Doug Nelson's work. He does not claim to have all of the answers, and will humbly admit it. What he strives to achieve is a well grounded sense of curiosity that will never accept an untested truth. To this end, I left with more questions that I had shown up with, but still left a more knowledgeable massage therapist. To put it bluntly, this is a course that all MTs need to take if they are serious about their therapeutic work. You would be hard pressed to find a more scientific approach to musculoskeletal disfunction and anatomy and I already look forward to attending his other seminars.

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Aug. 18, 2012:

Essential Oils /Raindrop Technique

Aug 19, 2012:

Ethics: Boundaries & Self Care

Sept. 9, 2012:

Chakras, the Aura, & Meridians

Oct. 21, 2012:

Meditation & Calming Techniques

Nov. 4, 2012:

Ethics: Boundaries & Self Care



Bonnie Jackson Erdman, LMT
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neighbors. The lessons I learned in this seminar about how to make sure I don't lose myself in being a caretaker, I will be able to translate easily to every aspect of my life. Kathy discussed boundaries and how they are not just to keep us safe from our clients (gossip, lawsuits, and other negative risks we take), but that they also help us remember that we are responsible for what we do, both inside and outside the treatment room. For instance, the client who wants to share their life story before and after the 1 hour they booked, thus making us late for our next client. The boundary of starting and stopping on time, helps us to remember that we are not our client's confidant, or their psychotherapist. Our clients come to us to aid them with muscle aches and pain, to reduce their body's reactions to stress, and to increase the relaxation effects of the parasympathetic system.

Awards

Congratulations to our fellow members who have reached these milestones.

20 YEARS

Ms. Mercedes Dzindzeleta

Kay S. Peterson

Judith A. Kalb

25 YEARS

Jane E. Flint

Kari Gunderson

John P. McMahon

Cathleen E. Stevens

30 YEARS

Ann M. Meyer


Sandra J. Wojtecki Tamel

Be sure to check out the website for those members just starting their journey of 5,10, and 15 years.

She told us how having your policies in writing helps make them clear for both you and your clients. Every now and then, perhaps, we make allowances for particular clients. We let one client talk long after the session is over; we perhaps even schedule ourselves extra time for him or her. Or we talk more about ourselves with another client than others, maybe to help keep their minds off of the sometimes painful work we have to do. Allowances to give our clients the best therapeutic experiences we can, are sometimes ethical. That said though, when we allow a client to stay longer than scheduled, or spend the time our clients want to relax as we complain about our lives, and it isn't done for the betterment of the session; that is not ethical.

She also shared the titles of many books, so that we can read about taking our self-care as far we want. I look forward to reading the books that were recommended. And re-affirming that we are in charge of how we take care of ourselves; our clients are in charge of how they take care of themselves.

I highly recommend taking any seminar that Kathy Ginn teaches. Her patient and caring style of teaching, along with her solid professionalism, make her one of the best people I have ever had the pleasure of learning from.



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Upcoming Open Houses

6pm

8/8, 9/5, 11/7, 12/5

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(920)338-9500

Upcoming Open Houses

6pm

8/9, 9/6, 11/8, 12/6

Madison

2005 W. Beltline Hwy, Suite 201
Madison, WI 53713
(608)270-5245

Upcoming Open Houses

9:30am

8/11, 9/8, 11/10, 12/8

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OCTOBER 20th AND 21st, 2012

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Chakras & Essential Oils (Grafton 8/16/2012)
Very Basic Massage (Grafton 8/23/2012) or (DePere 9/28/2012)
Reiki Level II (enhanced mental/emotional & distant healing) (DePere 8/24/2012) or (Grafton 8/26/2012)
Intro Small Animal Massage (Grafton 9/7 - 9/9/2012)
Gaia's Touch Integrative Stone (Grafton 9/8-9/9/2012)
Reiki Advanced Training (Spiritual Healing) (DePere 9/15/2012)
NMT - Lower (Grafton 9/28 - 9/30/2012)
Ethics & Boundaries (Grafton 9/30/2012)
Mini Basic Massage (DePere 10/1/2012)
Aromatherapy & Essential Oils (Grafton 10/5 - 10/7/2012)
Herbs for Relaxation & Stress Relief (Grafton 10/5/2012)
Small Animal Anatomy (Grafton 10/5 - 10/7/2012)
Advance Medical Aroma-Herbalism Seminar (Grafton 10/10/2012)
Introduction to Vibrational Modalities for Animals (Grafton 10/13/2012)
Lomi Lomi I & II (Grafton 10/19 - 10/21/2012)
Form & Function (De Pere 10/20 - 10/21/2012)
Lomi Lomi III (Grafton 10/22/2012)
NMT - Upper (Grafton 10/26 - 10/28/2012)
Reiki Stone Therapy (DePere 10/26/2012)
Sounds of Healing Workshop (DePere 10/27/2012)
Intro to Energy Medicine through Polarity (Grafton 11/2 - 11/4/2012)
Gaia's Touch Heated Stone (Madison 11/3-11/4/2012)
Touch As Compassionate Care (Grafton 11/10 - 11/11/2012)
Eval & Ethics of Animal Massage (Grafton 11/16 - 11/18/2012)
Reiki, Energy and Body (Grafton 11/30 - 12/2/2012)

Visit www.BlueSkyMassage.com for details. Many of our seminars are offered at different locations and varying dates.

Touch the Lives of Others...Become a Massage Therapist

It Doesn't Have to Hurt to Work

By Casey Guilfoyle, LMT, NCTMB

Racingfish Relaxation & Rehabilitation, LLC

"No pain, no gain." This saying is a tough or fierce way to look at doing things.

"Work smarter, not harder." This saying strikes my fancy much more as an appropriate attitude or approach to living.

Life is a series of choices. Increasing your vitality and overall wellness by incorporating a healthy diet, exercise and continued learning are naming a few choices one can make. I would like to encourage people of all ages and backgrounds to include massage in the list of activities that keep you well.

Massage therapy supports all of the 11 systems in the body and should be a pleasant experience! Be involved with your care. The time you schedule with anyone providing massage is yours and you need to make therapist aware of pressure or techniques feeling to deep or not enough pressure. Allow the therapist to move your arms or legs, we are here to assist you with your individual concerns.

Listed below is a compilation of data gathered by the American Massage Therapy Association® (AMTA®) from U.S. government statistics, surveys of consumers and massage therapists and recent clinical studies on the efficacy of massage. These data provide an overview of the current state of the massage therapy profession, public and medical acceptance of the value of massage and increasing consumer usage of massage therapy in the U.S.

Who Gets Massage, Where and Why?

According to the 2011 AMTA consumer survey, an average of 18 percent of adult Americans received at least one massage between July 2010 and July 2011, and an average of 31 percent of adult Americans received a massage in the previous five years.⁶

In July 2011, 24 percent of women and 13 percent of men reported having a massage in the past twelve months.⁴

Spas are where most people continue to receive massage, with 23 percent of those surveyed in July 2011 saying they had their last massage at a spa.⁴

Use of massage remained steady in 2011. However a

greater percentage of people received massage for medical or health reasons.⁴

Forty-four (44) percent of adult Americans who had a massage between July 2010 and July 2011 received it for medical or health reasons compared to 35 percent the previous year.

Of the people who had at least one massage in the last five years, 40 percent reported they did so for health conditions such as pain management, injury rehabilitation, migraine control, or overall wellness.

Ninety (90) percent agree that massage can be effective in reducing pain, up from 86 percent in the 2010 survey.

Twenty-nine percent of massage consumers had a massage for relaxation/stress reduction between July 2010 and July 2011.

Of those who have ever had a massage, fifty-three (53) percent say they have used massage therapy at least one time to relieve and/or manage stress.

Massage Therapy Research

The therapeutic benefits of massage continue to be researched and studied. Recent research has shown the effectiveness of massage for the following conditions:

Cancer-related fatigue.¹¹

Low back pain.¹²

Osteoarthritis of the knee.¹³

Reducing post-operative pain.¹⁴

Boosting the body's immune system functioning.¹⁵

Decreasing the symptoms of carpal tunnel syndrome.¹⁶

Lowering blood pressure.¹⁷

Reducing headache frequency.¹⁸

Easing alcohol withdrawal symptoms.¹⁹

Decreasing pain in cancer patients.²⁰

Massage and Healthcare

Massage therapists received more referrals from health-care professionals in 2011.

In July 2011, more than thirty-nine million American adults (15 percent) had discussed massage therapy with their doctors or health care providers in the previous year, compared to 16 percent the year before.⁴

Of those 15 percent, 31 percent of their health care providers strongly recommended massage therapy, compared to 35 percent in 2009. While physicians led the way in recommending massage (52 percent vs. 50 percent in 2010), chiropractors (50 percent vs. 35 percent in 2010) and physical therapists (49 percent vs. 38 percent in 2010) also recommended massage therapy when their patients discussed it with them. The number of nurses recommending massage doubled in 2011, with 26 percent of nurses recommending massage in 2011 versus 13 percent in 2010.⁴

Almost all massage therapists receive referrals from healthcare professionals. Ninety-six percent of massage therapists received at least one referral every 6 months from a hospital or medical office in 2011. On average, massage therapists received about 4 referrals per month, twice as many as in previous years.

Massage therapists and consumers favor integration of massage into healthcare.

More than half of adult Americans (59 percent) would like to see their insurance cover massage therapy.⁴

The vast majority of massage therapists (96 percent) believe massage therapy should be considered part of the health care field.⁵

February 17, 2012

The American Massage Therapy Association® (AMTA®) is the largest non-profit, professional association serving more than 56,000 massage therapists, massage students and massage schools. The association is directed by volunteer leadership and fosters ongoing, direct member-involvement through its 51 chapters. AMTA works to advance the profession through ethics and standards, the promotion of fair and consistent licensing of massage therapists in all states, and public education on the bene-

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- 4 2011 and 2010 AMTA Consumer Surveys
- 5 2011 AMTA Industry Survey
- 6 AMTA Consumer Surveys 2003-2011
- 7 Based on a comparison of results of an AMTA 2011 Industry Survey and 2006 U.S. Department of Labor, Bureau of Labor Statistics data.
- 8 American Massage Therapy Association
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Mindy Murkley Treasurer

I have been in the massage therapy field for about five years now. I attended massage therapy school at the Professional Hair Design Academy in Eau Claire, WI. I started my career at the YMCA in Chippewa Falls and about a year later I opened my own business, Mindy's Relaxation Station in Cadott. Through managing my own business I feel I have really grown as a person, it has taught me a lot about myself and given me the opportunity to reach many lives through the beautiful touch of massage. I thrive on learning something new. I have taken many hours of continuing education to better myself and skills as a therapist.



I was a volunteer on the Education Committee for about two years, learning how to put the conferences together so they would be fun and exciting for our members. I am enthusiastic at being the new Treasurer for our wonderful Chapter and working with the Board of Directors. Through this great learning experience I know I will only improve and strengthen myself, I believe I will in turn be a great asset to our Chapter.

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Lyrea Crawford is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a **continuing education Approved Provider**. She has studied in Thailand and is approved as an instructor by the Thai Healing Alliance International (THAI). Lyrea's comprehensive scope of study and experience includes Craniosacral Therapy, Visceral & Neural Manipulation, Anatomy Trains, and quite a few other modalities. Lyrea is also a Yoga Alliance ERYT-200, RYA 500 instructor with extensive training in Therapeutic Yoga.



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Proposed Standing Rules - Your Vote Counts

Join us at the Chapter Meeting on Saturday, August 25 between 6:30 and 8:30 pm where we will vote on proposed standing rules. Proposed rules, if passed, will reflect current policy reducing Chapter Officer educational benefits to a maximum of two events per year and will modify the allocation of Chapter Fees in our budget. If not passed, our current standing rules will remain in effect.

2012 AMTA-WI Chapter Proposed Changes to Standing Rules

SECTION 1 CHAPTER NAME

- A. The name of the chapter shall be The American Massage Therapy Association-Wisconsin Chapter. The name may be abbreviated AMTA-WI Chapter.
- B. The AMTA-WI Chapter shall have the motto "Promoting Wellness Through Massage."

SECTION 2 CHAPTER FEE

The AMTA-WI Chapter Fee shall be \$20 per year per member. This fee must be renewed and approved by the membership every two (2) years.

SECTION 3 CHAPTER OFFICERS

A. Qualifications for elected office shall be as follows:

- 1. A candidate for the office of Chapter President shall have held an elected office or appointed chair position on the AMTA-WI Chapter Board of Directors within the preceding four (4) years.

B. Duties

- 1. Chapter officers are required to attend a minimum of four (4) Board Meetings annually, which include "conference call" board meetings and a minimum of two (2) Chapter Meetings, except for good cause shown.
- 2. At both Chapter Meetings each officer will present a written report(s) given orally of a summary of committee activities.
- 3. Each officer is required to contribute two (2) written submissions annually for publication in the Chapter's newsletter.
- 4. Each Vice President is required to Chair or Co-Chair one committee.
- 5. Each Member-At-Large is required to be a member of a committee.


C. Benefits: Chapter Officers' registration fees for up to two (2) educational functions hosted by the Wisconsin Chapter will be waived annually. Non-compliance of required duties, as defined by Section 3B would result in benefits being revoked.

SECTION 4 CHAPTER BOARD OF DIRECTORS

A. Elected officers of the AMTA-WI Chapter Board of Directors shall include:

- 1.
 - a. President
 - b. Immediate Past President.
 - c. First Vice President
 - d. Second Vice President
 - e. Third Vice President
 - f. Secretary
 - g. Treasurer
 - h. Two (2) Members-at-Large
- B. The Immediate Past President assumes office when a new President is elected for a term of two (2) years or until there is a successor.
- C. The term of office for Members-at-Large shall be one (1) year.

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**For more information, or to
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<http://harborhealthandmassage.com/pages/Anatomy-Trains-2012>



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Outreach Report

AMTA-WI members are truly passionate when it comes to helping their community and those in need of a healing touch!

AMTA-WI member, Bonnie Dittmer, hosted our first Build Your Practice Through Outreach event for 2012 - a Massage-a-Thon during the Relay for Life of Green County. Relay For Life is a life-changing event that helps communities across the globe celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. Bonnie performed chair massage at a \$1/minute with 100% of the proceeds being donated back to honor cancer survivors and help raise awareness to save lives. Thank you, Bonnie, for helping to "Support Wellness Through Massage"!

The Outreach Committee has teamed up with WAFS (the Wisconsin Alliance for Fire Safety) and The Phoenix Society to help support burn survivors of all ages throughout Wisconsin. We are sponsoring a com-

plementary 6-hour introductory training course designed specifically for AMTA-WI by Raquel Torres, BS, LMT. This specialized training prepares Outreach Team Members to work comfortably and confidently with burn survivors by helping you understand scar tissue, and assessing and managing any degree of injury. Outreach members benefit not only by being able to effectively serve again this year at the Summer Camp for Burn Injured Youth and The Phoenix Societies 2012 World Burn Congress in Milwaukee, but this training expands your practice to the local burn community.

We are truly grateful for the outpouring of support from our members. If you would like to become involved in helping burn survivors through one-on-one volunteering either within a hospital setting or be partnered with a burn survivor in your area, please contact Outreach Chair, Amy McLoughlin at artofmassage-andwellness@yahoo.com

Jeanne Zautner, Secretary

Elected March 2012

I have been in this profession for seven years. I have had the privilege of working as a massage therapist at Apple a Day Massage, a bodywork instructor at Lakeside School of Massage Therapy, and Lead Therapist at Massage Envy Delafield & Mayfair. Besides the fantastic lessons learned from the actual bodywork I have done and received, this path has also honed skills such as management, staff development, and treatment planning.



2012 is a year of extraordinary change for me personally and professionally. I am thrilled to become an active part of the AMTA Board of Directors in the capacity of Secretary. With a BA in English and extensive knowledge in the field, I feel that I can add value in this role. This is a group of volunteer professionals with a commitment to the field of massage therapy, and I have already learned much and enjoyed many laughs with these great women.

Together with my fantastic and talented business partner, Tanya Bruski, I am so thrilled to announce the opening of our new massage business in Bay View, Healium Massage and Wellness. We open our doors on August 1!

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Your input is valuable, will you help us?

This year at our national convention the House of Delegates will be voting on 6 position statements and 2 recommendations. The position statements are on: Massage and Low Back Pain, Massage and Public Health, Massage and Health, Massage and Sleep, Massage and Fibromyalgia, Massage for Burn Scars. Further details on these can be found on the national website at: <https://www.amtamassage.org/chapters/House-of-Delegates/AMTA-Position-Recommendations.html>

Currently there are 9 approved position statements that the House of Delegates has approved over the years. If this year's position statements are approved they will be added and will be provided to the public as a stance that we take on the effects of massage therapy. A great deal of time, effort, research and collaboration has gone into the development of these statements. If you could all take a few moments and read through them we would greatly appreciate your input. At our fall meeting in the Dells our chapter will be voting and sharing with the delegates how our state feels.

We have five delegates that will be representing us and they would love to hear from you. Please share your thoughts, concerns and/or questions with them.

Robin Brauner: robinbrauner@gmail.com, Cynthia "Sam" Licht: brthmk@yahoo.com; Alisha Mell: alisha@nurturingbalance.com; Kristine Ott: krisott@live.com; Mary Schweiger: _mary@mindandbodyessentials.net