

Connecting Hands



The American Massage Therapy Association Wisconsin Chapter
Volume 15-04

Promoting Wellness Through Massage
Fall 2008



NATIONAL
Massage Therapy
AWARENESS WEEK®

What's Inside

Ethical Dimensions
page 5

Conference in
February
page 12

One of Us
pages 13 & 20

Reflexology Review
pages 9 & 16

A Message from your
Education Chair
page 17

NMT Review
pages 9 & 19

Humanitarian Award
Search
Page 22

October 19-25, 2008

During this annual AMTA-sponsored event there is a lot of extra media coverage on the benefits of massage therapy. Please do your part at the local level to help celebrate! 1) Reach out to a deserving group in your community with an offer of free massages; 2) Educate the people you work with about massage; 3) Educate a new group of people in your community; 4) Share your experiences and knowledge with massage therapy students; 5) Order posters from AMTA National to put around town; 6) Network with other AMTA massage therapists in your area. 7) Contact your local media with news releases, articles or interviews about massage or onsite events that you do. See page 10 in this issue for an onsite intake form that you can copy. For many more ideas, including a 39-page planning guide go to www.amtamassage.org and then click on "NMTAW" in the Member's Section.

Urgent State Renewal Info

If you are a Wisconsin Certified Massage Therapist or Bodyworker you will need to have current CPR/AED certification by the renewal deadline of February 28, 2009. See page 6 for details.

Just A Little Help from Each Member

In January 2009 the AMTA-WI Chapter will be introducing a massage and bodywork therapy licensing bill to the Wisconsin legislature for consideration. If we want this bill to become law we all need to connect with our state legislators, so that when we ask for their support in January they will know us. Even the smallest gesture this fall before the elections on November 4 can make a big difference! Call 1-800-362-9472 or go to www.legis.state.wi.us to find out who represents you in Madison. Then call or email your two state legislators (or the candidates of your choice) to see how you can help them win on November 4. For example, ask for a yard sign, offer to help pass out literature, stuff envelopes, do errands or bake treats for other election volunteers.

AMTA - WI Chapter Officers

PRESIDENT

Amy Remillard, WCMT
Term ends 2/10
120 West Wabash Avenue
Waukesha, WI 53186
(262) 549-2362
amy120@wi.rr.com



FIRST VICE -PRESIDENT

Kay S. Peterson, WCMT
Term ends 2/09
4330 Golf Terrace #209
Newsletter Editor
Eau Claire, WI 54701
(715) 835-2746
essentialmassage@sbcglobal.net



SECOND VICE -PRESIDENT

Ellen Wittwer, WCMT
Term ends 2/10
909 S. Covenant Ln.
Appleton, WI 54915
(920) 720-2208
Stressrelief1@juno.com



THIRD VICE PRESIDENT

Sara Smiley-Robbins, WCMT
Term ends 2/09
4210 Ravinia Dr. #204
Greenfield, WI 53221
(414) 429-5791
ssmileycmt@yahoo.com



SECRETARY

AnnMarie Kolb, WCMT
Term ends 2/09
4341 W. Calumet Road
Brown Deer, WI 53223
(414) 247-0908
ihmkolb@gmail.com.



TREASURER

Shane Granzow, WCMT
Term ends 2/10
1109 Stoughton Av.
Stoughton, WI 53538
(608) 320-9376
wildernesshealth@charter.net



IMMEDIATE PAST PRESIDENT

Betsy Krizeneksky, WCMT
325 N. Commercial St. #100
Neenah, WI 54956
(920) 725-0224 / fax (920) 725-5617
Krizeneksky@aol.com



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 a quarterly publication of 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.

Committee Chairs

DELEGATES '09 Convention

Michael Rude 262-884-8059
AnnMarie Kolb 414-247-0908
Robin Brauner 715 379-0900
Marty Ferris 715-297-4747
Kathleen Treffert 414-443-1356
WEB MASTER
Judy Wu WCMT
innerpearlmassage@yahoo.com
SCHOLARSHIP
Dorothy Sack, WCMT
262-554-5419
ken-dorothy@wi.rr.com

AWARDS

Ellen Wittwer, WCMT
920-720-2208
Stressrelief1@juno.com

DISPLAY UNIT

Lynn Kutz, WCMT
920- 470-7488
lynnmkutz@aol.com

SPORTS MASSAGE TEAM

Jonathon Walton WCMT
jonathanwaltonbodyworker@yahoo.com

EDUCATION

Amy Appel, WCMT
715-299-3488
amypowerhands@yahoo.com

LAW & LEGISLATION

Betsy Krizeneksky, WCMT
920-725-0224
Krizeneksky@aol.com

Important Contact Information

AMTA-WI Chapter Voice Mail & Website

414-299-9201

Website: www.amtawi.org

AMTA National Office - NEW

500 Davis St, Suite 900

Evanston, IL 60201-4444

Toll Free Phone: 877-905-2700.

Fax: 847-864-1178

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.

Wis. Educational Approval Board

PO Box 8696

Madison, WI 53708-8696

Phone: 608-266-1354

Fax: 608-264-8477

To verify a school's status, make reports

National Certification Board

1901 South Meyers Road suite 240

Oakbrook Terrace, IL 60181-5243

800-296-0664 for applications

Website: www.ncbtmb.com

For application downloads, updates, etc

Presidents Message



Fall is a season where a mosaic of change occurs. Emerson once wrote, "Nature always wears the colors of the spirit." To experience the seasonal changes and how it unfolds is an exciting time just as the volunteer experiences unfold for the AMTA WI Chapter as well.

If you missed the last educational event and chapter meeting you missed seeing the changes first hand. First of all, the education committee organized a fabulous event with three extraordinary educators, Doug Nelson, Claire Marie Miller, and Kathy Ginn. Thank you to the education committee, Amy Appel, Mary McCluskey, and Jennifer Morgan. Mary and Jennifer have decided to step down as co-chairs of the committee. Amy Appel will continue as Education Chair. Mary and Jennifer will volunteer for other opportunities within the chapter. If you see any of them, please thank them for the hard work they did in organizing the fall, 2008 educational event. Also, please welcome Amy Appel as the Education Chair. Several members approached me and also emailed me with positive remarks about the weekend and complimented the chapter for a job well done. During the Chapter meeting we announced that all board members would wear colorful t-shirts to distinguish themselves. This way, all members would be able to readily find any board member if questions needed to be answered. Ellen Wittwer, the awards committee chair, also presented several awards and recognized individuals who have been members of the AMTA for 25 years or longer. She worked hard to make sure that the WI Chapter recognized extraordinary individuals who volunteer to make our chapter and our profession what it is today.

There are a lot of events occurring within the massage profession. As a reminder, the National Convention is being held in Phoenix, AZ, September 17-20. The delegates are prepared to represent the WI Chapter well. We have new state pins for the delegates to trade with other states. Trading pins is a way for delegates to network with other delegates and individuals from other states (Individuals display the amount of pins they received on their name badges). If you have suggestions for a new state pin, please contact Ellen Wittwer (her contact information is on the front inside cover) with your suggestions or for further information about the WI pin contest.

National Massage Therapy Awareness Week is from October 19-25, 2008. If anyone is organizing anything in your area please let me know at amy120@wi.rr.com or call me at 262-549-2362. Also, if anyone is interested in volunteering to offer massage therapy sessions for caregivers of those caring for someone with a chronic illness during this week please let me know (in the Waukesha or Milwaukee County area only please). Please see page

continued on page 20

Newsletter Committee Chair

Kay S. Peterson

Layout/Design

Mike Rude

Editorial Committee

Board of Directors

Deadlines

November 30 (January Issue)

February 28 (April Issue)

May 31 (July Issue)

August 31 (October Issue)

Submissions will be accepted by email at:

essentialmassage@sbcglobal.net & mikerude@mac.com

Advertisement should be sent in PDF format by email to the above addresses.

Typed or handwritten submissions are also welcome,

they should be mailed to:

Essential Massage

4330 Golf Terrace #209

Eau Claire, WI 54701

Advertising Rates

Full Page - \$175

1/2 Page - \$90

1/4 Page - \$50

1/8 Page - \$30

Classifieds & Personals - \$8, (20 words or less)

Professional Networking- FREE to all AMTA members and Chapters.

Lakeside

SCHOOL OF
MASSAGE THERAPY

25% off

Lakeside-Sponsored
Continuing Ed
for Grads

Continuing Education Courses

Questions? Contact Megan, 414-372-4345 ext. 17 or megan@lakeside.edu.

Exercise Physiology - Preparation for Personal Training

This course is designed to build upon the basic knowledge of anatomy, physiology, and kinesiology as it relates to the human body to include the physiological responses of body systems to various types of exercise. The course will address differences relating to types of aerobic and anaerobic exercise on tissues of the body, nutrition factors in age, health and performance, and gender related differences and their implications in exercise and response to physical stressors. The course takes place on Friday, Sat., & Sun. of two weekends, 11/7-11/9 and 11/14-11/16. The course will be held 12pm-9pm on each Fri.; 9am-6pm on each Sat. and Sun.

Date: Fri., Oct. 31-Sun., Nov. 16, 2008

Location: Lakeside's Milwaukee Campus

Instructor: Mary Beth Dietz, DC, CSCS

Hours: 48

Cost: \$600

Cost to Lakeside Graduates: \$450

Exercise Testing and Prescription

This course is designed to integrate the knowledge learned as it relates to tissue elasticity and the effects of massage strategies with the principles of various types of exercise, exercise testing, and exercise prescriptions. The course will include concepts of stretching, resistance training, anaerobic and aerobic exercise, as well as the concepts of making recommendations for various types of exercises. Course takes place 12pm-9pm on Fri.; 9am-6pm on Sat. and Sun.

Date: Fri., Dec. 5-Sun., Dec. 7, 2008

Location: Lakeside's Milwaukee Campus

Instructor: Mary Beth Dietz, DC, CSCS

Hours: 24

Cost: \$360

Cost to Lakeside Graduates: \$270

Pharmacology for Massage Therapists

This course is designed to address the effects of various pharmaceutical agents on the body, their variability in therapeutic effects, and their impact on the delivery of massage therapy.

The course will address various agents that are more prevalent in disorders such as, but not limited to, diabetes, thyroid dysfunction, cardiovascular disorders, circulatory disorders, pain management, and various medications used in treating mood disorders.

Course is held 9am-6pm each day.

Date: Sat., April 25-Sun., April 26, 2009

Location: Lakeside's Milwaukee Campus

Instructor: Jean Wible, author of the book *Pharmacology for Massage Therapy*

Hours: 16

Cost: \$240

Cost to Lakeside Graduates: \$180



REGISTER ONLINE
www.lakeside.edu

ASSOCIATE Degree Program

Accepting Applications
for April 2009



Work at Lakeside!

We're looking for people with teaching and practitioner experience. Contact Jerailyn Jones, Director of Education, jerailyn@lakeside.edu, **414-372-4345**

Lakeside does not discriminate on the basis of race, color, national or ethnic origin, gender, sexual orientation, religion, age or disability in administration of the educational policies, admission policies, and other school administered programs.

Milwaukee 414-372-4345
1726 N. 1st Street, Milwaukee, WI 53212
milw_info@lakeside.edu

Lakeside
SCHOOL OF
MASSAGE THERAPY

Madison 608-274-2484
6121 Odana Road, Madison, WI 53719
madison_info@lakeside.edu

Ethical Dimensions

Q. How do I establish and maintain a professional mentoring relationship?

This question was asked during the Ethics workshop at the AMTA Fall conference.

Both terms supervision and mentoring are used interchangeably to define this helping relationship!



First I would like to share with you the benefits of a mentoring relationship. Being in supervision creates a setting for self-care, support, nurturance, insight and guidance. Supervision can offer a safe space to explore the fragile dynamics of the professional relationship along with studying and being witness to yourself in relationship to your client. The term supervisor is used to refer to someone with whom you can discuss the specifics of the client-therapist relationship without violating confidentiality. Therefore the mentoring relationship must be contractual. It is a paid relationship with an experienced professional. This relationship is collaborative. It can hold a sense of mutual empowerment and support. Your clients must be informed you are seeking supervision as part of your continued professional and personal growth.

So, how does one establish a mentoring relationship? An appropriate mentor might be a psychotherapist, a seasoned massage therapist or bodyworker with experience in ethics, boundaries and client/practitioner dynamics, a spiritual guide, or a religious counselor. What is most important is that this person maintain the highest ethical standards, be familiar with the principles of your work, be skillful in psychodynamics, continues to do his or her own inner work to a deep level, and be an inspiring and competent role model for your own evolution, just as you seek to be for your clients. The relationship can take place in person or over the phone. Any time is the "right" time to seek this help along your path. Whether you are just beginning your career, or are a seasoned practitioner, a mentoring relationship can bring clarity and wakefulness to your practice.

Another way to think about professional supervision is as a form of insurance. Whether you have a current situation you are seeking guidance for, or feel your practice is running smoothly, you can always use your supervision time to deepen your personal awareness process. Having an established, ongoing supportive relationship in place will

only serve you and your professional and personal development.

The areas of concern that often are presented within this helping relationship are as follows:

Dynamics of the client/therapist relationship. The management of establishing and maintaining a clear and healthy relationship with your client is often confusing and demanding.

Therapeutic communication skills: Often times you know what the right decision is, however how to convey this to your clients is often a challenge. Learning how to express yourself within the therapeutic relationship.

Business skills: Helping to create a practice that is simultaneously profitable, and personally satisfying. Learning to overcome the challenges you currently face in building a thriving practice means knowing what to do, but more importantly knowing who to be. Taking an honest look at yourself and making necessary shifts in your thoughts, feelings, and behaviors so you can become an alert, savvy,

continued on page 20

Kathy Ginn CE Courses

Kathy is an approved provider with NCBTMB #399967-00

October 19th	Professional Ethics	Milwaukee
November 2nd	Ethic as Right Use of Power	Richland Center
November 8th	Professional Ethics	Madison
February 1st	Ethics as Soul Work	Madison
March 13-14th	4 Pillars of Business	Madison

TO REGISTER CONTACT:

Kathy Ginn
WI CMT #361-046
(608) 334-8592

Email: Kathy@ethicaldimensions.com

ONLINE REGISTRATION & Course Description:

www.ethicaldimensions.com

URGENT

State Certification Renewal Information for
 ALL Wisconsin Certified Massage Therapists and Bodyworkers
 by Betsy Krizenesky, WCMT, Law & Legislation Chair, 920-725-0224 Krizenesky@aol.com

2007 Wisconsin Act 104 updated *Wis Stats Chapter 460, Massage Therapy & Bodywork*, to require all Wisconsin Certified Massage Therapists & Bodyworkers (among other healthcare providers) to be proficient in the use of an Automated External Defibrillator (AED). The law does not require anybody to purchase an AED or have one in their practice.

Prior to your state certification renewal deadline of February 28, 2009, you must complete an approved CPR/AED certification course (listed below). Although the new law specifies AED certification, qualifying AED training is typically offered only as a component of CPR certification programs. If you have current CPR certification you may qualify to take a special stand-alone AED course. At the time of renewal, and at every subsequent renewal, you must have evidence of current certification and must sign an affidavit attesting that it is current. For more information about the changes, please visit the "What's New" Webpage at: <http://drl.wi.gov/prof/mass/whatsnew.htm>

The courses below fulfill the CPR/AED training requirements for Massage Therapists and Bodyworkers' renewal requirements as approved by the Wisconsin Department of Health Services. Note that all courses are for professionals and that each organization names its course differently. Course length varies (5-8 hours), as well as how long the certification stays current (some good for one year, some for two) but all of the below qualify. Course costs are in the \$40-\$70 range, including materials. Excellent places to find a course are your massage school, your local hospital or a Red Cross Chapter. Also check the Wisconsin Technical College System, which has 47 campuses covering the entire state. Most of those campuses have many satellite locations and have multiple course offerings. www.wtcsystem.org/colleges.htm

American Heart Association – www.americanheart.org
BLS Healthcare Professional CPR (5 hours, good for 2 years)

American Red Cross – www.redcross.org
CPR for the Professional Rescuer Course (8 hours, certification good for 1 year; annual RE-certification course is a 4 hour course)

American Safety and Health Institute – www.ashinstitute.org
CPR Pro – Professional Level CPR/AED Course

American Academy of Orthopaedic Surgeons - Emergency Care and Safety Institute (formerly National Safety Council) – www.ecsinstitute.org
Professional Rescuer CPR Course

Medic First Aid (formerly EMP America) – www.medicfirstaid.us/
Basic Life Support for Professionals Course

As a service to members the AMTA-WI Chapter will be offering qualifying CPR/AED courses on a limited basis. Since we cannot possibly provide for all 1750 members, you should seek a course on your own as soon as possible in order to meet the next renewal deadline of February 28, 2009. Check future *Connecting Hands* for listings of AMTA-WI sponsored courses.

Blue Sky



SCHOOL OF PROFESSIONAL MASSAGE & THERAPEUTIC BODYWORK

- OUR PROGRAMS EMBRACE A HOLISTIC APPROACH TO THERAPEUTIC MASSAGE
- FEDERAL FINANCIAL AID IS AVAILABLE FOR THOSE WHO QUALIFY
- FULL OR PART-TIME OPTIONS, STARTING IN SEPTEMBER & MARCH
- INSTITUTION ACCREDITED BY THE COMMISSION ON MASSAGE THERAPY ACCREDITATION (COMTA)
- APPROVED FOR VETERANS BENEFITS FOR THOSE WHO QUALIFY

CONTINUING EDUCATION SEMINARS

NCBTMB Approved

Specialty Classes

- Lymphatic Massage, November 1, Grafton
- Ethics and Boundaries, November 1, Grafton
- Precision Neuromuscular Therapy for the Head and Neck, November 7 - 9, Grafton
- Reiki: Energy and Bodywork, November 7 - 9, De Pere
- Lomi Lomi I & II, November 14 - 16, Grafton
- Lomi Lomi III, November 17, Grafton
- Cancer AIDs and Post Mastectomy Massage, November 21 - 23, Grafton
- Acupressure: Jin Shin Do, December 5 - 7, Grafton
- Reflexology, December 12 - 14, Grafton
- Business Mastery*, January 16 - 18, Grafton
- Spa Services and Hydrotherapy, January 31 - February 1, De Pere
- Tui Na, January 31 - February 1, Grafton
- Precision Neuromuscular Therapy Form and Function, January 23 - 25, Grafton
- Cranial Sacral Massage, February 6 - 8, Grafton

Small Animal Massage

- Introduction to Small Animal Massage, October 24 - 26, Grafton
- Small Animal Anatomy, November 14 - 16, Grafton
- Evaluation & Ethics: The Business of Animal Massage, December 5 - 7, Grafton

not NCBTMB Approved at this time

Seminar Registration:

Administration Office
N5821 Fairway Drive
Frederonia, WI 53021
262-692-9500

Greater Milwaukee

1930 Wisconsin Avenue, Lower Level
Grafton, WI 53024
262-376-1011
Grafton Open House: 6pm
November 6th, December 4th

Madison

2005 West Beltline Highway, Suite 201
Madison, WI 53713
608-270-5245
Madison Open House: 9:30am
November 8th, December 6th

De Pere

2200 American Boulevard
De Pere, WI 54115
920-338-9500
De Pere Open House: 6pm
November 5th, December 3rd

**Financial Aid Informational
Meeting following the
Open House. Reserve your
seat today!**



www.BlueSkyMassage.com • email: info@BlueSkyEdu.org



AMTA's National Massage Therapy Awareness Week

October 19-25, 2008

Every October members, schools, and chapters across the country celebrate AMTA's National Massage Therapy Awareness Week (NMTAW) by educating consumers on the importance of massage. In addition to celebrating massage, NMTAW gives you the opportunity to promote what is important to you. Think of this week as a tool that you can customize and tailor to your own individual needs. All AMTA members can participate and use this week to achieve their own specific goals. Check <http://www.amtamassage.org/member/nmtaw2.html> for more ideas.

Is your goal to attract more clients?

Use this week to reach out to the public to promote massage and your business! Hold an open house and invite people in your community to learn more about how massage can impact their health and well being. Send out postcards to old clients inviting them back to your practice. Advertise a special for new clients. Offer regular clients an incentive to refer people to you. These are only a few ideas on how to use this week to market your business.

Are you looking to network with other AMTA massage therapists in your area?

Take this opportunity to contact fellow AMTA members. Get together to meet people, exchange ideas, and share experiences. Maybe you want to organize an activity to promote massage. Invite other AMTA members to participate. Look into health and wellness fairs in your area. Local charity races or festivals are also great places to get the word out about massage.

Do you want to reach out or give back to a deserving group in your community and donate your time and skills to show your appreciation?

Identify people in your area that may really benefit from your skilled hands. In previous years, members have donated their time for police and fire departments, hospice workers and military families. Giving the gift of massage can be just as rewarding for you as for the deserving recipient.

Do you want to educate the people you work with about massage?

Maybe you work at a spa or health club and want to educate the staff on the benefits of massage so they can better recommend your services to prospective clients. Set up a time to give demonstrations to the staff so they can speak to clients about your work first-hand. Encourage them to ask you questions so they can better answer inquiries from the public. You'd be surprised how popular you become once your co-workers start mentioning you to customers and even making appointments for themselves.

Are you looking to educate a new group of people in your community?

Members in the past have reached out to community centers, libraries and hospitals during NMTAW and given presentations on the many benefits of massage. This puts you in front of a captive audience with whom you can share your knowledge about how massage can make a difference in their lives. You may want to include success stories about clients who have benefited from massage to add a personal touch to your lecture. Pass out literature including brochures and pamphlets including your business information so audience members can contact you to make an appointment.

Are you interested in sharing your experiences and knowledge with massage therapy students?

Those just entering the profession could learn a lot from someone who has been practicing massage therapy. Contact a school in your area and volunteer to speak with their students. Pick a topic that will be interesting to your audience. Experiences working in different environments or what it is like to own your own practice are areas that may appeal to them. Taking the time to connect with those beginning their career in massage therapy can be a very worthwhile experience.

Engage the Tissue! Don't Overpower it!

by Trisha Nepper, WCMT, NCBTMB

I recently had the opportunity to attend the Precision Neuromuscular therapy three day training on the Spine and Thorax at the Chula Vista resort in Wisconsin Dells. It was a blast!!! I was pleasantly surprised at the wonderful and masterful teaching methods of Doug Nelson. His challenging questions made me think about how muscles function and work together. We not only found the muscles on our partner, we moved about the room randomly and found the muscles on several of our classmates. We started with finding the PSIS on our classmates and evaluated the SI joint for hypermobility or hypomobility. We learned several tests for hip pathology. Then for the next three days we learned about specific muscles and the hands on techniques to release them and dissolve their "stuckness". My deductive reasoning skills were sharpened and my palpation skills improved. We learned that there are many causes for one symptom. Effort does not equal impact. Engage the tissue! Don't Overpower it! What is the response of the nervous system of your client? Check in constantly. ASK! Everyone is different.

Doug had many video clips of clients and we were asked to evaluate and suggest what the treatment might be to relieve their symptoms. Doug has a great sense of humor and kept us laughing with his stories. His teaching taught us the practical application and use of the muscles we studied. This was invaluable.

Chula Vista is a beautiful resort. Some of us spent our free time in the waterpark and enjoyed the water roller coaster, the hot tubs, the inner tubes in the lazy river, as well as the body and tube slides. We laughed, screamed and played in the water. Many therapists brought their families. Some of us roomed together and made new friends. This was a valuable workshop in many ways and I am glad I was able to attend it.

INTEGRATIVE REFLEXOLOGY WITH CLAIRE MILLER

by Carol J. Framnes WCMT

This was a great class. It is the class to take if you would like to incorporate reflexology into your practice:



Claire Miller demonstrates a Reflexology technique

Swedish, deep tissue, cranial sacral, myofascial, etc. You can easily go from the information you get at the foot and take it right to that place in the body, working that area also.

I enjoyed Claire and her teaching method. She is a wealth of information and we took advantage of it. A nice thing about Claire, she is very knowledgeable but still interested in what we had to say.

I took the class because I needed 20 credits. All I can say is that I am glad that the class was offered and that I was able to be one of Claire's students. Even though I have taken reflexology before and use it (as a stand alone), I know that I will definitely incorporate, Integrative Reflexology in my everyday practice. Thanks Claire!!

Fox Valley School Of Massage Learn From the Best

*Approved by The State of Wisconsin Educational Approval Board

*Member AMTA Council of Schools

*Approved by the WI State Approving Agency for Veterans Benefits

Become certified to practice massage in a comprehensive program designed to prepare you for a successful career as a massage therapist. Our unique curriculum sets a new standard for this exciting profession.

Anatomy and Physiology / Nutrition

Massage Theory and Practice

Pathology

Hydrotherapy

Yoga

Aromatherapy

Kinesiology

Qi Gong/Fundamentals of Chinese Medicine

Polarity Therapy

Sociology

Introduction to Herbolgy

Business and Professional Practice

Introduction to Reiki/Chakras

Myofascial Release

Introduction to Reflexology

Body Positioning / Positional Release

New classes beginning in **September and February**

Day and evening classes available

Interest-free Payment Plans Available

526 W. Wisconsin Avenue Appleton, WI 54911

Call us today to receive a Free Catalog **920-993-8660**





Massage Therapist's Name _____

On-Site Intake Form

Welcome and thank you for your interest in massage therapy! Before you receive your on-site massage, if you have any recent or chronic medical conditions, please check the list below and discuss them with your massage therapist. If you are under the care of a medical professional or taking any medications please also inform your massage therapist of this.

- | | |
|------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Dislocations | <input type="checkbox"/> Recent Surgery |
| <input type="checkbox"/> Back Injuries | <input type="checkbox"/> Fainting Spells |
| <input type="checkbox"/> Neck Injuries | <input type="checkbox"/> Numbness, tingling |
| <input type="checkbox"/> Pulled Muscles | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Muscle Cramping | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Blood Clots | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> Stiff Neck | <input type="checkbox"/> Inflammation |
| <input type="checkbox"/> Mid Back Pain | <input type="checkbox"/> Skin Problems |
| <input type="checkbox"/> Lower Back Pain | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Fractures | <input type="checkbox"/> Currently pregnant |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Other recent or chronic conditions |
| | <input type="checkbox"/> No known pre-existing conditions |

Signed: _____ Date: _____

Name (please print clearly): _____

Common Injuries Workshop: Assessing and Treating the Most Common Injuries 13 CEs

Study injury assessment and learn new treatment skills. The workshop has been designed to help bodyworkers assess and treat specific injuries that challenge and frustrate most therapists. You will take effective and usable skills back to your practice.

You will become familiar with the anatomy, assessment skills, exercises and treatment techniques for the most common injury in each of the following areas:



- Shoulder Pain - Subscapularis Tendinitis • Elbow Pain - Tennis Elbow • Neck and Scapula Pain - TP 7 Ligament Injuries • Low Back Pain - Ilio-lumbar Ligament Sprain
- Anterior Knee Pain - Patella Tendinitis • Ankle Pain - Lateral Ankle Sprain

Through hands-on experience and the development of analytical thinking skills, you will be better prepared to understand and treat these common injuries. Discussions will include the interrelationships among these common injuries, stress, diet and emotional factors.

Dr. Ben E. Benjamin has dedicated his life to helping people cope with and overcome the pain and stress caused by injury to the body. His therapeutic techniques help reduce and eliminate pain produced by adhesive scar tissue formed from soft tissue injury.

In sports medicine/muscular therapy private practice since 1963, Dr. Benjamin is the founder of the Muscular Therapy Institute in Cambridge, MA. As an educator and author, he has conducted seminars and workshops across the country, served as an instructor and trainer in a variety of settings, and written several books and countless articles. His books include: Listen to Your Pain: The Active Person's Guide to Understanding, Identifying, and Treating Pain and Injury; Are You Tense?: The Benjamin System of Muscular Therapy; and Exercise Without Injury.

Pregnancy Massage Workshop 6 CEs: Every massage therapist should take this class! It is a great workshop to take as a refresher course or for anyone looking for some fantastic techniques for the pregnant clientele that comes into your practice. Demonstration and practice will focus on the third trimester common discomforts of sciatic pain, round ligament pain, calf cramps, carpal tunnel, rib constriction, low back, and more. Learn the safe, effective techniques that Swedish massage can never offer.



Kelly Lott, LMT is a massage therapist with more than 16 years experience in massage and transitioned into teaching full time for the past 12 years. She has been a nationally certified instructor through NCBTMB for the past 11 years. She has extensive experience teaching massage classes all around the country in pregnancy, post-partum/ labor, face toning, cold stone therapy for migraine headaches and many other massage related topics. Ms. Lott displays experience, professionalism and the ability to provide massage education in a fun, relaxed atmosphere.

Emotions in the Session Room - Exploring the Psychological Life of the Body 6 CEs:



This class invites the participant to explore how the psychological life of the body impacts the massage therapy session, and the dynamics of the therapeutic relationship. This class will provide knowledge, skill and a greater understanding of the psychological issues that can arise from using touch in the therapeutic process, and how massage therapists can offer a safe and supportive container for their clients while remaining true to their scope of practice.

Kathy Ginn has been active in the profession of massage therapy and bodywork since 1991, specializing in body/mind inter-relationship, massage for people living with cancer and Esalen massage. I began my studies at the McKinnon Institute in Oakland, CA. In 1994 I attended Crystal Mountain School of Natural Therapeutics in Albuquerque, NM. In 1997 I moved to Madison, WI, where I now live, teach and have my practice.



*American Massage Therapy Association
Wisconsin Chapter*

ANNUAL CHAPTER MEETING & EDUCATION CONFERENCE

February 21 - 23, 2009

Country Springs Hotel, Waterpark and Convention Center

2810 Golf Road

Waukesha, WI 53187

(1-800-247-6640)

\$119 per night for the suite. Reserve by January 21, 2009 for special rates!

Saturday Classes (choose one)

2/21/09

One Day - Ethics with Kathy Ginn 6 CEs 9am to 4pm

Sunday Classes (choose one)

2/22/09 & 2/23/09

One Day - Pregnancy Massage with Kelly Lott 6 CEs 8:30 am to 5:30 pm

Two Days -Common Injuries Workshop with Ben Benjamin 13 CEs

Sunday 8:30 am to 11:30 am (Chapter meeting) 2:30 pm - 5:30 pm

Monday 8:30 am - 4:30 pm

Saturday 2/21/09

Before 2/2/09

After 2/2/09

_____ Ethics AMTA-WI Member or student

\$50.00

\$75.00

_____ Ethics non-member

\$110.00

\$135.00

Sunday 2/22/09 * tables needed

Before 2/2/09

After 2/2/09

_____ Pregnancy AMTA-WI Member or student

\$85.00

\$110.00

_____ Pregnancy non-member

\$105.00

\$130.00

Sunday / Monday 2/22/09 & 2/23/09 * tables needed

Before 2/2/09

After 2/2/09

_____ Common Injuries AMTA-WI Member or student

\$250.00

\$275.00

_____ Common Injuries non-member

\$325.00

\$350.00

*** ALL CLASSES INCLUDE LUNCH ON ALL DAYS. LUNCH CAN NOT BE DEDUCTED FROM SEMINAR PRICE**

Sunday 2/22/09 11:30 - 12:30 Lunch Only _____ \$15.00 (There is no charge for attending the Chapter Meeting)

Name: _____

Address: _____ City _____ St. _____ Zip _____

Telephone: _____ AMTA Member No. _____

Amount _____ Payment Method _____

Visa/MC # _____ Exp. Date _____

(Make sure your **billing address** for this card is printed above on the address line)

Ideas for Future Presenters? _____ Bringing Table yes/no

Make Checks payable to:

AMTA-WI Chapter

Mail to:

Amy Appel

166 2nd Ave

Hixton, WI 54635

(715) 299-3488

amypowerhands@yahoo.com

One of Us

The purpose of this column is to help us get to know one another

Kay Peterson, WCMT
AMTA-WI First Vice President

Where do you live? Altoona, WI in a house that my husband and I have been remodeling (rebuilding) for the past 21 years. We have replaced almost everything except the framing and the chimney (the chimney may be going too). How long have you been in practice? I have been practicing since 1992.

Where did you go to school? I graduated from Northern Lights School of Massage Therapy in Minneapolis, now called CenterPoint

Tell me about your personal life. I have lived in Wisconsin most of my life, I was born in South Milwaukee and lived there for 19 years, then UW in Madison, short farm life in Door County, married in Rockford moved to Eau Claire. My husband Steve and I met in 1976 in Madison, we have been together since. Our mutual love of the sciences, nature and politics has kept us together as a team. Both of our children are grown, our daughter (also a massage therapist) lives in Chicago, our son in Minneapolis. We have



Kay with Samoyeds at Lake Superior

two cats and two dogs all of whom mean very much to us. Any hobbies or Interests? I love gardening, rock collecting, snow shoeing, biking, scootering, cooking, nature and of course massage therapy.

How did you become interested in massage? In 1989 I was suffering from what was diagnosed as Carpal Tunnel Syndrome, suggested treatment - surgery on both wrists. Dissatisfied with the proposed treatment I asked for advice from friends, Massage Therapy was recommended so I gave it a try. The therapist I saw was Poppy Moelter in Eau Claire. I was amazed at the effectiveness of the treatments and after eight weeks had a 90% reduction of symptoms of what I found out was actually thoracic outlet syndrome. I was sold. A mother of two young children at the time I had to figure out how to fit a new career into my life. With financial help from my parents and the full support of family I began commuting to Minneapolis for school twice a week for a full year.

What is your favorite food? Don't have one

Who would you most like to meet living or dead? The Dalai Lama.



Paraben Free and Preservative Free Natural Lotions, Cremes and Oils

Natural massage lotions, cremes, oils and butters made in (almost) your backyard.

Call us for free samples.

We also offer natural oil targeting laundry detergents, dish detergents and natural shampoos and body washes.



Natural Formulations
8050 Ridgeway Ave
Skokie IL 60076
800-368-5426
847-674-9141

www.natural-formulations.com

Try our **Organic Sampler**

Get the latest in natural, organic massage lotions. 8 lotions, 8 ounces of each, for \$29.95 with NO shipping charges!



Try our 100% pure natural essential oils for a relaxing environment.



NCBTMB Continuing Education Approved Provider # 450429-07

**All Milwaukee School of Massage LLC
Continuing Education classes are open
to the public & massage therapists**

**Now Accepting
Credit & Debit Cards!**

Fall / Winter 2008 Continuing Education Schedule

DEALING WITH DIFFICULT CLIENTS / SELF-CARE

With Wanda M. Beals, MSSW, WCMT 125-046, NCTMB

Sunday, October 12, 2008 • 1:00pm – 5:00pm • 4 CE Hours • Fee \$60

Class description: We will identify what makes a client difficult. Following this we will develop strategies to manage the difficult people in our lives. It will be a lively, fun exploration of our comfort zones.

AWAKENING YOUR INTUITION

With Amy Wilinski, MBA, OTR, Energy Practitioner

Saturday, October 18, 2008 • 9:00am – 3:30pm • 6 CE Hours • Fee \$100

Class description: Awaken to the gift of your Sixth sense! We all carry within us the ability to connect with our intuition and receive guidance from Spirit. Awakening Your Intuition will help you to determine your primary channel for receiving Divine guidance. You will receive the Seer's rite, which has been handed down from the Shaman of Peru to assist you in perceiving the invisible world of Spirit. Experience meditations to open your 3rd eye and ear chakras. This experiential workshop will teach you how to see/sense the aura/energy fields around yourself and others. Know that you are not alone on your journey here on earth as we journey to the spirit world to connect with your guide or angel. Join us for this powerful day of connecting with Spirit!

MANUAL MUSCLE BALANCING

With Dr. Herbert Kuehnemann, DC

Tuesdays, October 21 & November 18, 2008 • 5:30pm – 9:30 pm • 8 CE Hours • Fee \$120

Class description: These two classes will review muscle anatomy and function from a clinical perspective for the massage therapist. Muscle balancing topics will include postural analysis, body in distortion patterns, Touch for Health proprioceptive reflexes, anatomy trains, and trigger points. The first class, on October 21, will focus on the lower body and the second class, on November 18, will focus on the upper body.

BEGINNING CRYSTAL HEALING

With Diane Bloom, Certified TAOMCHI Teacher

Thursdays, October 23 & 30, 2008 • 1:00pm – 4:00pm • 6 CE Hours • Fee \$90

Class description: The first evening will cover the basics of crystal stone healing. The healing qualities and properties of 50 different stones will be identified. Incorporation of these stones into a massage therapy practice will be discussed. The second evening, participants will observe and practice utilizing two crystal healing wands to balance the body's energy system and to promote physical healing.

THE ASPECTS OF THE HUMAN SOUL AND SOUL PATHOLOGY (SECOND IN A SERIES OF THREE)

With Peig Myota, BSN, MSW

Monday, October 27, 2008 • 10:00 am – 1:00pm • 3 CE Hours • Fee \$50

Class description: In this class we will discuss the connection between the human soul and primordial radiation. Participants will learn how the soul uses DNA to control the functions of the human body and how the soul transforms during the process of spiritual development. Peig will also discuss how birth trauma affects the soul, causes of soul fragmentation and how mental illness can be related to soul pathology. How dreams affect the soul and the spiritual cause of nightmares will also be discussed.

REIKI I & ENERGY HEALING

With Diane Bloom, Certified TAOMCHI Teacher

Tuesdays, October 28 & November 11, 2008 • 6:30pm – 9:30pm • 6 CE Hours • Fee \$90

Class description: After a soothing, guided meditation, each student will be attuned to the level of Reiki I Practitioner. You will learn the hand positions and be able to do hands-on healing work after the first class. You will also learn about the functions of the seven main chakras and how each one affects your life. Learn how to recognize and "feel in to" the energy of each chakra while doing hands-on healing. Also covered will be the basics of energy healing. You will have an opportunity to both work on someone in the class and have a Reiki session done on you.

THE SPIRIT'S JOURNEY

With Amy Wilinski, MBA, OTR, Energy Practitioner

Monday, November 3, 2008 • 9:30am – 4:00pm • 6 CE Hours • Fee \$100

Register by Phone with a Debit/Credit Card To Register by Mail: Send Check & Registration to:

Milwaukee School of Massage LLC / Continuing Education Program / 830 E. Chambers Street / Milwaukee, WI 53212

Make check payable to: Milwaukee School of Massage. Registration deadline is 4 days prior to class date. A \$20 non-refundable fee will be charged for cancellation after the deadline.

Name _____ Address _____
 City _____ State _____ Zip _____ Phone _____
 Email (optional) _____ Fee Enclosed \$ _____
 Registering for Class(es) _____ Dates _____

MSM is a small, intimate school. Our maximum enrollment per class is 14 students. We recommend you plan to register at least two weeks before the class is offered.

For more information or to register by phone please contact:

Laura Lenz, NCTMB
 (414) 530-0949 - msmced@yahoo.com
www.milwaukeeschoolofmassage.com

Class description: This introductory class to shamanism assists you in developing the shaman's art of journeying. Journeying is an ancient practice of shamans in which they learn to change their state of consciousness at will in order to enter into the other levels of reality and receive Divine guidance and healing. It is here that we connect deeply with Spirit on a personal level and can receive guidance for our lives. Join us as we journey to meet our Power Animal/Spirit Helper. Receive the Bands of Power & Protection, one of the 9 Munay-Ki Rites from Peru. Feel your body connect to the heartbeat of Mother Earth as we participate in a healing Drum Wash ceremony. Our day completes with a Drumming/Fire Ceremony where we honor the gifts in our life. This is a wonderful day of connecting with Spirit at a very deep and personal level.

HUNA

With Yandaya Kutondo, PhD

Mondays, November 10 & 17, 2008 • 10am – 2:30pm • 8 CE Hours • Fee \$120

Class description: Huna is a powerful and transforming system of practices, energy work, and more. It is a process that empowers, matures, heals, balances and simultaneously evokes us physically, emotionally, mentally, and spiritually. Huna is the modern label given to the ancient healing and spiritual shamanism of Hawaii. It is believed to be as old as 35,000 years and is a part of the original teachings of peoples of the earth centered in Hawaii.

ADVANCED CRYSTAL HEALING (PREREQUISITE OF BEGINNING CRYSTAL HEALING CLASS)

With Diane Bloom, Certified TAOMCHI Teacher

Thursdays November 13 & 20, 2008 • 1:00pm – 4:00pm • 6 CE Hours • Fee \$90

Class description: In this second class in the series, you will experience the Initiation Layout and learn how to do the layout on others. You will be taught about the different types of crystals and their functions and basic stone layouts. You will also be given the opportunity to trade crystal and stone healings with your classmates in a very hands-on class.

THE SOUL AND HUMAN CONSCIOUSNESS, AND HOW TO USE PRIMORDIAL ENERGY TO INCREASE SPIRITUAL POWER (THIRD IN A SERIES OF THREE)

With Peig Myota, BSN, MSW

Monday, November 24, 2008 • 10am – 1pm • 3 CE Hours • Fee \$50

Class description: In this class we will discuss how the soul creates different levels of human thought and why the human mind is so limited. Participants will learn how particles of primordial energy interact with the soul to create higher levels of consciousness. Peig will also discuss why the primordial power within each of us remains dormant, and how to develop the energy potential of primordial power for the expansion of consciousness and spiritual growth.

EMOTIONAL FREEDOM TECHNIQUE

With Yandaya Kutondo, PhD

Monday, December 1, 2008 • 10am – 1pm • 3 CE Hours • Fee \$50

Class description: Emotional Freedom Technique (EFT) combines the gentle tapping of acupressure points with a psychological "tuning in" to a problem. Within minutes this simple procedure releases energy blocks and the negative symptoms they cause. Since EFT creates changes at an energetic level it can treat almost any physical, mental, or emotional issue.

BENEVOLENT TOUCH

With Mary McCanna, WCMT 2373-046

Please note: Class will be held at St. Ann Center, 2802 E. Morgan Ave., Milwaukee

Thursday, January 29, 2009 • 9:00am – 1:00pm • 4 CE Hours • Fee \$60

Class description: Learn how you can enhance the quality of life for those with Alzheimer's Disease, other forms of dementia, special needs, or sensory loss due to aging. This workshop will provide you with the skills to give positive tactile contact to these people...enhancing their feelings of securing and belonging, reducing agitation and anxiety, and even the need to wander away.

More Than A Foot Massage

by Lori Terrill, WCMT

My experience at the Integrative Reflexology class with Claire Marie Miller was nothing short of life enhancing. I tend to be a tough critic in general due to high standards that I have set with my overly logical brain. I went to this class feeling a little skeptical as I am always looking for the facts of how and why things work.

I knew that reflexology is a popular modality, and wanted to gain an understanding, and I thought it would at least be a nice foot massage that would compliment my brochure menu. I was very quickly humbled and well educated by Claire's great presentation of the facts. I was convinced within the first session of its relevancy and had a revelation of what energy in the body really is. Claire teaches that reflexology is both bodywork and energy work, and since I have a strong spiritual stand that is not congruent with the teaching of Reiki, I found myself pondering whether or not there is any truth to meridian's or channels of energy in the body. I have always shied away from the idea of energy work because it didn't seem logical to me. So I prayed. Are there in fact channels of energy that end

in the feet? What is the link between energy work and science? Well, to me that scientific link has become much clearer; our brains send "energy" in the form of neurons through the body using specific "channels" or neurological pathways to tell the body what to do. And these neurological pathways have most of their endings, or proprioceptors, in the feet, hands, and ears that we can stimulate using Claire's system of integrative reflexology. It was as simple as that! There is nothing weird about energy work, only different views on where the life source comes from; hence, my life changing moment.

Claire did an amazing job of not only teaching us a new modality, but challenging us to look at every area of our life, from how we walk, run, sit, breathe, and poop (yes, it's true!). She encourages and inspires all the participants to strive for excellence in living well. I am now better equipped to effectively treat my clients holistically from the feet up, and to give a "nice foot massage", too! Thank you, Claire, for researching and designing a wonderfully logical method of treating the feet and for putting up with critics like me! Thank you, AMTA, for bringing her to this conference.



Learn how to give Traditional Thai Massage!

**Nov. 13-16, 2008
in Milwaukee**

Also Feb. 21-24, 2009 in Milwaukee

April 24-27, 2009 in Madison

Nuad Bo Rarn (Traditional Thai Massage) is a beautiful and elegant ancient therapeutic healing modality. It embodies the practice of "loving-kindness" and consists of slow rhythmic compressions on the muscles, gentle flowing stretches and thumb presses on specific energetic pathways.

Taught by **Lyrea Crawford**, an experienced instructor who has studied in Thailand. NCBTMB continuing education hours are pending for these classes. Advance registration/deposit required at least 10 days in advance.



*Complete class descriptions, exact locations, instructor
information and registration details available at:*

www.mwt.net/~growchi/

Questions? Call 608-549-2023



*"Luk Pra Kob, the
Art of Thai Herbal
Compresses"
March 20, 2009
in Madison*

A Message from your Education Chair



As I woke the morning of the 22nd at the Chula Vista resort in Wisconsin Dells, I had mixed feelings of anxiety and pride. I was anxious about making sure that the conference was going to run smoothly and feeling proud to be a part of an organization as great as the AMTA- WI. I thank all of the board members and my fellow committee members for all of their support and help. Besides a few minor blunders on my part, I think the event was a complete success. I learned a lot about what is involved in putting together an event like this and I'm sure that going forward as the Education Committee Chair, I will continue to learn. Right now, I have been working on the February conference in Waukesha and am really experiencing a lot of the same mixed feelings of anxiety and pride. I am honored to be a part of a chapter which places so much emphasis on edu-

cation. It is, after all how we grow as professionals. I know that Doug Nelson taught me just how much I didn't know, and changed the way that I view massage education as a whole. What an amazing presenter! I am eternally grateful to him for all of the hard work and research that he has done, it truly affected the way I view therapy. We are truly living in amazing times and working in an amazing profession. I am open to any feedback or suggestions regarding this past conference or future conferences, and I look forward to seeing all of you at our February conference in Waukesha!

Amy Appel, WCMT

Education Committee Chair, AMTA-WI

Program Director – PHD Academy Eau Claire, WI

Volunteer Massage Therapist – Tomah VA Hospital

Volunteer Firefighter and Medical First Responder

Hixton, WI

Contact:

amypowerhands@yahoo.com

(715) 299-3488

Earn 28 CEUs in Sedona!

**October 29th through
November 1st, 2008**

NCBTMB APPROVED PROVIDER
FOR CONTINUING EDUCATION

**Personal
Retreat
★
Professional
Training**

**Details:
GlobalHealingSeminars.com
757.491.2598**



Energy In Action

- Massage School
- Intuitive Guidance Center
- Massage Studio

Transformation • Intuition • Bodywork • In Action

UPCOMING CONTINUING EDUCATION: OCTOBER-DECEMBER 2008

THE FOUNDATION WORKSHOP: FREEING THE POWER TO HEAL

OCTOBER 18TH & 19TH ~OR~ NOVEMBER 15TH & 16TH, 9A-6P

RAINDROP TECHNIQUE

OCTOBER 18TH, 10A-5P

TOUCH FOR HEALTH I

NOVEMBER 1ST & 2ND, 9A-6P

TRANSFORMATIONAL BODYWORK I

NOVEMBER 2ND, 9A-6P

PROFESSIONAL ETHICS FOR THE MASSAGE
THERAPIST & BODYWORKER

NOVEMBER 8TH, 2008; 10A-5P

ACTIVE STRETCH & RELEASE

NOVEMBER 9TH, 9A-6P

YOGA FOR BODYWORKERS

NOVEMBER 14TH 6:30-8:30P, 15TH 9A-4P, 16TH 9A-12P

INTEGRATIVE THERAPEUTIC TECHNIQUES:
SHOULDER GIRDLE & UPPER EXTREMITIES

NOVEMBER 22ND & 23RD, 9A-6P

MASSAGE FOR INDIVIDUALS WITH CANCER

DECEMBER 20, 9A-6P

6225 University Avenue, Suite 202, Madison WI 53705
P: 608-238-7378 F: 608-238-7379 www.tibiainc.com

Precision NMT for the Spine and Thorax

By Jean Nygren, WCMT

The instructor for this 3 day workshop was Doug Nelson. He has 31 years of experience in the field, and it showed. There were lots of on-screen pictures and the manual was extremely explicit. He definitely made you think. This was a great opportunity to review anatomy terminology along with hands-on practice. The room did ring with laughter because he was able to teach specifics with humor.

The class size was small enough for the instructor and his assistants to give personal help when needed. There were plenty of tables so that everyone was able to have a turn as the patient as well as the practitioner. The manual was set-up clearly and neatly so as to follow along with the lecture, plenty of room for taking notes.

I would definitely encourage everyone to take any of his series of classes if they are available close to you.

Classifieds

Massage Space for Rent ~ Available October 1st, 2008.
A quiet, clean and serene space. Fully furnished greeting room, with office and storage space for supplies. Use of massage table. Work with 2 other massage therapists. Located 3 blocks off University Ave, near Hilldale mall shopping center. Full time or part time space available. Rent negotiable.

Contact: Kathy Ginn @ 608-334-8592

Wanted Personal Biographies

If you would like to be featured in the "One of Us" column, please submit a bio and what led you to a career in Massage Therapy. Send it to mikerude@mac.com along with a photo of you and your family.

CENTERPOINT™

Massage & Shiatsu Therapy School & Clinic

Continuing Education for Massage Therapists

Discounts for AMTA Members

- 🕯 Salt Glows: Relaxing Exfoliation Techniques (4 CE hours)Saturday, October 18
 - 🕯 Pregnancy Massage (14 CE hours)Sat & Sun, October 25 & 26
 - 🕯 Spa & Resort Techniques I & II (48 & 42 CE hours)Mon & Wed, Jan 5 - Apr 15
 - 🕯 ☯ Thai Massage I & II (28 & 32 CE hours)Mondays, Jan 5 - Apr 13
 - 🕯 Lymph Drainage Massage (45 CE hours)Tuesdays, Jan 6 - Apr 14
 - Nutrition for Health (45 hours)Mondays, Jan 5 - Apr 13
 - 🕯 Creative Elbow Work: Save Your Wrists! (4 CE hours)Sunday, February 15
- 🕯 Approved CE Course, NCBTMB ☯ Approved NCCAOM PDA points

For more Continuing Education, Workshops, Clinic, or Career Training information, please visit: www.CenterPointMN.com

For information or to register, please call: 612-617-9090

612-617-9090 • www.CenterPointMN.com

1313 Fifth Street SE, Suite 336 • Minneapolis, MN 55414

One of Us

The purpose of this column is to help us get to know one another

Amy Colonna Remillard, WCMT

AMTA-WI Chapter President and Education Committee Member

I graduated from Lakeside School of Massage Therapy in 1994 and work in my own practice as well as teach. I recently did take 6 months off to recover from a double lung transplant in May of 2007, but am back to working and enjoying every minute of it. I have been involved with the AMTA since 1995 and have served in many capacities.



My personal life involves spending time with my husband, family, and friends. I also take monthly art classes in which I learn mixed media techniques. I paint, create jewelry, mixed media and sometimes sell my

work at various trunk shows. I am also involved heavily with my church and work on a social justice committee in which we advocate for those in need. We meet weekly at a local college and discuss issues that need to be addressed in Waukesha County. I am an avid reader and belong to three book clubs that meet monthly so I usually have three books read each month. I also enjoy cooking (and of course, love anything with garlic, basil, or pineapple. I love spiced popcorn too. Yummo!) and am being encouraged to create a cookbook to accommodate every day yummy recipes to be adapted to those who have diet restrictions or nutritional needs (for example, low sodium, low/high potassium, low tyramine, renal, etc.). I enjoy animals tremendously and spend a lot of time with my fur-babies. I have three cats and one dog. I take my Australian shepherd to agility classes on a weekly basis. She is very fast and quick and is an extremely athletic and smart, smart pup! She keeps me young at heart and constantly reminds me what unconditional love, enjoying life, and having fun is truly all about.

In answer to the question, "who would you like to meet? Living or not living" it would be Ignac Semmelweis. Dr. Semmelweis is remembered for the now (hopefully) commonplace notion that doctors (healthcare workers in general now) must wash their hands before examining patients. In the mid-nineteenth century Vienna, this was not common and Semmelweis discovered that doctors themselves were spreading disease. We all know the importance of disinfecting and if it wasn't for all of his research we may not be here today.

Review of Kathy Ginn's Ethics as Self Care

by Betsy Krizenesky, WCMT

Once again this September I had the privilege of taking an ethics course from Kathy Ginn. In her gentle but firm way, Kathy guided us through an exploration of why, indeed, self care is an essential component of being an ethical professional. Kathy skillfully wove lecture, pairs work and group sharing together to bring us to a profound but simple realization. To have compassion for others we must have compassion for ourselves! We looked at care of our minds, bodies and spirits and ended the six hour class lighter, more joyous and with renewed commitment to take care of ourselves inside and outside the therapeutic relationship.

Presidents Message from page 3

... for ideas and a form that you can use to get you started.

Although the summer heat is beginning to fade, fall in love with the change of seasons. Wrap up in a warm blanket, savor comfort food, and remember to invite your clients away from the crisp air to the comfort of a warm massage table, healing hands, and a nurturing touch.

Believe, Imagine, and Dream,

Amy Remillard

Ethical Dimensions from page 5

and skillful business person. Creating a practice that upholds your integrity.

Exploring self in relationship to others: Learning to become your own witness. Exploring how you empower or disempower yourself in the therapeutic relationship.

I believe this "helping relationship" is a valuable and necessary form of continuing education. Useful supervision offers an interpersonal climate of safety and support. The container must be filled with warmth, respect, honesty, and integrity ~ fertile ground for personal and professional development.

May you continue to Learn, Grow, and Live in Peace!

Please feel free to contact Kathy with further questions or concerns around the mentoring relationship.

Written by: Kathy Ginn C.M.T., NCTMB

www.ethicaldimensions.com

kathy@ethicaldimensions.com

Scenes from the
Conference in
Wisconsin Dells



Health and Healing Zone

Continuing Education Classes

Reiki Level 1 – 20 hrs – 3 day class on November 7, 8 & 9, 2008
11 hrs – 2 day class on February 21 & 22, 2009 as well as April 4 & 5, 2009

Reiki Level 2 – 11 hrs – 2 day class on October 3 & 4, 2008 / February 6 & 7, 2009 & June 12 & 13, 2009

Reiki Advanced Level – 6 hrs – 1 day class on October 18, 2008 as well as March 7, 2009

Reiki Master Level – 6 hrs – 1 day class (date to be determined)

Swedish Stone Massage^{SM 5-2001} – 15 hrs – 2 day class on January 10 & 11 / May 22 & 23, 2009

Rainessence Reiki Massage^{SM 12-2004} – 4 hrs – 1 day class on September 19, 2008 & February 19, 2009

Sounds of Healing – 6 hrs- 1 day class on September 20, 2008 and also September 19, 2009

Reiki Stone Therapy^{SM 2001} – 7 hrs – 1 day class on July 10, 2009

Susan Cossette is an NCBTMB approved provider #388145-00 for continuing education classes for massage therapists & bodyworkers. The above classes are offered in Appleton Wisconsin. Susan is willing to travel to your area, call or email to set up a class. Check out our website for more information about the classes and for class registration at: **www.healthandhealingzone.com** call **920-428-2181** or email **hhzonereikibal@aol.com**

AMTA-WI Chapter Humanitarian Award Search

"I would like to first thank all the AMTA members that attended the Chapter meeting. My hope is that I can get more involvement from the members in the selection of the next awards. I am looking for a candidate for the Humanitarian award. I could list all specifics, but the main ones are as follows:

Recipient must contribute to the massage profession in outstanding manner

Volunteer work, which may or may not include massage, done in the larger community. This can include, but is not limited to: charity, church, supporting the arts, working with children, disabled, needy, sick, homeless, elderly, community outreach to populations for who massage is otherwise difficult to obtain; fundraising for same, consciousness raising, relief effort

Recipient shall not have received this award in the previous year

You can see all the criteria on the national website, which lists all the other awards. Please consider one of your fellow members for this honor and get it to me by the December 1st. I would like to give that award at the next meeting in February and I want your input.

Also, I need the chapters input on a possible new pin for the AMTA-Wisconsin chapter. If I could get some suggestions by the next newsletter deadline I will then put them in the January newsletter and we as a Chapter will vote. The pin will then be made and given out at the Chapter meeting in the fall of 2009 and given to the delegates again to market with other therapists. The winner of the contest will get a one day seminar paid for. So, PLEASE get those creative minds working and give me some ideas.

Thanks again to all that make the AMTA - Wisconsin Chapter a great place to be.

Your 2nd VP and Awards chair,

Ellen M. Wittwer

Stressrelief@juno.com

AMTA-WI Board Meeting

June 8, 2008

Neenah, WI – Betsy Krizenesky's House

Meeting called to order at 10:26am by Amy Remillard.

Board Members and Committee Chairs present: Amy Remillard (President), Kay Peterson (1st VP/Newsletter Editor), Ellen Wittwer (2nd VP/Awards), Sara Smiley-Robbins (3rd VP/Membership), AnnMarie Kolb (Secretary), Betsy Krizenesky (Immediate Past President/ Law & Legislation Chair).

Board/Committee Reports

Approval of minutes. MOTION: Ellen Wittwer moved to approve the minutes from the April 8, 2008 meeting as corrected. Sara Smiley-Robbins seconded. All approved.

President: Amy Remillard reported the Chapter Volunteer Orientation Program will be in Evanston, IL July 10 – 13, 2008. Shane Granzow, Sara Smiley-Robbins and Amy Remillard are going to attend. Amy reported that the National Convention is September 17-20, 2008. Betsy Krizenesky is attending in Amy's place. We are putting an invitation in the Connecting Hands newsletter for all AMTA-WI chapter attendees to join the delegates and Board members for dinner one evening.

Amy reported that Laura from AMTA-National called with a question from a member about getting her membership dues paid by the Chapter because she has been ill.

MOTION: Ellen Wittwer moved that AMTA-WI Chapter will set up a fund to pay membership dues when need is demonstrated by chapter members. Kay Peterson seconded. Discussion. All opposed. Motion not approved.

Amy reported for Amy Appel on Education Committee. The committee has been working on the February 2009 Education Conference. No speakers have been chosen at this time. Amy Appel has received the software for taking reservations. At this time we have 11 registrations total for the August 2008 Education Conference.

1st VP/ Newsletter: Kay Peterson reported that Mike Rude is working on the next issue of Connecting Hands, the deadline was May 31, 2008. We have been getting a lot of

wonderful advertisers and have been getting contacted by other chapters on how we get so many advertisers.

2nd VP/Awards: Ellen Wittwer reported that she has sent in all the National Award nominations. She wants to get more of the chapter members to nominate other members for these awards. Some other awards she would like to give out at Chapter Meetings: Most colorful attendee (clothing or personality), Let's Make a Deal game, other ideas coming...

Ellen, Amy and AnnMarie Kolb are going to work on the chapter display board with the Board of Directors and Committee Chairs information on it. Amy is going to work on doing a Photo Power Point Presentation for use during meetings, too.

3rd VP/Membership: Sara Smiley-Robbins reported that we have 1737 total members. She has not been contacted by any more schools. Kay Peterson reported that she went to 2 schools in Eau Claire to talk about the AMTA organization.

Treasurer: Shane Granzow reported via telephone that we have the following amounts in our accounts: Checking \$74,836.23, Law & Legislation \$98,843.00, Raymond James account \$17,432.21. Certificate of Deposit \$12,655.08, and the 10 day CD \$64,171.14 Amy Remillard collected the bills to send to Shane.

Immediate Past President/Law & Legislation: Betsy Krizenesky reported on the Wisconsin Massage Licensing Coalition Committee meeting on May 6, 2008 in Milwaukee. There were 11 people present. The group worked on the "first draft" of the new bill. For the BOD Betsy had copies of the draft that will be in the Connecting Hands newsletter and on the AMTA-WI Chapter website, for comment from the profession. In August, the official draft will be put together and sent to the Wisconsin Legislative Reference Bureau. Betsy has already contacted the Physical Therapists, ABMP, the EAB schools, the WTCS schools and other related professional associations for their input on this.

Betsy is looking for volunteers to contact their State Senators and Assembly Representatives to establish relationships with them by offering to help with fall 2008 election activities.

OLD BUSINESS

Disciplinary Procedures for Violations of Chapter Volunteer Rules of Engagement : We will discuss this via email in the next week.

NEW BUSINESS

All new business was discussed in the Board and Committee reports.

MOTION: Kay Peterson moved to adjourn the meeting. Ellen Wittwer seconded. All approved.

Meeting adjourned at 12:19pm by Amy Remillard.

Respectfully submitted by AnnMarie Kolb, Secretary.

Remarks from a Grateful Scholarship Recipient

Tim Ziffer, WCMT



On August 22-24, I attended the Integrative Reflexology seminar which was held at the Chula Vista Resort in the Wisconsin Dells. The fee for the class was covered by our Wisconsin Chapter of the AMTA, as I won the scholarship by having my essay selected

for publication in Connecting Hands. I thoroughly enjoyed the seminar and am thankful for having had the opportunity to attend. It was not only an honor to be taught by Claire Marie Miller, but also to be surrounded by so many therapists whose knowledge and experience in the profession far exceeds my own. I want to encourage others to take advantage of such opportunities when they arise.

Best Wishes to All

Calendar

November 9, 2008

Board Team Building - 10 am to 12 pm Madison

Board Meeting - Budget Development 2009 - 1 pm to 3 pm Madison

Saturday February 21

Ethics with Kathy Ginn

BOD meeting

Sunday February 22

Pregnancy Massage with Kelly Lott

Common Injuries with Ben Benjamin

Chapter meeting.

Monday February 23

Common Injuries with Ben Benjamin

September 23-26, 2009

AMTA-National Convention, Orlando, Florida

Connecting Hands

c/o Essential Massage

4330 Golf Terrace #209

Eau Claire, WI 54701

Presorted
Standard
U.S. Postage
Paid
Eau Claire, WI
Permit # 1557