

# Connecting Hands



The American Massage Therapy Association Wisconsin Chapter  
Volume 17-04

Promoting Wellness Through Massage  
Fall/Winter 2010



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## Attention all Massage Therapists, Massage Practitioners, Bodyworkers, Bodywork Therapists!

The new, mandatory massage therapy and bodywork therapy licensing law goes into effect December 1, 2010. This means that unless you qualify for an exemption you will be required to get a state license by then in order to legally practice in Wisconsin. The law applies whether you do massage therapy or bodywork therapy for compensation or not. Even if you are currently certified by the State you will need to apply for a license, but you will not have to meet any additional requirements. This is a change from information printed in the July newsletter. For those without a current state certification, there are 4 grandparenting options and that window of opportunity will last through the end of 2011. The Wisconsin Department of Regulation and Licensing will be making applications available online October 6, 2010 and the new credentials will be valid until February 28, 2013. For the latest in information, see [drl.wi.gov](http://drl.wi.gov) and click on professions, then Massage Therapist or/Bodywork Therapist.

## How Can I Help?

*by Jeanne Wagner, RN, BSN, WCMT*

Saturday night of the AMTA WI Chapter meeting in Appleton we had our first fireside chat, sharing our questions and experiences while Kathy Ginn facilitated and encouraged our connecting. Kathy presented the book *How Can I Help* by Ram Dass and Paul Gorman as a resource. And helping seemed to be what we were doing.

We had a broad range of therapists, some with six weeks in the field to some with over 20 years experience. Questions emerged after we shared who we were and what brought us to the "fire"; how do you express yourself to clients, what style and type of massage calls to you, how do you find others to network with, how do you take care of yourself in mind, body, emotion and spirit. Many ideas and personal stories came forward as we shared —and clarification and confidence in knowing more about ourselves.

It was an exciting evening learning both through giving and receiving. I left feeling inspired and uplifted, grateful to be part of the massage profession and the AMTA WI chapter.



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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 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.

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*vacant*

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414-299-9201

Website: [www.amtawi.org](http://www.amtawi.org)

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Evanston, IL 60201-4444

Toll Free Phone: 877-905-2700.

Fax: 847-864-1178

Website: [www.amtamassage.org](http://www.amtamassage.org)

Email: [info@amtamassage.org](mailto: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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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](http://www.ncbtmb.com)

For application downloads, updates, etc

## President's Report



We had an awesome time at the Fall Conference in Appleton. Not only were the classes amazing but the meetings were fun too. What's that you say, fun meetings? Yes, they were fun. When Amy Appel and Mya Rowe went to CVOP this past July they came back with some ideas to help excite the membership and make meetings less tedious. Here is a list of what is new:

*No more tables in the front of the room with Board members sitting awkward and apart from the membership. Sounds like a small thing perhaps, but it made a huge difference in how we all felt.*

*Time limits will be set on discussion and meeting length. Each item on the agenda will be limited to five minutes. We will set a timer! Additional time can be granted for certain topics. The meeting length will also be limited; this is done through careful and consistent facilitation.*

*Get up and move! We will incorporate some movement in every meeting.*

*Laugh! We will always do our best to keep it light, it is no more pleasant for those presenting than it is for those listening if there is no fun.*

*Engage the listener. The meetings are for and about you, we want you to be an active part of the meeting through questions and voting.*

Look for more changes in the future; one suggestion is breaking the meetings into two smaller parts. Day one holds committee reports and non-actionable items such as discussions. Day two is where the action occurs, voting for elections, changes in policy etc. The goal is to make shorter and more interactive meetings without limiting required content. In other words let's get the job done and have fun doing so.

Mark your calendars for the February conference in Oconomowoc, you will be amazed at the savings and the top quality options you have to choose from.

We will be bringing on a new website in November that will meet and exceed the needs of our members. We can only be sure we are doing this if we hear from you. Give it some thought; what do you want to see on the website?

We will be reducing the number of newsletters from four to three in 2011, they will also be smaller as we begin to post much of the information on the website.

We will be not only moving outside the box but considering whether we actually need a box at all. Stay tuned!

### Newsletter Committee Chair

Cynthia "Sam" Licht

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 to:*

*Cynthia "Sam" Licht - [brthmrk@yahoo.com](mailto:brthmrk@yahoo.com)*

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

Cynthia Licht

2017 Mississippi St.

La Crosse, WI 54601

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**PHEASANT RUN RESORT, ST. CHARLES, IL  
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BROOKFIELD, WI**

**FALL 2010**

**KELLY LOTT**

# Workshops

## **PHEASANT RUN, ST. CHARLES, IL**

### **POST-PARTUM AND LABOR MASSAGE** 6 HOURS; OCTOBER 8, ILLINOIS

10 AM – 5 PM

Tuition \$100

First Half: Learn the benefits, contraindications and practice effective massage techniques for women "after" the baby has come; such as tightening and toning of rectus abdominis, quadratus lumborum, deep sacrum work, trapezius and erector fascial releasing.

Second Half: Learn how to be a "Birth Assistant" through massage. Benefits of labor support massage, helpful hints, and birth massage supplies will be discussed. Hands on practice of positioning and massage for the hospital bed, birth ball, and chair.

### **SPA TREATMENTS WITHOUT A SHOWER** 14 HOURS; OCTOBER 9-10, ILLINOIS

9 AM – 5 PM each day

Tuition \$285

Massage and body therapy has been utilized for centuries to alleviate pain, stimulate lymph flow, stretch weak and tired muscles, and relax the body and mind. Tailor your practice by learning four hydrotherapy body treatments: "The All-In-One", "Spa Foot", "Rolling Stone Facial Massage", and the "Essential Oils Body Wrap" for purging toxins, massaging nutrients into the skin, and removing dead skin cells for a healthy glow. Perfect for practitioners who want a new treatment to add to their repertoire, have tired hands and want a fun experience! Extensive how-to handouts and take home supplies included with tuition.

### **FACE TONING MASSAGE** 14 HOURS; OCTOBER 11-12, ILLINOIS

9 AM – 5 PM each day

Tuition \$285

Students will experience a fun and relaxing workshop learning to perform the "Hydrotherapy Face Toning"

massage treatment. The massage strokes and warm moist towels affect the facial muscles along with tightening and toning of the neck and upper chest. As part of tuition, students will receive extensive "how to" handouts, full size face toning products, 24 facial towels and 3 headbands.

## **SHERATON MILWAUKEE BROOKFIELD, WI**

### **PREGNANCY MASSAGE CERTIFICATION** 21 HOURS; OCTOBER 16-18; WISCONSIN

9 AM – 5 PM each day

Tuition \$400

#### **COURSE CONTENT**

- Causes and treatment for: sciatic pain, round ligament pain, low back and pelvis, rib constriction, calf cramps and much more.
- Precautions and Contraindications
- Demonstration and hands on practice
- Completion of total number of required hours and passing of both written and practical exams results in award of certification.

### **POST-PARTUM MASSAGE – 6 HOURS** OCTOBER 19, WISCONSIN

10 AM – 5 PM

Tuition \$100

Learn the benefits, contraindications and practice effective massage techniques for women "after" the baby has come; such as tightening and toning of rectus abdominis, quadratus lumborum, deep sacrum work, trapezius and erector fascial releasing.

#### **REGISTRATION OPTIONS**

Online: [www.kellylott.com](http://www.kellylott.com); call toll free: 800.705.7037; or email: [kglott01@aol.com](mailto:kglott01@aol.com). Pre-registration and deposits are required for commitment. Special guest room rates available.



#### **KELLY LOTT'S CREDENTIALS**

LMT, MTI, NCBTMB  
Provider #055516-00,  
CIMI

Having graduated at The Chicago School of Massage, with 20 years experience in massage, Kelly transitioned into teaching full time for the past 15 years. She has been a nationally certified instructor through NCBTMB for 13 years with extensive experience teaching massage classes all around the country.



# Ethical Dimensions

By Kathy Ginn, WCMT, NCTMB

Ahhhhhhhhh ~ the autumn air is upon us. I can't imagine being anywhere else during the autumn months than in Wisconsin. The crisp air, the dynamic colors, the smell of apples & cinnamon, and yes, even the falling leaves. Again, as many of you know, I often use the metaphor of the 4 seasons as an illustration to describe the dynamics of the therapeutic relationship. What can each season bring to us? Each season has its responsibilities, gifts, duties and purpose. Autumn is about continuing to reap the harvest of what is working in our practice ~ being accountable to the duties of autumn. The falling leaves represent the need for renewal, self – revision, growth and leaving behind. To cling is to lose one's opportunity for growth. So, what aspects of the therapeutic relationship relate to autumn?

*Tracking Skills.*

*Impact & Intention.*

*Resolving Ethical Difficulties.*

*Supervision and Support.*

*Massage Therapist right of refusal.*

I invite you to travel with me through the season of autumn. I will cover three aspects of autumn – tracking skills, impact & intention and resolving difficulties.

Tracking simply means moment to moment paying attention. The question is *what is important to pay attention to?* Many things, such as breath, client's posture, one's own body mechanics, client's response to your touch, your words, your presence and many other dynamics. In this column I will discuss tracking for impact & intention, then moving to problem solving.

Often there is a difference between intention and impact. Your impact may cause harm, even when you have acted with good intention. We each bring (client & massage therapist) our own history to every relationship. One action can be experienced and perceived in very different ways - depending on the lens we are using. Your lens may be different than your clients.

Example: You decide to turn your one hour massage into 90 minutes. You have made the decision that your client could really benefit from the extra time on the table. So, 60 minutes turns into 90 minutes. Unfortunately you did not receive permission from your client, and she was not planning on the extra time. Your good intentions have just turned bitter. It is important to handle misunder-

standings with grace, immediacy, and non-defensiveness. Watching out for and contacting impact can help you and the relationship self-correct. Tracking is like having a GPS in your session room. Yes, at times we do get off track, but with self-correction we can get back on track – a nice entrance into resolving ethical dilemmas.

Following are a few barriers to resolving difficulties:

- Not understanding the difference between intention & impact.
- Lack of awareness of the power differential and the role power we have.
- Lack of paying attention.
- Shame about admitting ethical error.
- Deliberate cause of harm.

Following are a few signs of relationship difficulty: here are some signs that the relationship may need attention, or that there may have been harm or misunderstanding, or that something else is needed

- Canceling or fails to keep appointments.
- Arriving late – consistently.
- Showing posture, body, or facial signals.
- Showing frustration.
- Aloof or distant.
- Massage therapist consistently feeling bored or depleted.
- Client or therapist is overly nice.

The 3 C's in resolving difficulties: as I often suggest, it is all in the communication.

- Curiosity
- Compassion
- Collaboration

Get curious:

*Something seems uncomfortable between us. Are you noticing that too?*

Then invite the response from your client and validate their experience:

*So, you are feeling upset because I went over with time and now it is causing you to feel rushed. This was not my intention, but I can understand how you feel. It is important for me to understand what happened for you.*

Offer an apology:

*I am sorry this has happened.*

Find out what needs to happen at this point:

*What do you need around this? Or*

*I imagine you might want assurance that I will in the future manage my time better and ask for permission if I want to change the time boundary in any way. Is this correct?*

Track how it goes, and make sure you check in with your client next session.

As with many things in life, mistakes can be used for the positive. You can use a situation of misunderstanding to increase the integrity, trust, safety, and collaboration in the relationship.

May we continue to Learn, Grow and live in Peace!

~Kathy

\*as always I thank Cedar Barstow, my mentor and teacher of Ethics as Right Use of Power.

*Kathy Ginn is currently in private practice in Madison, WI. She has been active in the field of massage therapy and bodywork since 1991. She teaches ethics and business courses both locally and nationally. She is on staff at TIBIA massage school and East~West Healing Arts Institute. Kathy served with the NCBTMB Ethics and Standards committee for 8 years and is currently serving with the AMTA Teacher development Committee. Kathy is an NCBTMB approved provider. She also offers mentoring to those who seek her service.*

*You may visit her website @ <http://www.ethicaldimensions.com> or e-mail her at [Kathy@ethicaldimensions.com](mailto:Kathy@ethicaldimensions.com)*

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## CLASS REVIEW

### "Pilossage"

Sequence for the Prone Position  
with Karen Kowal, RN, LMT, NCTMB

*By Mindy Joas, NCBTMB, WCMT*



*The class was held September 11 & 12, 2010 at AMTA WI Chapter Fall Meeting in Appleton, WI.*

Karen started her career as a Registered Nurse, for many years she has worked in a constantly changing medical

field. Later on as the years went

by, she wanted to develop a new approach to touch people's lives. Karen decided to further her education and attend a Massage Therapy School. While working as a Massage Therapist, Karen started experimenting with heat and stretching; which led to the development of Thermal Connective Tissue Release Techniques. She says "It's not just a HOT PILLOW...it's how you use it!" Karen created the Mother Earth Pillows in her home, after several attempts and a little bit of luck her dream eventually grew into a large business which she currently oversees and is marketing them all over the world. Karen has an assistant named "Crazy", they met about 10 years ago and formed a great friendship. He assists her with teaching students and anything else that is needed to help things run smoothly.

I'm not sure the therapists attending Pilossage quite knew what to expect, Karen and "Crazy" did an exceptional job showing us a whole new world. During the 2-day presentation we discovered a truly wonderful modality to enrich one's life. We were taught how to use thermal flax pillows, which can provide many benefits to clients. Some effects can include: deep relaxation, pain management, comfort in reducing stress and anxiety and accelerated healing. The flax pillows may be used with Karen's homemade herbal blends, or without. We learned many different techniques on how to use the flax pillows that can be easily incorporated into your therapeutic session. Also, by using the sequence learned it decreases the stress on the therapist. All movements are done with slow steady movements, as the pillow warms the body the tissues are relaxed allowing the work to pen-

etrate deep into the body with ease. Some of the techniques we learned were how to hold the pillow and perform compression, gliding and fluffing strokes. It was slightly challenging at first but Karen commented that she felt everyone was getting the hang of it pretty well. We also were taught a few self-care techniques to help us, as therapists stay healthy.

As a student in the Pilossage Training class I would definitely recommend this course to a fellow member. This class was an invigorating, refreshing and truly uplifting experience. I think the class overall was extremely satisfied with the class and are very excited to bring their new skills to their practice. There are different levels of Pilossage Training offered which include: level one, level two, and practitioner. Each level of training includes supplies that are needed to do that sequence of treatment. We received a Body Wrap, Small Bolster, and Sinus Pillow & Guide for attending. This was a wonderful treat. I hope the AMTA WI Chapter will invite Karen and "Crazy" back in the near future so we can advance to the next level.

Congratulations  
to these award  
recipients

Meritorious Award  
Dawn Skodowski  
Humanitarian Award  
Ruth Gosselin

Thanks to the AMTA Wisconsin  
Chapter members for help in  
choosing these recipients



## Attend the February Conference for Free!

There are now two ways to attend an educational offering at no cost to you.

We are now offering scholarships for both the February and September educational conferences. All you need to do is write a short essay, two prizes will be awarded. First prize will be free tuition to your choice of presenters; second prize will be a one-night stay during the conference at the host hotel.

Fill out the questionnaire regarding conference attendance below and your survey will automatically become part of a drawing for free registration at the February conference in Oconomowoc.

### Essay

### Survey

Win a free class at the  
AMTA - WI Chapter Spring  
Education Conference at the  
Olympia Resort in Oconomowoc!

We need your opinion! Just answer the following questions and your name will be entered in a drawing for a free class at the Spring Education Conference Feb. 5 - 7, 2011.

What do you think is contributing to the low attendance of our Chapter meetings and Education conferences?

What do you think the AMTA - WI Chapter could do to promote more attendance at future conferences?

All surveys must be received by January 5, 2011. Include your name, address, phone number, AMTA member number, and email address. You can email your response to [myarowe@yahoo.com](mailto:myarowe@yahoo.com) or mail

your response to:

Mya Rowe,

P.O. Box 131,

Neillsville, WI 54456.

For questions please call Mya at  
715-937-3115.

The  
AMTA-WI Chapter  
Educational Scholarship  
Is giving our members another  
chance to get Free Education! We  
have also added another prize. It is a  
one night stay at the conference hotel to  
be used during the February conference!  
**DONT MISS OUT!**  
Here is what you have to do...  
Write an essay about 250 words or less  
How has massage changed your view of the human  
body?

Send it to  
Corrin Burnell at [ctburnell@gmail.com](mailto:ctburnell@gmail.com) or  
N10548 Velvet Beach Rd, Malone WI 53049

All entries should be sent by Dec 30th 2010  
The winning essays will appear in the January issue  
of Connecting Hands

The 1st place winner will get a choice of free  
Education in February 2011 Conference

The 2nd place winner will receive a One Night  
stay at the Olympia Resort in Oconomowoc,  
our conference site.

Education is the back bone of our  
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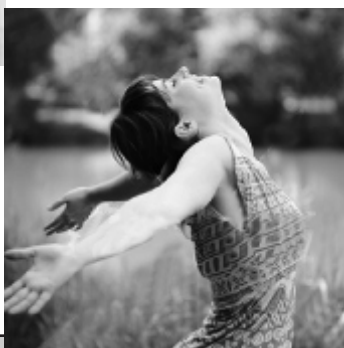
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### NCBTMB APPROVED CEU SEMINARS AND PERSONAL ENRICHMENT SEMINARS OCTOBER 2010 - DECEMBER 2010

#### SPOTLIGHT SEMINARS:

Herbs for Relaxation & Stress Relief (Grafton 10/15/10)  
Aromatherapy - Women's Hormones in Balance (Grafton 10/19/10)  
Introduction To Energy Medicine Through Polarity Therapy (Grafton 11/5 - 11/7/2010)  
Introduction to Vibrational Modalities for Animals (De Pere\* 11/6/10)  
Sound Healing (Grafton 11/20/2010)  
Gaia'sTouch Heated Stone Massage Workshop (Madison 12/11 -12/12/10)  
Review for the National Exam (TBA)

#### PRECISION NEUROMUSCULAR THERAPY SEMINARS:

PNMT Head & Neck (Grafton 10/22 - 10/24/2010)  
Precision Muscular Mobilization Spine (Grafton 10/30 - 10/31/2010)  
Precision Muscular Mobilization Spine (De Pere 11/13 - 11/14/2010)  
PNMT - Spine & Thorax (Grafton 12/10 - 12/12/2010)  
PNMT - Spine & Thorax (De Pere 12/17 - 12/19/2010)

#### OTHER SPECIALTY SEMINARS:

Lomi Lomi I & II (Grafton 10/8 - 10/10/2010)  
Lomi Lomi III (Grafton - 10/11/2010)  
Aromatherapy (Grafton 10/15 - 10/17/2010)  
Intro Small Animal Massage (Grafton 10/22 - 10/24/2010)  
Acupressure Introduction (Grafton 10/29 - 10/31/2010)  
Intro Small Animal Massage (De Pere\* 10/29 - 10/31/2010)  
Lymphatic (Grafton - 11/6/10 & 11/20/2010)  
Eval & Ethics of Animal MX (De Pere\* 11/12 - 11/14/2010)  
Ethics & Boundaries for Bodyworkers (Grafton 11/13/2010)  
Eval & Ethics of Animal MX (Grafton 11/19 - 11/21/2010)  
Reiki, Energy and Body (Grafton 12/3 - 12/5/2010)  
Reflexology (Grafton 12/4 - 12/5/2010)

\*offsite location

Contact Blue Sky at 262-376-1011 or  
Grafton@BlueSkyEdu.org to register.

#### GRAFTON

350 Double Tree Lane  
Grafton, WI 53024  
262-376-1011  
Grafton Open House: 6pm  
10/6, 11/3, 12/1

#### MADISON

2005 West Beltline Highway, Suite 201  
Madison, WI 53713  
608-270-5245  
Madison Open House: 9:30am  
10/9, 11/6, 12/4

#### DEPERE

2200 American Boulevard  
De Pere, WI 54115  
920-338-9500  
De Pere Open House: 6pm  
10/7, 11/4, 12/2

# AMTA – Wisconsin Chapter Annual Chapter Meeting & Educational Conference

## February 5-7, 2011

Olympia Resort- Oconomowoc, WI

1350 Royale Mile Road

800-558-9573

**WOW!**

**An Exciting Line up at Unbelievable Prices!**  
**Members Save over 50% on Nationally Advertised Prices**  
**Prospective Members and Others Save a Bunch Too!**

### Saturday February 5:

Registration begins at 8:00am

Class Times 9:00 - 12:00 pm \* *break for lunch* 1:00 - 5:00pm

- Acu-Neurol with Dr. XiPing Zhou (2 days)
- PNMT for the Lower Extremities with Douglas Nelson (3 days)
- Massage Therapy and Pathology: Psychiatric Disorders with Ruth Werner (2 days)

### Sunday February 6:

Registration begins at 8:00am

Classes run from 9:00 - 12:00 *3 hour break for lunch and annual meeting* 3:00 - 5:00 pm

- Acu-Neurol with Dr. XiPing Zhou (2 days)
- PNMT for the lower extremities with Douglas Nelson (3 days)
- Massage Therapy and Pathology: Psychiatric Disorders with Ruth Werner (2 days)

### Monday February 7:

Registration begins at 7:30am

- PNMT for the lower extremities 9:00 - 12:00 pm \* *break for lunch* 1:00 - 5:00pm
- "Your Body as Beloved Partner" with Kathy Ginn 8:30 - 12:00 pm *lunch* 1:00 - 5:30 pm

### What's This ? \*

The meeting on Sunday will consist of elections of Chapter Officers and Delegates, voting on the Annual Budget and Standing Rules, as well as covering other Chapter business. We are looking at ways to make the meetings less painful, because let's be honest they can be. So if you have ideas to make them more enjoyable please let us know. We are totally open to working outside the box!



**An Exciting Line up at Unbelievable Prices!**  
**Members Save over 50% on Nationally Advertised Prices**  
**Prospective Members/Others Save a Bunch Too!**

	Before January 07:	After January 07:
<b>PNMT* Member/Student:</b>	<b>\$190.00</b>	<b>\$210.00</b>
<b>PNMT* Prospective Member/other:</b>	<b>\$250.00</b>	<b>\$270.00</b>
* Please bring tables, linens and lubricant		
 <b>Acu-Neurol* Member/Student:</b>	 <b>\$100.00</b>	 <b>\$120.00</b>
<b>Acu-Neurol* Prospective Member/other:</b>	<b>\$150.00</b>	<b>\$170.00</b>
* Please bring tables, linens and lubricant		
 <b>MT &amp; Pathology: Member/Student:</b>	 <b>\$70.00</b>	 <b>\$90.00</b>
<b>MT Pathology: Prospective Member/other:</b>	<b>\$120.00</b>	<b>\$140.00</b>
 <b>Beloved Partner: Member/Student:</b>	 <b>\$50.00</b>	 <b>\$70.00</b>
<b>Beloved Partner: Prospective Member/other:</b>	<b>\$100.00</b>	<b>\$120.00</b>

**(ALL CLASSES INCLUDE LUNCH EACH DAY)**



The founder and principle instructor of Precision NMT seminars, Doug has taught hundreds of seminars and to various populations from physician's conferences to educational seminars for lay people. Practicing massage therapy since 1977, he has studied with a host of great educators and worked in several clinical environments. He is the president of BodyWork Associates, a sixteen therapist massage therapy clinic in Champaign, IL which has been in operation since 1982.

Doug still maintains a very active practice; he doesn't just teach, he has a busy personal practice (seeing over 1,100 client visits annually); the clinic is the laboratory for the development of PNMT. Doug has treated thousands of clients over the years, from the NBA to the NFL, to factory workers, to high level musicians who suffer musculoskeletal pain. Doug is passionate about the efficacy of the work and has conducted many clinical research studies to investigate PNMT. He is a member of the International Myopain Association and the International Association for the Study of Pain and is currently working on a book on pain mechanisms. He is also a regular columnist for Massage and Bodywork magazine.

PNMT for the Lower Extremity begins with analysis and treatment of the SI joint area, a structure that belongs both to the upper and the lower body. We then slowly address each muscle group and move down the leg. With a balance of hands-on practice time and pertinent lecture, we will address conditions such as piriformis syndrome, knee pain, hamstring strains, plantar fasciitis, and other common lower extremity pain patterns. We will also explore the role of leg and hip muscles in gait, low back pain, and structural symmetry. The class is filled with practical applications to conditions that are commonly seen in everyday practice. The class is structured upon precise manual techniques for incredibly thorough treatment interspersed with clinical applications to help the therapist know what muscles to treat and why to treat them. 19 CEUs



**REGISTRATION PAGE**

Make Checks Payable to AMTA WI

Please Detach and send to:

**STAY TUNED... ONLINE PAYMENT OPTION WILL BE AVAILABLE MID NOVEMBER @amta-wi.org**

Mya Rowe

P.O. Box 131, Neillsville, WI 54456

myarowe@yahoo.com 715-937-3115

Please print clearly.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

AMTA member # \_\_\_\_\_ \* must provide number to receive member discount\*

Method of payment: Check / VISA / MC

Amount Paid \_\_\_\_\_

Check # \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Check here if you are only having lunch and are not participating in classes:

Saturday lunch \_\_\_\_\_

Sunday lunch \_\_\_\_\_

\*\*If you are not participating in any classes and will be attending the chapter meeting with lunch, you will need to submit payment. If you are only attending the chapter meeting with no lunch, you do not need to submit payment.

Circle if you are a member or not.

(If you are a member please include your AMTA # above)

AMTA member lunch \$15

Prospective member/ guest lunch \$25

Circle which class/classes you are taking:

PNMT

MT&amp;Path

Acu-Neurol

Body Beloved (May be combined with MT&amp;Path or Acu-Neurol)

**STAY TUNED... ONLINE PAYMENT OPTION WILL BE AVAILABLE MID NOVEMBER @amta-wi.org**



**Acu-Neurol™** Technique with Dr. XiPing Zhou, **Dr. Zhou** is the founder and director of the East-West Healing Arts Institute that is built on the premise that body, mind, and spirit form an interconnected, inseparable system, and that true healing can only take place when all three are addressed. That's why our logo is made up of the Chinese characters for these three concepts: body, mind, and spirit. Therapeutic massage and bodywork has been used for thousands of years as a powerful tool for healing, and can have a profound effect on the whole being of both the client and the practitioner.

Acu-Neurol is a technique developed by Dr. Zhou to apply multiple TuiNa (Chinese Medical Massage) techniques and strokes on the specific acupressure points, meridians and the muscles. Dr. Zhou will teach you his top ten powerful energizing acupressure points. In this workshop, you also will learn some advanced Acu-Neurol™ techniques such as rolling, grasping, snapping, shaking, striking, lifting and rotating. Dr. Zhou will explain how to apply the techniques on the acupressure points to treat specific medical conditions such as piriformis muscle injury, sciatic pain, carpal tunnel syndrome. 12 CEUs

**Ruth Werner** is a massage therapist, here is a bit of her story... I went to massage school in 1984, before there was any such thing as education requirements or national certification. While I was in school I was surprised to discover that I LOVED learning about anatomy-- as a theatre major in college, I had spent my academic career avoiding the sciences at all costs. I made another surprising discovery when I had the opportunity to tutor some students to get them caught up with the rest of the class: I have a talent for taking large, complex ideas, and breaking them down into small pieces that anyone can understand and put together. Massage education became my focus and my career path.

Early in my training I became convinced that massage therapists simply weren't getting enough information about massage for clients who might struggle with complex conditions or diseases. This compulsion eventually led to my book, *A Massage Therapist's Guide to Pathology*, which is now in its 3rd edition and is used in massage schools all over the world.

#### **Massage Therapy and Pathology: Psychiatric Disorders**

Psychiatric disorders are some of the most common health challenges that our clients face today. The impact of massage on mood and coping abilities turns out to be profound, so it is important to be well-informed about these conditions. This class covers the definition, demographics, etiology, signs and symptoms, treatment options, and role of massage for the following: depression, anxiety disorders (PTSD, obsessive-compulsive disorder, phobias), eating disorders, chemical dependency, and others as time permits. 12 CEUs



**Kathy Ginn** has become a mainstay of our offerings because she is an excellent instructor and well loved by our membership. Join her as she guides you through another of her exciting journey into your soul.

#### **Your Body as Beloved Partner**

We spend our lives with our bodies; however we often leave the body behind. Our body becomes a burden, it feels numb, our body becomes an enemy, a stranger. Have you ever considered your body to be your beloved partner? Can physical pain and tension bring us insight? Can we re-connect with our bodies and learn to honor our bodies in a new way? Some of the days' highlights include:

- How we become disembodied
  - Cultivating body awareness
  - Working with body sensations
  - Exploring the realms of experience
  - How to integrate your body into the journey toward wholeness
- Cultivating a felt-sense understanding that your body is a source of information, intelligence, and wisdom, and finally exploring the body as prayer. This workshop is about our bodies and the stories they have to tell. As massage therapists, it is important to befriend our bodies. From this space of compassion with ourselves, we can teach our clients to do the same. Remember ~ our body speaks volumes! 8 CEUs



## New Law Affects Gift Certificate Sales

On July 27, 2010, H.R. 5502 which updated the Credit Card Accountability Responsibility and Disclosure Act ("CARD Act") was signed into law. The Federal Reserve Board has completed final rules implementing the gift card provisions of the Card Act. The rules restrict fees and expiration dates on gift certificates (also applies to Store Gift Cards and General-Use Prepaid Cards), and require sellers and issuers to make specific disclosures. Gift certificate rules took effect August 22, 2010.

**Gift Certificates Definition** – A gift certificate is a card, code, or other device that is redeemable at a single merchant or an affiliated group of merchants that share the same name, mark, or logo, issued in a specified amount that may not be increased or reloaded; purchased on a prepaid basis in exchange for payment; and honored upon presentation by such single merchant or affiliated group of merchants for goods or services.

**Expiration** - Expiration dates are prohibited for Gift Certificates except if the expiration date of the funds underlying the Gift Certificate is 5 years or more from the Gift Certificate's issuance date.

**Fees** - No person may impose a dormancy, inactivity, or service fee with respect to Gift Certificates, Store Gift Cards, or General-Use Prepaid Cards unless all of the following occur: 1) No Activity for 1 Year – fees are only imposed if there has been no activity for 1 year prior to imposing the fee; and 2) 1 Fee Per Month – only 1 fee is imposed per calendar month; and 3) Disclosures – disclosures regarding fees must be clearly and conspicuously stated on gift certificates, and disclosures must be provided to purchasers before issuance.

The rules additionally prohibit fees for replacing or reissuing an expired Gift Certificate, Store Gift Card, or General-Use Prepaid Card if the remaining funds remain valid. This is to ensure consumers may access and use the underlying funds for a full 5-year period.

**Disclosure Requirements** - The rules to the CARD Act also require the disclosure of permitted expiration dates and of all other fees, such as initial issuance fees and cash-out fees. These disclosures must be provided on or with the Gift Certificate prior to purchase. Additionally, a toll-free number and, if available, a web site – that a consumer may use to obtain fee information or to order a replacement – must be disclosed on the Gift Certificate. Disclosure requirements take effect January 31, 2011.

**Qualifying Exemptions** – There are several exemptions within the new federal law:

Gift certificates which qualify under the rules as loyalty, award, or promotional gift certificates are exempt from the fee and expiration date rules but must still follow strict disclosure requirements.

Gift certificates not marketed to the general public, gift certificates issued in paper form only, or gift certificates redeemable solely for admission to specific events or venues. But you should note that if you sell a certificate that is delivered by email, online or by electronic download to be printed on paper by the consumer, though the final certificate may be on paper, the fact that the certificate was "issued" electronically may change things.

Another exclusion is generally limited to gift certificates that do not state a specific monetary value but instead are redeemable for (1) a specific good/service or "experience" (e.g., a spa treatment, massage session, hotel stay) or (2) a certain percentage off the purchase of a good/service (e.g., 10% off). These gift certificates are not covered by the CARD Act because they are not issued "in a specified amount." However, if a certificate is issued in a specific amount that can be applied toward the purchase of a specific good/service (e.g., \$25 off a massage session but does not attribute a specific value to the session, e.g., "a \$75 value"), it is subject to the CARD Act unless it qualifies for another exemption.

**Wisconsin Rules regarding Gift Certificates** - The only rule I could find within Wisconsin law is 2001 Act 109 which exempts unredeemed gift certificates from the unclaimed property law.

**Bottom Line** - The Credit Card Act does not replace state law; it only sets a minimum standard. If your state law has stronger restrictions or requirements for gift certificates, then the state law is still the rule. If you sell massage gift certificates you must be aware of the laws and regulations that govern them.

Please do not consider this legal advice. You should check with your attorney if you offer gift certificates and have any concern about whether or not they are exempt.

For a more in-depth look at this issue a set of resource links is available online at <http://mobilemassagewi.com/gift-certificate-law.htm>

*Reported by Lynn Kutz, with thanks to Doug Barhorst, LMT for initiating a discussion on this topic at the body\_work group on yahoogroups, and to Cherie Sohnen-Moe for her contribution to that discussion.*



Patrick Ingrassia who taught Advanced Chair Massage demonstrates his technique on a client on a table

Great Prizes!!!



## Learn how to give Traditional Thai Massage!

October 22-25, 2010 or March 11-14, 2011

In Madison. Please check the website for advanced Thai classes.

Nuad Bo Rarn (Traditional Thai Massage) is a beautiful and elegant 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.

**Lyrea Crawford** is an experienced instructor who has studied in Thailand. She was a presenter at the September, 2009 WI-AMTA conference. Lyrea Crawford is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a **continuing education Approved Provider**. Lyrea's qualifications also include extensive training in Therapeutic Yoga. She is a Yoga Alliance RYA 500 instructor.



Register Online!

Upcoming class schedules, class descriptions,  
instructor information and registration details available at:

**www.lyreacrawford.com**

Questions? Call 608-549-2023

### New Class!! **Aligned for Vitality** March 25-27, 2011

At a retreat location in southwest WI

Learn to see the body differently!

Based upon the principles of therapeutic yoga, this experiential class is designed to help massage therapists identify less than efficient alignment patterns in the body. Great for personal self-care, and for establishing effective massage protocols for your clients. Complete details on website.



## A Delightful Dilemma

The AMTA-WI Chapter is in a rare and wonderful position. Over the past few years we have been too good at budgeting and have amassed a surplus of funds. The bad news is we have more than we can have as a non-profit entity so we have to spend it down.

This is Chapter money, which makes it your money. We are asking for your help in deciding how to use these funds to best serve you, our members.

Your Board of Directors would love to see it go to further offset the cost of continuing education to our members; we are hoping to spread this surplus out over a 10-year period.

But perhaps there are other ideas we can implement as well.

Just let us know. Contact Kay Peterson by email [amtawikay@charter.net](mailto:amtawikay@charter.net) or phone 715 835-2746. We will take your suggestions seriously and let you know in January what our plan will be.

## Class Review

Advanced Chair Massage  
Body Saver Method  
with Patrick Ingrassia, L.M.T.

*by Ellen M. Wittwer, WCMT*

I had the privilege to take an advanced chair massage class at the AMTA-WI Fall Conference in Appleton and learn more techniques to use in my practice. The majority of my business is Chair Massage, so I was



really looking forward to this class and it was all and then some. The instructor Patrick Ingrassia was easy to understand and helpful with the techniques. When there was a question about a move or needed to see it again, he was right there to help. The techniques that we were taught all made sense to me and I really enjoyed how he utilized the

therapist body as a tool, different from what we are used to. When I first heard use your knee, I was like, WHAT? But then it made sense when he demonstrated the move. I would recommend this class to anyone that does chair or table massage. Many of the moves that were taught can easily be adapted to the table. The use of stretching with the techniques was very helpful as well. After the class was over, we left with enough techniques to easily do an hour session in a chair if wanted or plenty of new techniques to use on a table session. I hope to see this instructor again, I feel he is knowledgeable of his field and can be very helpful to all massage therapists:



**It Takes a Village  
to Make a Law**  
*by Betsy Krizenesky,  
WCMT, AMTA-WI  
Government Relations  
Chair*

Now that we are well on our way to implementing the new massage therapy and bodywork therapy licensing law (Act 355), let us not forget that without our legislators' support and that of Governor Doyle we would have nothing to celebrate. Public service is largely a thankless job, with most of the feedback from the public being complaints rather than kudos for a job well done. Please take just a minute to call, email or write your own legislators, most of whom are running for reelection on November 2. You can find out who they are by calling 800-362-9472 or go to [www.legis.state.wi.us](http://www.legis.state.wi.us) and click on Who Represents Me? The Governor's office is 608-266-1212.

Special thanks are due to the legislators who cosponsored AB588, meaning that they were our champions in the legislature: Representatives Berceau (Madison), Kaufert (Neenah), Pope-Roberts (Middleton), Suder (Abbotsford), Van Roy (Green Bay), Hilgenberg (Dodgeville), Staskunas (West Allis), Ballweg (Markesan), Molepske, Jr. (Stevens Point); Senators Hansen (Green Bay), Taylor (Milwaukee), Wirsch (Pleasant Prairie), Ellis (Neenah), Olsen (Ripon) and Risser (Madison)



## Massage School IntuAction Institute Healing Center

Transformation • Intuition • Bodywork • In Action

6225 University Avenue, Suite 202, Madison, WI 53705 • 608-238-7378 • [www.tibiainc.com](http://www.tibiainc.com)

### Massage School

EAB Approved

#### 650-Hour Massage Program

Meets & exceeds certification requirements

Training in intuition & energy work  
Excellent hands on instruction  
Solid grounding in the sciences  
Emphasis on self-care  
Transformational healing & growth  
Practical business coursework  
Extraordinary commitment to You!

### IntuAction Institute

#### 540-Hour IntuAction Program

Experience more peace & grace  
Deepen your connection to Spirit  
Explore energy healing  
Increase & develop intuitive skills  
Train to offer professional sessions

### Healing Center

#### Massage – Intuitive Bodywork

\*

#### Intuitive Spiritual Support

Individuals • Couples • Groups • Animals

\*

#### Aromatherapeutic Healing

\*

2-7 day **Intensives** (*life altering!*)

All of the above! 3 sessions/day

### Continuing Education Courses ~ NCBTMB Approved

#### Courses for Body & Soul

##### Myofascial Trigger Point

20 CE Hours

September 10, 2010; 6-10p &  
September 11 & 12, 2010; 9a-6p  
\$440 (\$400 if paid by 8/27/10)

##### Introduction to Deep Tissue Techniques ~ 16 CE Hours

October 16 & 17, 2010; 9a-6p  
\$310 (\$280 if paid by 10/2/10)  
+ \$10 materials fee

##### Whole-Person Care: Supporting People Living with Cancer through Massage & Bodywork

24 CE Hours

October 22, 23 & 24, 2010; 9a-6p  
\$400 (\$360 if paid by 10/8/10)

##### Ethics, Power & Heart

6 CE Hours

(Includes 2 Hours of Standard V)  
November 5, 2010; 10a-5p  
\$99

##### Nutrition for Massage Therapists

5 CE Hours

November 6, 2010; 10a-4p  
\$140 (\$120 if paid by 10/23/10)

#### Energy Courses

##### Energy in Action

16 CE Hours

September 25 & 26, 2010  
or November 20 & 21, 2010; 9a-6p  
\$310 (\$280 if paid 2 weeks prior)

##### Clearing Energy

8 CE Hours

October 31, 2010; 9a-6p  
\$240 (\$200 if paid by 10/17/10)

##### Aromatherapy: Raindrop Technique

7 CE Hours

November 6, 2010; 10a-6p  
\$160 (\$140 if paid by 10/23/10)  
+ \$20 minimum for use of  
Young Living essential oils (if needed)

##### Crystal Energy Balancing

8 CE Hours

November 20, 2010; 9a-6p  
\$180 (\$160 if paid by 11/6/10)  
+ \$5 materials fee

#### TIBIA's Signature Courses

##### Freeing the Power to Heal: The Foundation Workshop

16 CE Hours

September 11 & 12, 2010; 9a-6p  
or November 13 & 14, 2010; 9a-6p  
\$300

##### Intuitive Space\*

30 CE Hours

October 18 & 25,  
November 1, 8, 15, 22 & 29,  
December 6, 13 & 20, 2010; 6:30-9:30p  
\$900 (\$750 if paid by 10/4/10)

##### Intuitive Support\*

30 CE Hours

(Intuitive Space prerequisite for this class)  
October 16 & 30, November 6 & 20,  
December 4, 2010; 10a-5p  
\$900 (\$750 if paid by 10/2/10)

##### (NEW) Freeing the Power to Heal: Integrating the tools\*

October 29

November 5, 12 & 19, 2010; 6:30-9:30p  
\$360 (\$300 if paid by 10/22/10)

\*Freeing the Power to Heal:  
The Foundation Workshop is a  
prerequisite for these courses

Visit [www.tibiainc.com](http://www.tibiainc.com)  
or call 608.238.7378  
for a complete list of our courses

## Be a Part of the Future!!

The Nominating committee is currently reviewing candidates for the following board officer positions:

1<sup>st</sup> Vice President  
3<sup>rd</sup> Vice President  
Treasurer

Qualifications: Candidates for the Board of Directors must be Professional Members in good standing.

A Candidate for a vice president position shall:

1. have held an elected office or appointed chair position on the AMTA WI Chapter BOD within the preceding 4 years and
2. hold active professional membership classification for one year prior to candidacy.

Duties:

Chapter officers are required to attend a minimum of 4 board meetings annually, which include "conference call" board meetings and a minimum of 2 chapter meetings, except for good cause shown.

At both chapter meetings each officer will present a written report(s) given orally of a summary of committee activities.

Each officer is required to contribute 2 written submissions annually for publication in the chapter's newsletter.

Each Vice-President is required to Chair or Co-Chair one committee.

Benefits: All Chapter Officer's registration fee for educational functions hosted by the AMTA WI Chapter will be waived if the requirements are met by the officers while in term.

Non-compliance of required duties, as defined by section B 1, 2, 3, 4 would result in benefits being revoked.

Chapter Policy also allows board and committee chairs to receive reimbursement for expenses related to conducting chapter business such as telephone, postage, supplies, and mileage for travel to meetings. Meals may also be provided as part of the board meeting.

If you are interested in running for an officer position, please send your resume and photo to [amy120@wi.rr.com](mailto:amy120@wi.rr.com) or to the address listed on the front cover for Amy Remillard. We would like to have a brief biography and photo of each candidate for publication in the January 2011 Connecting Hands issue.

## Gaia's Touch

### Stone Massage Workshops

**Gaia's Touch Stone Massage** offers Heated Stone Massage workshops.

Workshops are scheduled in 2010/2011 for:

**November- Milwaukee, WI • December- Madison, WI • January- Sycamore, IL  
February- Wausau, WI • March- De Pere, WI • April- Grafton, WI • May- Milwaukee, WI**

For more information and our complete schedule check out us out at

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



## Membership Report

Hello fellow MT's! For more information on member benefits and resources to support you in your practice go to the AMTA-WI website at [www.amtawi.org](http://www.amtawi.org) and the AMTA National website at [www.amtamassage.org](http://www.amtamassage.org). Currently we have 1,683 members with 1,473 as active professional members, 163 students, 1 supporting member, 2 professional retired, and 44 inactive professional members.

*Please welcome the following New Members who have joined the AMTA-WI Chapter in the past 5 months.*

Ashley Lauren Antisdell	Helenville	Karlies Kelley	Milwaukee
Karen Ann Abbott	Racine	Margaret King	Oneida
Tate Baker	Milwaukee	Melissa Marie King-Bradley	Beloit
Rebecca Bednar	Racine	Charlene Reyne Kleindl	Green Bay
Rebekah A Behnke	Milwaukee	Debra Klich	Milwaukee
Naomi Elaine Bietsch	Jackson	Molly Koch	W Milwaukee
Emily A. Blanchard	Elkhorn	Ronald H Krueger	Green Bay
Kristen M. Boehm	Madison	Kelly Marie Lauria	Milwaukee
Ashley Boles	Sun Prairie	Donna Marie Lozon	Altoona
Geanina M. Bossi	Oak Creek	Ashley Lynn	Wausau
Sarah Denile Brauer	New Berlin	Bree Craig Mahone	Racine
Karen M Burian	Eau Claire	Barbara Matha	Reedsburg
Amy Burns	Milwaukee	Tara Maysak	Burlington
Jason Bynum	Madison	Kathleen Mary Melk	Sussex
Laurie Clemens	Milwaukee	Megan Meylor	Darlington
Stacey Lea Comparin	Greenville	Tawna Ashley Nelson	Menomonie
Mary Catherine Cotter	Madison	Angela R Olinger	Chippewa Falls
Michael J Cramer	Milwaukee	Rachel A Opie	Pewaukee
Heidi Christine Cranston	Milwaukee	Peter Ouigi Palermo	Kenosha
Kristin M Cronin	Franklin	Douglas Radtke	Kenosha
Zachary D. Cuevas	Muskego	Shonda Redmond	Milwaukee
Janice Dorothy Curtin	Appleton	Mandi Richmond	Fitchburg
Darlene Dahlke	Watertown	Kate Rogers	Madison
Tonia Davis	Milwaukee	LaVada Ann Rooks	Milwaukee
Hannah Rose Ecklund	Lake Geneva	Darlene Rose	Milwaukee
Lori Fink	Muskego	Erica Rosenfeld	Mason
David Gerard Foley	Greendale	Tracy Ruehl	Milwaukee
Mike Forrest	Appleton	Melissa Anne Ruhnke	Milwaukee
Tara Gibbs	Wild Rose	Danielle R Ruplinger	Campbellsport
Craig Anthony Glowaski	Manitowoc	Amy B Saltness	Eau Claire
Aaron Kami Gorski	Eagle	Lisa Gale Schatzka	Twin Lakes
Irene Green	Stanley	Zachary R Schell	Muskego
Cassie Lee Green	Fall Creek	Melissa Sikora	West Allis
Orlando Harding	Milwaukee	Catherine E Stadler	Milwaukee
Jennifer Harris	Port Washington	Sarah Staudacher	Milwaukee
Marisa Elena Hernandez-De Windt	Milwaukee	Eliza Jane Stevens	Milwaukee
Carmen Jean Holmes	Madison	Kristyl Elane Thomas	Green Bay
Nichole Hunt	Madison	Kathryn Tollefson	Sussex
Angela M Hyde	Eau Claire	Wendy Tschida	Chippewa Falls
Kelly S James	Hartford	Kirsten Marie Virnig	Menomonee Falls
Jennifer Jentz	Hortonville	Shannon L Waugh	Lodi
Michelle Kaczmarek	Eau Claire	Leanne T. Wick	Slinger
		Trina N. Worby	West Bend



## Class Review

### Foundations of Manual Lymph Drainage with Elisa DiFalco

*by Kristin Schwengel, WCMT*



I confess that I don't often attend the Wisconsin Chapter conferences, despite the many educational offerings -- as a therapist who has hours on Saturdays, a seminar needs to really grab my interest to make me block off time (and income) and

incur travel expenses. The Manual

Lymph Drainage class offered at the September conference in Appleton was one that I knew I would take the first time I saw it listed in Connecting Hands.

I had previously taken a one-day seminar for a 'lymphatic support massage' -- which was an enjoyable treatment, but did not leave me feeling confident about working with patients in a clinical environment, especially if they had very particular needs. I often felt that I spent more of my time explaining why what I did was NOT manual lymphatic drainage than I did explaining how the supportive massage could be beneficial. I wanted something that would be more medical, more evidence-based, and with more direct results. Saturday morning, looking at the handouts, I knew that this class would provide what I was looking for.

After an overview of the history of manual lymph drainage, we started the hands-on work, alternating hands-on sections with clinical information and background. Elisa did an excellent job sharing her enthusiasm and passion for this modality, as well as the importance of the lymphatic system and the devastating results that have come from ignoring or abusing that system. As she phrased it, we were now better prepared to treat and more knowledgeable about

the lymphatic system than most physicians, who spend an average of twenty minutes on it in medical school.

Although not expecting to receive or observe dramatic results, we were astonished at how these gentle techniques produced real and measurable changes in our own bodies, even with abbreviated treatment applied by beginners, with many stops and starts. In my own case, I had recently aggravated a sprained ankle, and was still limping and wearing an ankle brace. Over the course of the two days, my gait improved, I only wore the brace when active during the day, and I had a measurable reduction in swelling. Other students noted improvements in digestion, some had better range of motion, and some noticed clothing fitting differently. For me, this was evidence that one didn't need to have a clinical edema to benefit from this treatment.

This class provided a simple, effective protocol that can be immediately used in an existing practice, whether the therapist incorporates some of these techniques to complement a regular session or offers a complete session of lymphatic drainage. There were a few points on which I would have liked more information -- mostly related to marketing and increasing client awareness of the varied benefits of the treatment. Overall, though, I was impressed with the quality of the class and the technique, and am interested in pursuing further training and possible certification. Although manual lymphatic drainage will not replace my existing therapeutic specialties, I am enthusiastic about incorporating it and promoting it more in my practice.



The Manual Lymph Drainage Class with Instructor Elisa DiFalco bottom left



### 3rd Quarter (September - October) 2010 CE Classes Milwaukee School of Massage, LLC

NCBTMB Continuing Education Approved Provider #450429-07

All Continuing Education classes are open  
to the public & massage therapists



#### TOUCHING THE SOUL - USING FLOWER ESSENCES TO COMPLIMENT MASSAGE (2 OF 3)

With Julie Zettel, NCTMB, WCMT 1285-046

Monday, October 4, 2010 • 11:00am – 3:30pm • 4 CE Hours • Fee \$70

#### ACU-YOGA

With Susan Lorentzen, LaC, CMT, Yoga Instructor

Saturday, October 16, 2010 • 1:00pm – 4:00pm • 3 CE Hours • Fee \$50

#### ETHICS, POWER & HEART

With Kathy Ginn

Sunday, October 17, 2010 • 9:00am – 5:00pm • 7 CE Hours • Fee \$120

#### THE SUN IN UNION WITH THE AWAKENING OF HUMAN CONSCIOUSNESS, A BODYWORKERS' CONNECTION WITH FLOWER ESSENCES (3 OF 3)

With Julie Zettel, NCTMB, WCMT 1285-046

Monday, October 18, 2010 • 11:00am – 3:30pm • 4 CE Hours • Fee: \$70

#### HOT STONE MASSAGE (2 DAY CLASS)

With Lee Ann Baum, WCMT

Saturday, October 23 & Sunday, October 24, 2010 • 10:00am – 5:00pm • 12 CE Hours • Fee \$250

#### MEDIUMSHIP TRAINING

With Amy Wilinski, MBA, OTR, Energy Practitioner

Saturday, October 30 & Sunday, October 31, 2010 • 8:00am – 3:00pm • 12 CE Hours • Fee \$350

#### AWAKENING YOUR INTUITION

With Amy Wilinski, MBA, OTR, Energy Practitioner

Saturday, October 30, 2010 • 3:30pm – 10:00pm • 6 CE Hours • Fee: \$100

**FOR MORE CLASSES AND THEIR DESCRIPTIONS PLEASE VISIT OUR WEBSITE**



**WWW.MILWAUKEESCHOOLOFMASSAGE.COM**

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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 deadline

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Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-mail (optional) \_\_\_\_\_

Fee Enclosed \$ \_\_\_\_\_

Registering for class(es) \_\_\_\_\_

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.milwaukeechoolofmassage.com

## AWARDS

Put your hands together and congratulate your fellow AMTA-WI Chapter members.

We would like to recognize the AMTA-WI Chapter members that have been with the AMTA for twenty years or more. Please be sure to check out the website next month to recognize other members who have been AMTA-WI Chapter members for 5, 10, and 15 years.

### TWENTY YEARS

Carol Alvarez  
Helen Crevier  
Derilee Curtis-Costa  
Fayne Diegel  
Ruth Gosslin  
Mary Hoey  
Michelle Johnson  
Kelly Lee  
Mark Mitchell  
Kurt Nesgood  
Debbie Pomeroy  
Mary Spike  
Margaret Summerside  
Margaret Tobakas  
Jeanne Wagner

### TWENTY FIVE YEARS

Terry Burko  
Carol Burko  
Marcie Holding

### THIRTY YEARS

Kathleen Treffert

Congratulations!!



*Mya Rowe, left and Amy Appel, right are very happy to be your education chairs. High 5 Wisconsin!!!*



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## Calendar

October 24, 2010

BOD Meeting

11am Budget meeting attendance for all BOD members Stevens Point

October 24 ~ 30, 2010

National Massage Therapy Awareness Week

go to [amtamassage.org](http://amtamassage.org) for celebration ideas

February 5 ~ 7, 2011

AMTA-WI Conference and Chapter Meeting

Oconomowoc, WI