



AMTA *Wisconsin* Chapter

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

# Connecting Hands

Promoting Wellness Through Massage

Winter 2011  
Volume 18-04

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## Congratulations Wisconsin

*What does it mean to get the Four Hand of Excellence Award?*

*By Ellen M. Wittwer, 1st VP and Awards Chair*

The honor of receiving the Four Hands of Excellence award means that according to the National Awards Operational Committee, the chapter has met the requirements set forth by National of reporting to the members. The award is to promote Chapter volunteers to go above and beyond the basic requirements of their position. The award gives an opportunity for chapters to communicate the opportunities they have seized, the fun they have had, and any challenges they have over come for the year. There are three parts of requirements and criteria that must be met to even qualify, and then depending on what the chapter has done, determines the scoring of how many hands is received. For a more detailed description of what exactly the Hands of Excellence is, please contact the National Website. Thank you so much Wisconsin Chapter for meeting the Four Hands Requirements, I am very proud to be a volunteer with this chapter.



*Amy McLoughlin, Terry Bauer, Ellen Wittwer, Corrin Burnell and May Rowe pose with the 4 Hands of Excellence Award in Portland, OR*

## Mark Your Calendars

Wisconsin Chapter  
Annual Meeting &  
Educational  
Conference

**March 30 - April 1, 2012**  
*Olympia Resort & Spa*  
*Oconomowoc, WI*

*see page 16-22 for details*

## AMTA - WI Chapter Officers

### PRESIDENT

**Kay S. Peterson, LMT**

2519 North Hillcrest Pkwy, Suite 102  
Altoona, WI 54720  
715-835-2746

amtawikay@essentialmassagetherapy.com  
Term ends 2012



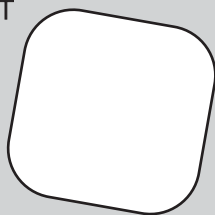
### FIRST VICE-PRESIDENT

**Ellen Wittwer, LMT**

909 S. Covenant Ln.  
Appleton, WI 54915  
920-810-1011  
Stressrelief1@juno.com  
Term ends 2013



### SECOND VICE-PRESIDENT Vacant



### THIRD VICE-PRESIDENT

**Corrin Burnell, LMT**

24 N Lincoln Ave  
Fond du Lac, WI 54935  
920-539-1584  
ctburnell@gmail.com  
Term ends 2013



### SECRETARY

**Terry Bauer, LMT**

1548 Ball St  
Eau Claire, WI 54703  
715-225-1964  
biker4jesus@sbcglobal.net  
Term ends 2012



### TREASURER

**Mya Rowe, LMT**

P.O. Box 131  
Neillsville, WI 54456  
715-937-3115  
myarowe@yahoo.com  
Term Ends 2013



### IMMEDIATE PAST PRESIDENT

**Amy Remillard, LMT**

120 Wabash Ave.  
Waukesha, WI 53186  
262-524-8886  
amy120@wi.rr.com  
Term ends 2012



## The AMTA Purpose

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

## Connecting Hands

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

## Committee Chairs

### 2012 DELEGATES

Sam Licht, LMT  
Stephanie Anderson, LMT  
Robin Brauner, LMT

### SCHOLARSHIP

Corrin Burnell, LMT  
920-539-1584  
ctburnell@gmail.com

### AWARDS

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

### DISPLAY

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

### OUTREACH

Amy McLoughlin, LMT  
artofmassageandwellness@yahoo.com

### EDUCATION

Erin Collier, LMT  
emccmt@yahoo.com

### GOVERNMENT RELATIONS

Doug Radtke  
262/620-2820  
2gr8hands@wi.rr.com

### NEWSLETTER

Cynthia "Sam" Licht, LMT  
608 785- 4668  
brthmrk@yahoo.com

### FINANCE

Alan Weld, LMT  
608-232-9989  
1787-046@sbcglobal.net

### SPORTS MASSAGE TEAM

Ronnie Artero Frederick, LMT  
rjartero@gmail.com

### MERT

Vacant

### MEMBERSHIP

Amy Remillard, LMT  
amy120@wi.rr.com

### NOMINATING COMMITTEE

Alisha Mell, LMT  
Cynthia "Sam" Licht, LMT  
608 785- 4668  
brthmrk@yahoo.com

## Important Contact Information

### AMTA-WI Chapter Voice Mail & Website

414-299-9201

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

### 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](http://www.ncbtmb.com)

For application downloads, updates, etc

## Presidents Report

It seems strange to be writing my last President's Report in October given my term does not end until March but here it goes. I have served as an active volunteer for the AMTA-WI Chapter since 1996, starting out organizing an educational event here in Eau Claire joining the Board of Directors the following year. The ensuing years have been filled with the joy of meeting many new people, the acquisition of a host of new skills and the satisfaction of accomplishing many of my personal and professional goals.



I will continue as a volunteer and board member for a few years as Immediate Past President assisting your new president adjust to their new role and in my role as volunteer on the various committees I am fond of.

I would like to thank the members of the AMTA-WI Chapter for putting their trust in me throughout the years, also the volunteers I have served with for their support and inspiration. A special thank you to Kathy Ginn whose leadership trainings have enabled me to become a better listener and communicator as well as having strengthened my understanding of the differences in all of us.

I encourage all of you to give volunteering for your association a try, it is often hard work but it is always rewarding.

Make sure to attend the Chapter Meeting in March to exercise your right to vote, positions up for election are President – 2nd Vice President and Secretary. President and 2nd Vice President are open seats, which means there is no incumbent seeking re-election. Qualifications for 2nd VP and Secretary are a professional member in good standing. President has the same requirement with the addition of having served as an elected or appointed committee chair within the past four years. If you wish to run for a position on the board you will need to send you information to Cynthia "Sam" Licht by January 30, 2012. No nominations will be taken from the floor per new election requirements from the national office.

Ready for 2012, hope it's a good one!

Kay

### Newsletter Committee Chair

Cynthia "Sam" Licht

### Layout/Design

Mike Rude

### Editorial Committee

Board of Directors

### Deadlines

February 28 (April Issue)

June 30 (August Issue)

October 30 (December Issue)

Submissions will be accepted by email to:

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

### Advertising

Kay Peterson, [amtawikay@essentialmassagetherapy.com](mailto:amtawikay@essentialmassagetherapy.com)

Advertisement should be sent in PDF format by email

### Advertising Rates

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

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

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

Professional Networking- FREE to all AMTA members and Chapters.

Online advertising also available





## Massage School IntuAction Institute Healing Center

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*(hands-on energetic training)*

#### 540-Hour IntuAction Program

*(intuitive training)*

- 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 Support

Individuals • Couples • Groups • Animals

#### Aromatherapeutic Healing

*Half Price Sessions (\$35) 1st weekend  
of each month for new and returning  
(after 1 year) clients*

### Continuing Education Courses ~ NCBTMB Approved

#### TIBIA's Signature Courses

##### Energy in Action

16 CE Hours

December 17 & 18, 2012; 9a-6p  
\$360 (\$320 if paid by 12/3/11)

##### Clearing Energy I

8 CE Hours

January 22, 2012; 9a-6p  
\$240 (\$200 if paid by 1/8/12)

*Prerequisite: Freeing the Power to Heal*

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

16 CE Hours

February 25 & 26, 2012; 9a-6p  
\$300

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

#### New 325-hr Energy Course contains the above & more, including

##### Reiki I

10 CE Hours

February 3, 2012; 6:30-9:30p  
February 4, 2012; 10a-6p  
\$240 (\$200 if paid by 1/21/12)  
+ \$10 materials fee

#### Courses for Body & Soul

##### Ethics as Soul Work

10 CE Hours

*(incl. 2 hrs. of Standard V)*

February 10, 2012; 6-9p

February 11, 2012; 9a-5p

\$195 (\$180 if paid by 1/27/12)

##### Aromatherapy: Raindrop Technique

7 CE Hours

January 8, 2012; 9a-5p

\$160 (\$140 if paid by 12/24/11)  
+\$20 for use of essential oils if needed

##### Therapeutic Massage

##### Introduction to Myofascial Release

20 CE Hours

January 27, 2012; 5:30-9:30p

January 28 & 29, 2012; 9a-6p

\$440 (\$400 if paid by 1/13/12)  
+ cost of required text (\$70 new)

##### Myofascial Trigger Point Release

20 CE Hours

March 16, 2012; 5:30-9:30p

March 17 & 18, 2012; 9a-6p

\$440 (\$400 if paid by 3/2/12)  
cost of required text (\$70 new)

*Prerequisite: Intro to Myofascial Release*

*Package price available for these two +  
Integrative Myofascial Techniques*

#### Eastern Bodywork Courses

##### Jing Acutouch: The Essence of Qi

20 CE Hours

February 10, 2012; 5:30-9:30p

February 11 & 12, 2012; 9a-6p

\$440 (\$400 if paid by 1/27/12)  
+ \$5 materials fee

##### Tender Touch: Tendino-Muscle Meridians

16 CE Hours

March 24 & 25, 2012; 9a-6p

\$360 (\$320 if paid by 3/10/12)  
+ \$5 materials fee

*Prerequisite: Jing Acutouch*

*...and more! Call today and ask about  
92-hour Eastern Bodywork Program*

#### Reflexology

##### Foot Reflexology

16 CE Hours

March 3-4, 2012; 9a-6p

\$310 (\$280 if paid by 2/18/12)

##### Hand Reflexology

16 CE Hours

March 10-11, 2012; 9a-6p

\$310 (\$280 if paid by 2/25/12)u

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

# Ethical Dimensions

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

## Ethics Education

A mandatory professional requirement or a life-time involvement?



I love questions. Questions invite curiosity, openness, and a space to learn and grow. For the past 12 years I have been offering Ethics courses in school curriculums and for continuing education. One of

the first questions I ask participants in a continuing education course is why are you here & what would you like to leave with? More times than not hands go up with a slight hesitation; "I am here for my certificate." Others choose not to participate in Ethics education altogether. The reason I often hear is; I don't need ethics because I don't have sex with my client, I am a good person, oh ethics – how boring, there is nothing I could learn, or I prefer on-line courses, they are quick and easy.

I do understand the above responses and beliefs. I also know that ethics education can be dynamic, thought provoking, juicy, meaningful, complex and can offer a space of growth and learning.

I have a passion for Ethics. I believe this subject found me; I did not go after it. As a Right use of Power facilitator and member of the Right use of Power teacher's guild my passion and understanding of the complex web of the client - therapist relationship has deepened. It is this depth of study that fosters my passion for this topic and the drive to share it with others.

The context from which I teach is exploring one's relationship with power. How do I relate around power? What is my history around power? How does my power manifest itself as either positive (right use) or negative (mis-use)? How do I show up with my power in life and in the session room? These are powerful questions, questions that have brought healing to my own life.

I love challenging people's pre-conceived ideas regarding ethics education. When the light goes on, when participants leave my classroom with a deeper insight, when they leave with more than they came in with, and when they believe ethics is truly a study of one's inner landscape – my heart dances.

I have always believed and continue to experience that it is the relationship that brings clients returning week after week, not one's technique. Ethics is the study of human relationships. Power is relational energy that either heals or is destructive. The forgotten side of power in ethics courses is often the side of power that is creative and wise ~ the side that heals. Learning to dance gracefully and with skill within the web of our own power style is a lifetime journey. Allow me to share with you one of my favorite quotes by Florence Nightingale; "I do not pretend to teach her how; I ask her to teach herself ~ and for this reason I offer her hints."

I simply offer hints.

Ethics education can offer growth and invite self-reflection. Ethics education can truly engage one's soul.

Let us welcome the coming of winter ~ Nourish yourself with the gifts of the season ~ stillness, silence, rest and renewal.

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

Kathy

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

## Elections for Spring 2012

If you could envision an improvement to our massage community in our state, what would it be? Where do you envision our professional standards going in our state? In our president's report last newsletter, Kay Petersen spoke of numerous influences to her beginning volunteer involvement in AMTA. We all have a starting point that drives us to want to make a difference in the lives of others and the betterment of our profession. It's an amazing feat that has already been accomplished on our behalf from the decades of volunteers developing standards that we are currently benefiting from.

My wish and hope is that many of you are thinking or wondering of a way you can become involved a little bit more or are ready to take a substantial step towards joining the board. Both are admirable, desirable and welcomed within our organization.

This spring 2012, elections will be held for President, Secretary and 2nd Vice President positions. Come be a part of massage in Wisconsin's future! Beginning this year, in accordance with national, we will not be taking nominations from the floor. ALL applicant information must be received no later than January 31, 2012.

Please see our website [www.amtawi.org](http://www.amtawi.org) for more job descriptions under "About us" and "Board". Any interested parties please contact Cynthia "Sam" Licht, at [brthmrk@yahoo.com](mailto:brthmrk@yahoo.com) or via phone: 608-799-9267. We encourage and would love to join you on a journey to what you envision come to fruition!

On the next 2 pages you will be able to read a short biography of some of the members running for office.

### Mya Rose Rowe Bio

Objective: Seeking election for President of the Wisconsin Chapter AMTA.

Qualifications: I have served successfully as Treasurer for AMTA - WI since November 2009. I was Education Committee Co-Chairperson from February 2009 – September 2010 and remained on the committee until February 2011. Having been a member of the WI Chapter Board of Directors since 2009, I have been an asset to the Chapter. I am well organized, and I have dedicated a lot of time to making sure that educational conferences are of high caliber, and that Chapter finances are taken care of properly. Also, I have attended several workshops through the AMTA focusing on leadership training.

### Ellen Wittwer Bio

I, Ellen M. Wittwer, am running for the position of President of the AMTA -Wisconsin Chapter. I would like to continue to help the AMTA- Wisconsin Chapter be Member driven. It is important to me that the AMTA-Wisconsin Chapter members are able to have a voice in the constant changes made with the AMTA and in the massage community. I believe with my service on the board as Secretary, 2<sup>nd</sup> VP and presently 1<sup>st</sup> VP, gives me the experience to make a great President. I also have the experience of going to two National Chapter President meetings, the first in Evanston Illinois in 2010, and the second in Portland, OR at the National Convention 2011. I have the support from other Chapter Presidents throughout the US as well to help in finding the answers the Wisconsin Chapter needs to better the members and their community.

I have been a massage therapist for 13 years and served on the board of the AMTA-WI for six years. During my time on the board, I have had the privilege of learning from three great Presidents, which has given me the understanding of what truly makes a great President. Please vote for me for President of the Wisconsin Chapter AMTA, I believe I will make a great President for the members.

Thank you!!

Sincerely,

Ellen M. Wittwer, 1<sup>st</sup> VP and Awards Chair



## **Terry Bauer Bio**

Terry Bauer, LMT  
Current AMTA-WI Secretary

My vision of the future for Wisconsin's AMTA Chapter is to help grow the Chapter members both in numbers and quality education.

I think there are many needs of the AMTA WI Chapter such as finishing the policy manual, getting the word out about our new licensing, growing our membership numbers, getting existing members more involved. I bring a willing heart to work with others on the Board and fresh ideas. I try hard to keep the best interests of the Chapter as a whole. These I think are my best qualities to address the current needs of AMTA-WI Chapter.

The hands on hours of training I received I think need to be held as a minimum in our state. Ongoing training is a must. In my life I want to stay as a lifelong student. My philosophy in my practice is to try and help each client maintain or gain a good quality of life and to be as pain free as possible.

## **Kelsey Lyons Bio**

Kelsey Lyons: 2nd Vice President  
Education: Massage Therapy Degree from Duluth Business University, B.S. Human Services from UW-Superior  
Experience: 7 Years of massage, 5 years of teaching massage therapy  
Wisconsin AMTA Chapter should build on the strong foundation that it currently enjoys. Not only receiving great continuing education providers but shaping and fostering an environment where WI Massage Therapist can produce education for others. In addition, WI AMTA members should strive to become the leaders for volunteerism and advocacy.

I believe that resources and continuing education in Massage are always growing and expanding. By having a vast amount of knowledge and skills in the WI chapter will help to inform the state on up-and-coming research.

I have had the great opportunity to teach massage for 5 years and have shared my philosophy with all of the students, but I am truly excited to share it with more entry-level massage students. My philosophy is quite simple: "never stop learning." Massage Therapy is always changing and growing, and we need

to change and grow with it. By being a part of an organization like AMTA it is easier to get the information on trending topics due to the newsletters and magazines.

## **Corrin Burnell Bio**

Corrin Burnell  
3RD VP AMTA WI Chapter  
EDUCATION  
Lakeside School of Massage Therapy  
2005-2006

EXPERIENCE  
3RD VP AMTA WI Chapter 2009-Present  
I serve as the scholarship chair and work with the BOD at all meetings and educational conferences. I have attended COVP in 2011, Nationals in 2010 and 2011.

The vision I see for the future of Wisconsin's AMTA Chapter is to continue to strive towards great quality and affordable education. We are in a profession that is continually changing and opening into new directions. Education is the key to our profession. I will strive to give you the most for your membership. We are a great organization to belong to! I'm proud to serve now on the board and look forward to continually working with the AMTA.

The AMTA WI Chapter will continually need decisions made as they arise. We will watch our law and legislation. We will create a budget every year. National and local level things are happening all the time that will need to be taken care of. Our world is growing in the Internet so fast. I look forward to taking our chapter there. I would be a great asset to the president seat. I work well with deadlines and get done what is expected of me. I am not afraid to ask others what is needed from them. I work well with others.

I have taken all my continuing education thru the AMTA WI Chapter starting in 2007 and have continued to enjoy the experience each time. We have had great teachers that have changed my practice over the years. I now create each massage session tailored to the client's needs. I have grown my toolbox at every educational conference I have attended. Meeting all the other members has also opened my eyes and my heart. I have made many friends and look forward to making so many more.

I would be honored with the chance to serve you as the President of the AMTA WI Chapter.

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[www.blueskymassage.com/disclosure](http://www.blueskymassage.com/disclosure)

*Touch the Lives of Others...  
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### **Grafton**

350 Double Tree Lane  
Grafton, WI 53024  
(262) 376-1011

*Grafton Open House: 6pm  
12/7, 1/11, 2/8, 3/7, 4/4*

### **De Pere**

2200 American Blvd.  
De Pere, WI 54115  
(920) 338-9500

*De Pere Open House: 6pm  
12/8, 1/12, 2/9, 3/8, 4/5*

### **Madison**

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

*Madison Open House: 9:30am  
12/10, 1/14, 2/11, 3/10, 4/7*

## **Upcoming Continuing Education Seminars (NCBTMB Approved)**

Reflexology.....	12/10/2011
Cranial Sacral.....	1/13/2012
Business Mastery .....	1/27/2012
Cranial Sacral.....	2/3/2012
Spa Services & Hydro.....	2/4/2012
Ayurveda: Dynamics of Rejuv. ....	2/17/2012
Cancer, Aids, Post-Mastectomy.....	3/2/2012
NMT – Spine & Thorax .....	3/16/2012
NMT – Spine & Thorax .....	3/23/2012
Lymphatic .....	3/31/2012
Lymphatic .....	4/7/2012
Gaia's Touch Heated Stone Massage Workshop .....	4/14/2012
NMT – Upper .....	4/20/2012
Lomi Lomi I & II.....	4/27/2012
Lymphatic .....	5/5/2012
Ancient Chinese Beauty & Rejuvenation Secrets .....	6/8/2012

Please visit **[www.BlueSkyMassage.com](http://www.BlueSkyMassage.com)** for a complete list of seminars and locations. Many of our seminars are offered at multiple locations on varying dates throughout the upcoming months.

## **Notice of Nondiscriminatory Policy**

*Blue Sky School of Professional Massage and Therapeutic Bodywork* admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic or other school-administered programs.



# Flower Essence with Bonnie Jackson Erdman

*By Mary Schroeder, LMT*

The classes on Flower essences and Essential oils were not only informative and allowed me to earn my CE credits, but they were the perfect seminars at the perfect time for me. I was feeling like the universe was working against me for a while, but these seminars helped me remember that the universe works with us, If we let it! And that it was actually I, trying to work against the universe.

These seminars even taught me more than just about essences and oils, my energy fed on and was renewed by the energy of my fellow students and new mentor. My enthusiasm for my craft, my art, and my work got a shot of joy that I didn't know I was missing.

Bonnie Jackson Erdman was patient and energetic with all of us "students". She obviously holds the opinion that she is not just a teacher, but a student as well. Bonnie doesn't just hold the position of mentor to me, but also coworker, and friend. It almost seemed as though we had all met at a coffee shop and were just gabbing.

The 3 big lessons I learned about flower essences were first that they are information only, unlike essential oils that are the condensed molecular code of the plants. Flower essences are pure energetic vibration. The pure and innocent beauty of a flower is captured, bottled, and given to us in a form that our electrical systems can understand, translate, and emulate.

Second, the way essences work is at that the moment that they enter your system, they work to realigning your personal vibration to match the vibration of our world. Lucky for those of us who are out of whack, like me, they don't slam your body back into realignment. They gently ease your body, mind, and soul back to where it belongs.

Third, and quite possibly the best tidbit of info I learned about essences, is they are completely harmless. I can feel safe giving them to any animal, humans included. Just like the soothing words and touches of comfort we give our clients, essences are like that warm blanket fresh from the dryer. They cuddle you to a higher state of health and well-being.

The flowers that God has surrounded us with are

our teachers to a healthy and strong, oneness with the universe.

I personally have been using Young Living essential oils from the very beginning of my massage career, 8 years ago. But as most of you will attest, we can always learn more. I walked into the essential oil seminar with the thought that I will learn 1 or 2 new tidbits. I walked out with the added knowledge of massage techniques, to help the oils penetrate the skin. How to handle the bottles. Since Y.L. is so strongly therapeutic, I don't need to worry as much about contamination. However I DO need to be concerned with the possible negative side effects. Some oils are too strong for some animals, pregnant and nursing moms, as well as kids. I learned that a little will definitely go A LONG way, and most times I don't need a whole drop. What some added benefits of the specific oils are, like did you know cedarwood rubbed into your thumbs opens the emotional blockages to learning? And that citrus oils are great for virus control? Bonnie taught me to be careful of too much heat when using diffusers, and to avoid the X-rays in airports. In fact, I could go on for 4 pages in this newsletter!

There were so many new tidbits and ideas that I learned in the flower essences and essential oil seminars that when I left, I could hardly think straight. I felt as though I had taken an entire month worth of classes and that it would probably take me a week, just to sort out the new info in my head.

Bonnie was very knowledgeable about flower essences and essential oils. And she taught from the experiences and lessons she has learned throughout her journey thus far. Never once trying to claim to know all about essences and oils, but rather told us about her journey in a conversational manner. She didn't simply give us the condensed version of what, how, when, where, and why. But lead us, as though through a great book that we couldn't put down, to where she had gained her inspiration and education.

Bonnie helped us, with referencing other people as well as the materials she brought, to understand how to find out more for ourselves:

\*Green Hope Farm, their website is [greenhopeessences.com](http://greenhopeessences.com), and they have a guide titled "A Guide to Green Hope Farm Flower Essences"

\*Dr. Masaru Emoto, and the research he did on water vibrations

\*Donna Eden, her website is [innersource.net](http://innersource.net)

\*Young Living, and their movie, "Gold of the Ages"

\*The website [ewg.org](http://ewg.org), to learn more about whether prod-

# Posturology Seminar

## Review

by Luba Angel, LMT

*It is impossible to see what is wrong, if we don't know what is right.*

I was very impressed by the Posturology seminar in Eau Claire on August 19-20, 2011, presented by Hanna Franke with the assistance of Kay Bashford, both having over twenty years of experience with the work of Paul St. John.

The subject of Posturology itself, as well as Hanna's professional presence, are both very interesting to me. She is an immigrant to the US, as am I. Ten years ago I heard her talk with Vlad Thomas about Paul St. John's theories. At that time I traveled to Eau Claire from Kenosha to see this woman, who has achieved a very high degree of professionalism, in my opinion.

Hanna Franke has a pleasant and down to earth personality, and she has a way of explaining facts in a simple and understandable way. She has a good sense of humor and she knows how to get our attention. She fascinated me with her vast knowledge and experience. It was also very helpful that Hanna was assisted by an experienced therapist who could really guide and teach us.

It also felt good to have a woman teacher, especially for an assessment class.

The first thing in Posturology (the science of alignment of our body within the gravitational field) is to understand Correct Posture.

The presented material (which is original St. John Teaching) is indisputably true because the theory is proven by factual measurement of the body. Somebody was quoted to have said: "If you can measure it - it's a fact, everything else is just an opinion!"

This was the missing link in my practice. This modality is about

finding the causes of pain - not just treating the symptoms.

It coincides with the concept of my original training, so I enjoyed this class very much.

John Dewey argues that because interest is a complex of felt worth and incipient action, when we are genuinely interested in something, we don't have to will ourselves to do it. Only through such genuine interest, which "marks the annihilation of the distance between the person and the materials and results of his action," can the will be effectively trained (Dewey 1896: 122).

In "My Pedagogic Creed" (1897), Dewey maintains that education is "a process of living and not a preparation for future living", and that therefore it must seek "forms of life that are worth living for their own sake" (Dewey 1897: 87).

In my opinion, there is nothing in nature that is more miraculously interesting than the human body. It is the highest being. One wise, old man said: "He who will find out how the human body works will rule the World." There will never be enough knowledge about the human body. Continuing Education classes offer a wonderful opportunity to get new information about the body collectively with other Massage Therapists, so it is possible to immediately discuss various issues and exchange opinions and impressions.

In Hanna Franke we have a teacher from Wisconsin - and a member of the AMTA for over 25 years! Thank you AMTA-WI for choosing her and organizing this seminar at an affordable price.

I am looking forward to the next seminars with Hanna Franke.



Luba Angel (r) receives her milestone award from Ellen Wittwer (l) at the conference in Eau Claire.

# Integrated Lymphatic Drainage and Myofascial Treatment: Modern Approaches for Improved Outcomes

**with Diana Kincaid, LMP**

*By Casey Guilfoye, LMT*

*AMTA National Convention 2011*

Diana Kincaid, LMP described herself as having started in “the early days” as a licensed massage therapist in 1982. The work captured her. She has continued to develop her “art of touch” in relation to manual lymph drainage by studying with Bruno Chikly and going on to Germany where she studied at the Foldi-Klinik and becoming certified in both Manual Lymph Drainage and Complex Decongestive Physiotherapy (Lymphedema treatment.) Diane integrates clinical observation and current research, tailoring treatment to the individual client’s needs and works together with other health professionals.

Integrated Lymphatic Drainage And Myofascial Treatment: Modern Approaches for Improved Outcomes was held for the entire day on Friday, October 21, 2011. I was drawn to take this course due its combining “two important techniques appropriate for use in medical or spa settings” as the description indicated. The intent implied by the course’s title is one that suits the variety of concerns that are encountered frequently.

This session had 90 enrollees. We quickly reviewed the lymphatic system, superficial fascia and it was pointed out that “the benefits of this work will help your hands to work on a wider plain of concerns and provide potential career length due to lack of fatigue to therapists’ hands and shoulders.”

Diana let the class know noninvasive fascial and lymphatic treatment, combined, is extremely effective working with trauma, promoting a parasympathetic response; “a soothing antidote to trauma.” The two sys-

tems are interconnected, have been ignored with patients suffering unnecessarily from conditions that are treatable. Both employ shearing motions, a skating motion versus direct forces down upon the body.

Absolute (i.e., thrombosis, cardiac edema), general and relative (i.e., malignancy) contraindications of Lymph Drainage were discussed. Diana gave the practical advice to speak with physicians, and to remember health care providers who are not familiar with the lymph drainage may not know the full impact of the work.

Manual Lymph Drainage techniques consist of the four historically developed by Dr. Emil Vodder: Stationary circles, rotary technique, pump technique and scoop technique. The skin is stretched not stroked and oil or lotion is not needed. Two phases of lymph drainage stroke were reviewed: the pressure phase and the pressure-less phase. The importance of not causing back flow was reiterated by emphasizing employing the pressure-less phase. Gentle, light, soft hands where key is specificity were descriptions given of techniques.

Specific, non-invasive fascial techniques assist in the softening and reorganization of scar tissue, according to Diana, as well as, adhesions and other restrictions in the tissue. Shearing motions, observing easing of resistance and being patient, remembering viscoelasticity. Allow the fascia to elongate and it will.

Combining these two techniques in a slow, gentle, elegant, soothing manner immediately had observable and palpable results for the class participants.

Rochelle Clark, one of the first students certified in Lymphedema work and Diana Thompson, author of *Hands Heal: Communication, Documentation and Insurance Billing for Manual Therapists* were extremely helpful assistants during the demonstration and application of the integrated techniques.

“Skilled use of lymphatic and fascial therapies can expand your practice dramatically in the conditions you can treat and the years you can practice.”

Diana Kincaid

2208 NW Market Street, Suite 503

Seattle, Washington 98107

(206) 781-2525



# BOD Report

## 2011 AMTA National Convention in Portland, Oregon

By Mya Rowe, LMT, NCTMB

Attending the National Convention was definitely something that I have been looking forward to all year long. Not only was I anticipating the fun I was going to have sightseeing, but I was also excited to observe the House of Delegates and the proceedings that take place there, and excited for the classes that I was going to be participating in.



The classes that I took were Massage Efficacy: Mayo Clinic Research with Dr. Brent Bauer, MD, and Massage in the Hospice setting with Ann Catlin, OTR, LMT. Dr. Bauer was an excellent presenter that blended learning with humor. I enjoyed his presentation of the research findings from Mayo Clinic that showed how effective massage therapy can be for patients. Ann's class gave insight on how to administer therapeutic touch to those in hospice with help from our Chapter's own Amy McLoughlin.

Two of the events that I really enjoyed this year were the Midwestern States Welcome Reception and the Chicken Dinner and Dance. Both events are such wonderful networking opportunities, and in my opinion, are two of the most important events of the conference. The welcome reception not only gave me the opportunity to get to know the members of our bordering states, but I also got to know some of our Chapter BOD family members a bit better as well. I appreciated the chance to talk with some of the BOD members from our neighboring states, and bounce ideas back and forth on how to better serve our Chapters. The chicken dinner also gives the opportunity to network with other massage therapists and share ideas, but with the added benefit of great food and kickin' music!

Two events that were new for me this year were the opening ceremony and the House of Delegates meeting. The opening ceremony keynote speaker was Kevin Carroll. He was an amazing storyteller and was sincerely inspirational! He spoke of the hardships of his childhood, of being abandoned by his mother, and how he overcame adversity to eventually work for Nike. He was phenomenal! Included in the opening ceremony was the awards presen-

tation, where I was very excited to see our Chapter recognized for the Give Chapters a Hand award. I was very proud to stand and cheer for Wisconsin!

The other event that I attended for the first time, the House of Delegates meeting, was just as exciting to me. To watch the proceedings and organization of this meeting was so fascinating. It was at this meeting that the AMTA adopted four new position statements. Position statements are extremely important to the profession, and they are the key elements that connect us to the rest of the healthcare community. When professional groups such as physicians and psychologists want to know where the AMTA stands on subjects, such as the benefits of massage and what we believe can be helped by massage therapy, then they review our position statements. It is very important that all involved in this meeting are well informed of the statements and do all the necessary reading and training that are asked of them.

I sincerely appreciated the opportunity to attend the National Convention, and I encourage others to do so next year. This is one of the reasons that I love the AMTA. They give us the chance to meet other therapists and to learn from one another. Also, the AMTA is making it possible for us to hold our profession at a higher standard. It is important for all of us to maintain this high standard, which is why I also encourage all AMTA-WI members to participate in our Educational Conferences and Chapter Meetings. Our conferences give massage therapists the opportunity to expand their knowledge and network with others, which is essential to this profession.

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from page 9

ucts, like sunscreen or

the foods we buy at a store are safe or not.

\*She told us that a good reference guide to essential oils was not just a good

idea, but imperative.

Just as we can learn from another therapist, or even our clients, we can learn from the world around us. The plants and animals we see, hear, and touch, are just as much our teachers.

If any of you have a chance to take a seminar from Bonnie, either through AMTA WI chapter, or through her school, Turtle Rock Bodywork and classes in Tomah, WI I suggest you do. You won't regret the wonderful experience.

# Delegate Report

Portland, OR

By Jackie Huba, LMT

First of all, I would like to express my gratitude for being allowed to represent our Wisconsin AMTA Chapter as a first time Delegate. The experience was one that I will cherish and certainly never forget. Portland was beautiful with mountains and the pacific coast being within a very short drive. The convention was very well organized and the people of Portland were extremely kind and helpful. I felt honored to be in the company of such highly intelligent and caring Wisconsin volunteers, as well. To see the legislative side of our wonderful organization in action was very impressive. I would highly encourage any of you that are interested in volunteering for our chapter, that you consider running for delegate in the future.

While at the convention, I had the opportunity to attend the class "Body Reading and Assessment". This

class was given by Kevin Lucas, BCSI, LMT. Kevin was a highly entertaining presenter that comes from a Structural Integration (Rolfing) background. The class focused on analyzing body posture and educating our clients on what their bodies are actually doing vs. what they think they are doing. The class did not go specifically into techniques, but rather which muscles to address in structural/functional deviations to create long term change vs. just addressing client symptoms.

The main goals that Kevin wished for us to take away from the seminar were: 1) It's all about Energy, so everything is connected. 2) When it comes to client symptoms, where the client is experiencing them is not where we need to be concentrating our bodywork the vast majority of the time. While for many of us, much of this class was focusing on ideas that we are already familiar with; Kevin did give us new and helpful ways of looking at our clients to affect lifelong positive change.

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classes on the website.

# Delegate Report

by Amy Lempicki-McLoughlin, LMT,  
Compassionate Touch Instructor

## Leadership.

*How does it apply to us as Massage Therapists?*

As we spend time in a quiet room consulting with a client, is the term “leadership” in the forefront of our minds? Does leadership coincide with stimulating the parasympathetic nervous system or deciding the best approach for helping facilitate change in one suffering with an autoimmune disease? At first thought, finding leadership opportunities in these instances may seem like a far reach, but my experience at this year’s AMTA National

Convention in Portland, OR helped to shine a light on the importance of each of us taking a personal interest in, if not a direct responsibility for, the importance of being an advocate for leadership in our industry.

This concept was first introduced into my time in Portland at Wednesday’s Chapter Leadership Training. I attended three different classes all focused around running a committee for the AMTA. I figured, as your new Outreach Committee Chair, I should probably gain some focus in this area! These mini-seminars touched on what committees do and how they work, how to inspire members to get involved and how to benefit our communities with the gift of massage. The true message of each of these meetings, to my surprise, was not the angle in which to facilitate action, but our responsibility to first, simply just ask for action itself. The statistic was that, nationally, less than 10% of the AMTA membership is actively involved in their chapter. The reason for this is, most likely, members

do not realize that their participation is being sought! It’s kind of like the concept of using Coached Micromovements to stimulate the development of neural pathways – if a tiny amount of action is requested of one muscle, an enormous benefit for the whole being can ensue! Our goal, in therapeutic massage, is to help all of our musculature to be healthy allowing each structure to do its proper job effectively. We don’t want our Erector Spinae’s doing the job of the spine as that causes undue stress and improper function. It’s the same for our Chapter... It doesn’t benefit our chapter body if the same few souls take on all the jobs and responsibility every time. We function much more effectively when we all contribute just the right amount! So, on behalf of the AMTA-WI chapter, I ask you what it is (besides massage) that you are good at? Chances are, whatever your answer is, your professional membership needs your participation in that area. When we’re all doing our part you can imagine the positive impact we could have on this industry and how that might benefit us individually, statewide and beyond! To learn how you can get involved, please visit our website, [www.amtawi.org](http://www.amtawi.org). My suggestion - go the “About Us” page and follow your viscera... You’ll know what to do! Please help!



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# Delegate Report

*By Robin Brauner, LMT*

I attended the 2011 Convention in Portland from October 19-22nd. This was my second National Convention I've attended and I have to say they keep getting better and better! The delegate meeting was expedited by letting the delegates know that any grammatical or spelling errors could be brought to their attention as they could be changed, but to not allow those to enter into debate or sway a vote. This was an improvement from the delegate meeting I attended in Orlando 2 years ago where any grammatical errors would be printed as passed and therefore debate was saturated with nitpicking and a lot of wasted time. At the meeting October 20th, there were 143 delegates possible for attendance and 138 present. That meant we would need 92 votes for decisions requiring 2/3 majority quorum and 70 votes for decisions requiring majority quorum.

A new procedure was introduced in the Rules of Procedure which read, "Non-delegates, who are subject matter experts (SME) regarding a particular position statement/recommendation (including, but not limited to the position statement author, the Position Statement Proposal Review Work Group (PSPRWG) Chair, and the PSPRWG staff liaison may be invited to the floor by a delegate speaking from the floor. The underlined words above were voted to be removed 78-60 and struck from the Rules of Procedure, as there was concern as to who exactly a SME would be. The Rules were then passed with a vote of 124 to 14.

Position Statement 1 on depression was passed with a vote of 99 for and 39 against. Position Statement 2 on tension headaches was passed with a vote of 129 for and 9 against. Number 3 on exercise was passed with 127 for and 10 against. Number 4 on anxiety was not passed with a vote of 58 for and 80 against. Number 5 on fibromyalgia was not passed with a vote of 60 for and 77

against. Number 6 on licensure portability was not passed with a vote of 73 for and 64 against (as a 2/3 majority quorum was required).

I attended Pelvic Stabilization with James Waslaski as my first class. Have you ever had a client with restricted hip range of motion that would not change no matter how much you released the soft tissue? In this class, we learned how to release the fascia in the hip capsule that may be causing this restricted range of motion. It works like magic! Waslaski is an excellent instructor. He puts in just enough humorous flare, admits when he's been wrong in the past, credits his colleagues and mentors, and is just darn brilliant too! He had a lady come up that had chronic back pain for the last 30 years and her pain was gone after

he performed these techniques on her. He empowers the clients saying that keeping the pain away is up to them by continuing to stretch what's tight and strengthen what's weak.

The last class I took was a lecture titled: "Fascia, What do we know and what do we notice?" It was admittedly way over my head for a lot of it but what I did walk away with was amazing. The instructor showed us a video clip of a plastic surgeon specializing in hand surgery, Mick Kreulen, MD, PhD, who has

been doing research with people with cerebral palsy. He has successfully transferred the flexor carpi ulnaris tendons and muscle (which was in a spastic state) to the extensor attachments and turned it into an extensor. This balanced out the wrist and made the arm functional again. What he discovered during an operation was incredible. After he cut just the tendon of the flexor carpi ulnaris near the wrist and put the wrist into flexion, the muscle still innervated! It is my understanding that his theory as to why that happened was that the fascia (surrounding the muscle) provided a type of communication to the muscle. Then the whole muscle belly and surrounding fascia was dissected out, and when the wrist was flexed again no innervation occurred. It went into much more detail as to where he had to decide to reattach the tendon to become a completely balanced extensor that required a lot of very complex mathematical equa-



# AMTA – Wisconsin Chapter Annual Meeting & Educational Conference March 30 - April 1, 2012

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## **Thursday, March 29:**

11:00 - 8 pm Chapter Board Day - all volunteers welcome  
6 pm - 8 pm Welcome reception for those arriving early

## **Friday, March 30:**

8:00 - 8:30 Registration for classes and continental breakfast  
8:30 - 1:00 Class time ~ lunch provided~  
1:30 - 2:30 Chapter Meeting - Part 1: committee reports, introduction of Chapter Officer candidates and nomination of delegates. Fabulous door prizes  
2:30 - 5:00 Class time  
\*2:30 - 6:00 Class time (Cheryl Chapman's class will run until 6 pm)

- Ethics of Self Care "Caring for Yourself Inside and Outside the Therapeutic Relationship" with Kathy Ginn ( 1 day 7 CE Hours)
- Upper Extremities with Doug Nelson ( 3 days 19 CE Hours)
- Cancer, HIV/AIDS, Hospice and Life Altering Illness with Cheryl Chapman- (2 days 16 CEs)

## **Saturday, March 31:**

7:00 - 9:00 "Coffee Talk" with Kathy Ginn A free, informal talk about matters that concern you and your practice.  
8:00 - 9:00 Registration for classes and continental breakfast  
\*8:00 - 12:00 Class time (Cheryl Chapman's class will begin at 8am)  
9:00 - 12:00 Class time ~ Noon lunch provided~  
12:30 - 2:00 Chapter Meeting - Part 2: Elections of President, 2nd Vice President and Secretary. Delegate elections, Standing Rule vote and budget approval. Fabulous door prizes  
2:00 - 6:00 Class time

- PNMT - Upper Extremities with Doug Nelson ( 3 days 19 CE hours)
- Introduction to Thai Massage with Christine Klim (2 days 14 CE hours)
- Cancer, HIV/AIDS, Hospice and Life Altering Illness with Cheryl Chapman- (2 days 16 CEs)

## **Sunday, April 1:**

8:00 - 12:00 Class time ~ Noon lunch provided~  
1:00 - 4:00 Class time

- PNMT - Upper Extremities with Doug Nelson ( 3 days 19 CE hours)
- Introduction to Thai Massage with Christine Klim (2 days 14 CE hours)



## **Ethics as Self Care - 7 CE Hours Caring for Your-self Inside and Outside the Therapeutic Relationship.**

with Kathy Ginn

Kathy has been active in the profession since 1991. She is an NCBTMB approved provider and has been offering ethics education since 1999. She served with the NCBTMB ethics committee for 8 years, and currently volunteers with the National AMTA teacher development committee. Kathy belongs to the Right Use of Power teacher's guild ~ a group of passionate ethics educators that live and work throughout the country. She is on faculty with TIBIA Massage School and East ~ West Healing Arts Institute. She is in private practice in Madison, WI. Kathy is a Wisconsin state licensed massage therapist. You may visit her website @ [www.ethicaldimensions.com](http://www.ethicaldimensions.com)

Is self-care an ethical issue? Does lack of self-care disrupt our ability to be present with our clients? As helping professionals we tend to focus our energies and attention toward service and care of others to the detriment of our own care. Out of our deep commitment to service and healing, we frequently forget that when we feel depleted our clients will not be getting the level of professional care that we are capable of offering.

This educational program is an engaging and inspiring approach to the work of ethical awareness and accountability. We will begin by investigating the risks of our role as helper, the nature of conscious service, along with exploring the deeper values of our helping work. This class will offer the participant two lenses ~ exploring self-care inside and outside the therapeutic relationship. The following skills and disciplines will be topics of discussion and study: Self Care outside the therapeutic relationship includes personal care and life style habits, self-care beliefs and attitudes, maintaining balance to prevent overworking and burn out, the disciplines of solitude, stillness and silence and the value of supervision and support. Self care inside the therapeutic relationship includes modeling good self care by practicing the protocol for professional habits that include informed consent, managing dual role relationship, discriminate self-disclosure, establishing practice policies, increasing awareness around personal limitations and boundary style, and tracking for impact and intention.

This course promises to offer a learning experience that provides information and support, along with practical tools that will guide and inspire the participant to a greater understanding of how to work within the often confusing and fragile client/therapist relationship. The learning environment is experiential in nature, weaving lecture, story telling, community dialogue, art, small group learning and quiet reflection. Kathy's intention is to allow the study and exploration of ethics to come alive! May we learn to offer our clients a space that promotes healing, natural caring, and authentic connection?

\*Students - please bring a box of crayons or markers.



## **Precision Neuromuscular Therapy - Upper Extremity Seminar 19 CE Hours with Doug Nelson**

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, factory workers, and 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.

**The PNMT Upper Extremity Seminar** is one of the most popular seminars in the PNMT core series. It is an in-depth look at shoulder issues and problems of the hand and arm, an important area for those of us whose hands are our instruments!

### **Part One: The Shoulder**

Friday evening and all day Saturday we will address the shoulder, analyzing both scapular movement and glenohumeral movement. In the first section we will address muscles that affect movement of the scapula. Full scapular motion is crucial to full range of motion of the arm as the motions are paired. The complexity of the scapular muscles alone is a bit challenging; it is important to pair scapular movements with corresponding humeral motions. By the end of the seminar, you



will never watch someone lift their arm and see it in the same way again!

In the second section of the shoulder, we will focus on pure humeral motion. Full range of the arm is often restricted in ways that we do not often realize. You will learn to precisely measure and then affect change in the movements that are quite amazing! You will be surprised at the changes in range of motion and ease of movement you can create in a short amount of time. Your clients will really appreciate the difference, your effectiveness rate with stubborn shoulder problems will dramatically improve.

#### Part Two: Hand and Arm Issues

The second part (most of the last day) of the PNMT Upper Extremity Seminar looks at hand and arm issues including repetitive strain issues and various forms of overuse syndromes. This is a complex area, but whom better to treat it than people who use their hands as the tools for healing? Most of us learn the anatomy of this area only later to forget it once again. Memorizing muscles with no real connection to meaning doesn't work for most of us. When you see how each muscle has a distinct set of symptoms, it is easier to remember individual anatomy. You will assess each muscle for individual involvement and treat each one appropriately.

The hand and arm section is organized with two agendas: common pain conditions and nerve entrapment.

You will learn the latest information about repetitive strain injuries, why they happen and what can be done to prevent them. You will also study and learn to treat common conditions like pain at the lateral epicondyle (tennis elbow), pain at the medial epicondyle (golfer's elbow), and various other overuse conditions of the hand and arm.

The nerve entrapment information that we present will change the way you understand (and therefore treat!) numbness and tingling of the extremities. With a deep model of understanding of nerve entrapment, your effectiveness in treating these problems will soar! We will address entrapments of the radial, median, and ulnar nerve. This is not a quick recipe that promises to solve carpal tunnel in ten minutes or less. Real problems demand real answers. We will present cutting edge but scientifically sound information. With PNMT, you will have the tools to effectively address the needs of your client. After all, the work should be judged by the results attained. Our focus is to help you serve your clients better, through approaches that are clinically and scientifically sound.

Do you know. . .

- What is the role of the latissimus in forward flexion of the humerus?
- Why the median nerve is affected by breathing
- Why resistive testing and active testing can be so valuable in determining which muscle is the real problem
- Why pain in the dorsal forearm is not surprising if the person describes having thumb pain
- Why most frozen shoulders are not frozen at all
- Why your client has pain in the anterior shoulder and you correctly assume it is the subscapularis



### Introduction to Thai Massage 14 CE Hours

with Christine Klim

About The Instructor: Since graduating from Lakeside School of Massage in 1994, Christine has studied other styles of bodywork, but her passion is for Thai massage in which she has accumulated over 300 hours of class time.

She first attended workshops in the Erawan and Southern Thai forms at Open Secrets in Chicago in 1997. In 1999, Christine traveled to Chiang Mai, Thailand where she studied Northern Thai massage for two weeks with Chongkol Settakorn at the Institute of Thai Massage (ITM) and three weeks with Nit Chaimongkon (Mama Nit). She attended two weeklong workshops with Kam Thye

Chow in Montreal and received a certification from his Lotus Palm School in 2002. Most recently, she has been studying with Rose Griscom at ITM-USA in New Jersey, taking advanced courses in Sen line therapies and pressure point therapies. As an instructor, Christine strives to impart to her students the grace, strength, loving kindness and compassion that comes to her from the gifted people with whom she studied. These are as much a part of Thai massage as the techniques themselves.

**The Introduction to Thai Massage** workshop is a beginner's look at this traditional form of massage that combines gentle rocking, range of motion, acupressure, reflexology and a passive form of yoga. There is a brief discussion of the history of Thai massage, including its cultural and spiritual origins as well as theory. Students will practice the basic techniques

such as palm pressing, thumb pressing, finger circles and foot presses. At the end of the two day workshop, participants will be able to perform a short (approximately 45-60 minute) Thai massage routine. For anyone who is already practicing Thai massage, this class is also a good review.

**What to Wear, Personal Care:** Wear loose fitting clothes made from natural fibers – 100% cotton or cotton blend yoga pants or sweat pants and a cotton T-shirt work well; things like slippery nylon clothing, tight jeans, pants with zippers and buttons, sleeveless shirts and camisoles do not. Layering is a good idea. Fingernails should be trimmed. Some of the work is done with our feet. Now is a good time to indulge in a pedicure. At the very least, trim nails and use a pumice stone to smooth out calluses. If you have any skin conditions, please use bandages to cover them or bring a spare pair of clean cotton socks to wear while working.



### **Cancer, HIV/AIDS, Hospice and Life Altering Illness - 16 CE Hours** with Cheryl Chapman

Cheryl is a pioneer in massage for Cancer and Mastectomy. An RN since 1965, certified in massage in 1988, she combined her extensive nursing experience of 23 years as an Oncology nurse, Hospice, HIV/AIDS, Cardiac and PostPartum nurse with her wide-ranging knowledge of massage and she produced a comprehensive hands-on training program. Cheryl studied Chinese medicine & massage in NY and China. In 1999 Cheryl became Holistic Nurse Certified (HNC), which further enriched her program. Director of Professional Massage Therapy Associates, specializing in massage for Cancer, Mastectomy, Breast surgeries, Cardio, Hospice, Pre/Post Natal, Infant and Baby instruction, Geriatrics and Relaxation Massage. After completing massage

school, Cheryl saw a need for continuing education for Cancer training. In 1990 she taught her first class and has expanded her education program since then

Approved as a continuing education provider by the National Certified Board for Therapeutic Massage and Bodywork since 1992, Cheryl began teaching continuing education classes at national conferences, conventions and massage schools throughout the US in 1990. She also consults with massage schools, organizations and spas.

This two-day certificate training is for a massage therapist, who is ready for a paradigm shift, desires a well rounded practice, and has an interest in working with people who are considered at risk or where massage or bodywork may be deemed a contraindication. The training techniques are unlike those taught in massage school. They provide an alternative to deep invasive or painful therapy, and may be utilized immediately in any practice.

In this Training, you will learn:

- A comparative overview & psychology of cancer, HIV/AIDS, hepatitis & “life-altering” illnesses .
- The client with prostate, ovarian, breast & other cancers
- Indications and contraindications to massage and touch
- Appropriate and inappropriate touch, bodywork, and massage techniques
- Proper positioning and draping
- How to work with a mastectomy client Client/practitioner safeguards
- Legal issues and documentation
- How to integrate clients with cancer into your practice
- About hospice and hospital massage
- Marketing strategies
- You will explore the answers to such questions as: What causes cancer and will massage spread cancer?
- Can I catch cancer HIV/AIDS from giving massage? When do I wear gloves?
- When can the client begin massage? What about chemotherapy and radiation?
- How do I safely position a mastectomy client?
- \* What is lymph edema and can I treat it?
- \* What is Kaposi’s Sarcoma?
- \* Why would someone with cancer benefit from bodywork and massage?
- \* How do I protect myself physically, emotionally, and psychologically when working with clients?

This is an intensive hands-on training with credit for 16 hours or 1.6 Units in NCBTMB & AMTA continuing education. A 100-page manual with hand-outs & a certification of completion is awarded. This class is 50% HANDS-ON.

Please Detach and send to: Stephanie Anderson  
 2519 N. Hillcrest Parkway Suite 102  
 Altoona, WI 54720 [stephanie@essentialmassagetherapy.com](mailto:stephanie@essentialmassagetherapy.com)

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\**

Circle which class/classes you are taking:

**Before March 15th:**

**After March 15th:**

### Friday

Ethics as Self Care - WI Member/Student:	<b>\$50.00</b>	<b>\$70.00</b>
Ethics as Self Care - Non-member/other:	<b>\$140.00</b>	<b>\$160.00</b>

### Friday, Saturday & Sunday

Upper Extremities * WI Member/Student:	<b>\$200.00</b>	<b>\$220.00</b>
Upper Extremities * Non- member/other:	<b>\$395.00</b>	<b>\$415.00</b>

\* Please bring tables, linens, bolster and lubricant

### Friday & Saturday

Cancer, HIV/AIDS * WI Member/Student:	<b>\$125.00</b>	<b>\$145.00</b>
Cancer, HIV/AIDS * Non- member/other:	<b>\$250.00</b>	<b>\$270.00</b>

\* Please bring tables, linens, bolster and lubricant

### Saturday & Sunday

Intro to Thai * WI Member/Student:	<b>\$175.00</b>	<b>\$195.00</b>
Intro to Thai * Non- member/other:	<b>\$250.00</b>	<b>\$270.00</b>

\*Limit 24 Students: Please bring Traditional Thai Mat or heavy blankets, quilts or padding for lying on the floor.

Method of payment: Check / VISA / MC - PLEASE MAKE CREDIT PAYMENTS @ [amtawi.org](http://amtawi.org)

Amount Paid \_\_\_\_\_ Check # \_\_\_\_\_ Make Checks Payable to AMTA-WI

PLEASE MAKE CREDIT PAYMENTS ON OUR WEBSITE [amtawi.org](http://amtawi.org)

\*\*\*\* Lunch is included with your registration. Pay for guests or if not attending classes. \*\*\*\*

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

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

Any additional questions regarding conference contact Erin Collier 715-271-6948



# AMTA–WI Chapter Educational Conference

Appleton, WI ~ Radisson Paper Valley Hotel

Friday May 18th ~ Sunday May 20th, 2012

## Reflexology: Hands and Feet 21 CE hours

with Marsha Craven and Barbara Jenkins



Marsha Craven, LMT, RMT, CCHt is an inspired teacher and facilitator of the healing arts. Her unique combination of extraordinary insight and innovation, compassion, humor, real life experience and relentless pursuit of excellence makes every moment of class time with Marsha an experience cherished by participants. Building on her innate gifts for healing, Marsha has studied and mastered many healing modalities over the last 40 years, incorporating the most effective practices and concepts into her private consultations and teaching. Marsha's unique qualifications include Licensed Massage Therapist, Certified Clinical Hypnotherapist, Certified Clinical Hypnotherapist Examiner, Reiki Master/Teacher (5th generation), and DNA Practitioner/Instructor.

Barbara Jenkins has been a licensed massage therapist for twenty years, graduating from the Swedish Institute of Massage Therapy in New York City. Barbara taught Massage Basics and Advanced Massage and co-taught Cranial Sacral Therapy and



Reflexology for Feet classes at the Arizona School of Massage Therapy in Phoenix. She is a practicing Reiki Master Teacher and currently teaches Reflexology for Feet, Reflexology for Hands, Trigger Point for Hands and Wrist, Acupressure Practical Application, and Cranial Sacral I at Healing Arts Connection. In addition to her teaching, Barbara has also been running a successful private therapeutic practice for over ten years.

Reflexology recipients report a state of deep relaxation and lasting relief from pain and discomfort. Reflexology is popular as a stand alone service or added to massage, body contouring & facial rejuvenation, and energy work of any kind. Friends, families and couples find reflexology a relaxing and health-building experience that is rewarding and fun to both give and receive.

Reflexology is frequently the “complementary therapy of choice” in cancer treatment, rehabilitation centers, nursing homes and hospice settings. A decrease in depression and anxiety along with improvements in spirituality and emotional quality of life and an overall, improved quality of life are benefits of reflexology.

Participants will be prepared to provide foot therapy...not just a “foot rub”. They will practice communicating with the recipient to adjust the pressure to comfort level as well as address any cautions that might be involved.

Reflexology Feet is structured to achieve success in mastering some 30 items, including:

1. Reflexology benefits & cautions
2. Communicating with and honoring the recipient
3. Techniques including seven relaxers and four pressure techniques
4. Pressure level adjustments - “It doesn’t have to hurt to work.”
5. Reflexology Zones & Reflex areas
6. Referral points
7. Self-help techniques & tools
8. Guidelines for addressing common concerns with reflexology

Reflexology Hands builds on the information from Reflexology Feet and gives the practitioner another way of bringing the benefits of reflexology to recipients. The repetitive hand movements we all make everyday add up to stress in our hands and bodies. Think of your daily routine and how much you take your hands for granted. If you drive, hold a mouse and type, play a musical instrument, massage, write, chop, peel, knit, sew or use the telephone, your hands are engaging in repetitive movements that affect not only your hands, but your arms, elbows, shoulders, back, neck and eventually your entire body.

Reflexology for hands can increase vitality and well-being regardless of daily activities. In this one day hands-on” seminar, participants discover:

- Simple ways of caring for hands
- Practical techniques for relieving pain
- Location of reflex points on hands
- How to target specific concerns
- How to use hands for self-healing
- How to provide hand reflexology to others

“Your life is in your hands...take care of them!”

Please Detach and send to: Ellen Wittwer  
909 Covenant Lane  
Appleton WI 54915

1-920-810-1011  
purplesky68@rocketmail.com

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\**

	<i>Before May 1, 2012</i>	<i>After May 1, 2012</i>
<b>Reflexology 21 CEs - WI Member/Student:</b>	<b>\$190.00</b>	<b>\$210.00</b>
<b>Reflexology 21 CEs - WI Non-member/other:</b>	<b>\$330.00</b>	<b>\$350.00</b>

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

Amount Paid \_\_\_\_\_ Check # \_\_\_\_\_ Make Checks Payable to AMTA

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

## ***Calling all AMTA members!***

AMTA WI Scholarship is offering FREE education.

New this year, you may choose from our

March 2012 Conference

Or our May 2012 Conference

*As always 1st place wins a free educational class of choice at*

*Select conferences*

*2nd place is a one night stay at the select conferences hotel*

*The topic this year is*

***"Where do you see Massage Therapy Profession in 10 years?"***

*Essays should be 250 words or less*

Send to

Corrin Burnell at ctburnell@gmail.com or  
24 N Lincoln Ave Fond du Lac, WI 54935

Essays are due by January 31, 2012

Winners will be posted in Connecting Hands and will appear on our website [www.amtawi.org](http://www.amtawi.org)

Always remember to be a lifelong learner, and education is the back bone of our profession

# Delegate Report

*By Alisha Mell, LMT*

Life is a gift that we are provided, with many roads of opportunities and choices. I am one that loves to have the opportunity of conventions, learning, and being challenged to new ideas or approaches. This year's convention in Portland was truly one of these gifts you all provided me to continue learning on so many levels.

As a member of this year's delegate team, we were able to start the proceedings off as a cohesive unit on your behalf. The many position statements that were presented were respectfully approached and debated. What a powerful process on the issues at hand with parliamentary procedure guiding it. We successfully passed three and sent a couple back to the drawing board for some reworking. It was an honor to be a part of these proceedings and truly made me proud to be a part of our profession.

The education seminars that I chose to go to were some of a review fashion, which gave me confidence that I have learned a great deal over the years. However, there

was one seminar that still has me curious and craving more details and knowledge. I listened to a segment on carpal tunnel and tennis elbow presented by National Bowen Therapy Training. It was a process that was so different that what we as a profession are accustomed to. There is a specific protocol that focuses on allowing the body to heal itself. The goal is to promote the body to 'kick start' the healing and allow the body to work through both a cellular level and an energetic level. I have to admit I was skeptical going in. However, I have had a shoulder problem for years that I have dealt with numerous symptoms. As of today, the positive and amazing results are still with me and that was from the seminar! Needless to say, I will be following up with further studies to see how I can potentially add this tool to my 'toolbox' of ways to assist clients in their healing. I am looking forward to our next national convention that will be held in North Carolina. If you are able to start planning now, I would highly recommend you take the time to attend. It will reenergize you in ways you will be grateful and enlightened by! I would love to connect with you if you are able while there. Thank you again for this wonderful opportunity to represent you and our chapter.

*from page 15*

tions and thus completely lost me! The take home was that fascia is a huge part of our body, it's the connective tissue that surrounds every cell and we still know very little about it. We are just beginning to possibly scratch the surface on something we work with every day in our jobs.

Although I think learning about fascia is fascinating and yes, FUN, I also had the opportunity to partake in another kind of fun. I visited the Portland Japanese Garden, the Wan Su Chinese Garden, took in some amazing food with my fellow colleagues and now friends from WI, and enjoyed the gorgeous coast complete with tide pools hosting HUGE starfish, anemones, and mussels. I want to thank all the members from the Wisconsin chapter for giving me this extraordinary opportunity to represent our state at the National Convention. I've learned a lot that I hope I can bring home and share with our chapter. I'm excited to attend the next convention in Raleigh, NC and thank you all so very much again for this opportunity.



## Wisconsin Polarity

**Center for Energetic Awareness**

c/o DeKoven Center

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Racine, WI 53403

**APP Certification ... Water Element Jan 14-15, 2012**

**APP Certification ... Earth Element Feb 18-19, 2012**

Polarity Therapy is the art of balancing the Elements of Ether, Air, Fire, Water and Earth in the wireless anatomy of the body.

15 CEU's \$175.00

**Polarity of Reflexology Apr 21-22, 2012**

Fond du Lac Center of Spirituality and Healing

Polarity techniques and reflexology will be used on the feet to study reflex points, triads of the elements and essential energy medicine skills.

15 CEU's \$175.00

**Carrie Massey**

BA, LMT, RPP, RPE

262.634.0257

[flex-ability@sbcglobal.net](mailto:flex-ability@sbcglobal.net)

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





## AMTA-WI CHAPTER AWARDS

I want to first thank all of the wonderful volunteers for helping the AMTA- Wisconsin Chapter receive Four Hands for the Give Chapters a Hand Award of Excellence at a National level. It was great to hear our Chapter announced in front of all the other chapters at the National award ceremony. I wish we would have known before walking into the ceremony, but that is part of the event, all about surprise. I would love to hear our Chapter's name announced next year at the highest level of Five Hands. I believe, with the hard work of our chapter Volunteers, we will make it happen. Therefore, this is your opportunity to make a difference and volunteer to make this a reality. Please consider helping out on a committee, we, the board of directors, are always looking for more volunteers with a passion to make a difference!

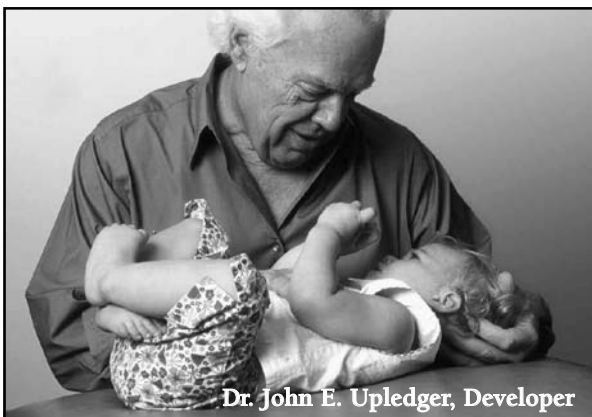
Speaking of making a difference, in case you did

not make it to the last meeting or did not hear, this year's recipient of the Meritorious Award for the Wisconsin chapter was Mike Rude. Mike has been an intricate part of the Chapter for years helping with the newsletter and always giving great insight to better the chapter. Mike's reliability in whatever capacity is needed for the chapter and complete honesty on how to help better the chapter with always taking in others opinions first before giving his thoughts shows you just the kind of person that gets the Meritorious award.

Mya Rowe was this year's recipient of the Humanitarian award. Anyone that knows Mya, even a little, knows she is the type of person that jumps right in there to help with whatever it takes, and that is literally what she did for the Clark County Human Society Polar Plunge, in her home town this past year to help raise money for a great cause. Mya's ability to attract positive energy wherever she goes really helps to make working with her a true pleasure.

Thanks again AMTA-WI members for making this chapter an awesome chapter to serve. I hope to see more volunteers at the next meeting to continue to keep this chapter an organization to be proud to be a part of. THANK YOU,

Ellen M. Wittwer, 1<sup>st</sup> VP and Awards Chair



Dr. John E. Upledger, Developer

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Madison, WI	Jan 19-22, 2012
St. Louis, MO	Jan 26-29, 2012
Detroit, MI	Mar 1-4, 2012

#### **CranioSacral Therapy 2 (CS2)**

Detroit, MI	Mar 1-4, 2012
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#### **SomatoEmotional Release 1 (SER1)**

St. Louis, MO	Jan 26-29, 2012
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#### **CranioSacral Therapy for Pediatrics 1 (CSP1)**

Detroit, MI	Mar 1-4, 2012
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## Winter 2011 CE Classes Milwaukee School of Massage, LLC

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to the public & massage therapists



**TEMPLE LOMILOMI MASSAGE I** • *With Ann Fuggiasco, LMT, CYI, Reiki Master*  
December 10 & 11, 2011 • 9:30am – 5:00pm • 13 CE Hours • Fee \$260 (\$130 for returning students)  
Class description: This is an introduction to Temple style LomiLomi Hawaiian Massage. Ann will share a little about the culture and history of Hawaii before diving into the hands-on practice of Temple LomiLomi. As the name suggests, this is a sacred healing practice performed in Ancient Hawaiian temples to bring about life transformations. The physical massage flows over the body, restoring balance of the whole being. Come learn about the power and beauty of this sacred practice.

**BEGINNING CRYSTAL HEALING** • *With Diane Bloom, Certified TAOMCHI Teacher*  
January 16 & 23, 2012 • 6:30pm – 9:30pm • 6 CE Hours • Fee \$100  
*Please note: This class will be held at Free Spirit Crystals, 4763 N. 124th St., Butler, WI 53007*  
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 SPIRIT'S JOURNEY** • *With Amy Wilinski, MBA, OTR, Energy Practitioner*  
February 10, 2012 • 4:00pm – 10:00pm • 6 CE Hours • Fee \$100  
Class description: This introductory class to shamanism stirs your soul to the inner knowing the interconnectedness of all of creation. We will guide you in developing the shaman's art of journeying. Journeying is an ancient practice of shamans (medicine people) in which they learn to change their state of consciousness at will in order to enter into the other levels of consciousness and received 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.

**REIKI LEVEL I** • *With Amy Wilinski, MBA, OTR, Energy Practitioner*  
February 12, 2012 • 8:00am – 4:00pm • 8 CE Hours • Fee \$175  
Class description: This workshop format is designed for those individuals who would like to know and understand the research and scientific theories behind this Eastern healing technique to be able to better explain it to others. Level 1 Reiki allows the practitioner to use Reiki on self and others in close proximity. Participants will be provided with an experiential, hands-on opportunity to truly understand and experience Reiki healing. Be prepared for an energy-charged day of relaxation and healing!

**ETHICS, POWER AND HEART** • *With Kathy Ginn*  
March 25, 2012 • 10:00am – 5:00pm • 6 CE Hours (inc state req) • \$120 (\$100 if pd 2 weeks prior)  
Class description: The heart of ethics is human relationships – the capacity to enter into a simple caring presence with your client, using your power with awareness and skill. The class begins by exploring the multiple dynamics of the power differential within the therapeutic relationship. Offering a space of gentleness and support, each participant will have the opportunity to reflect on one's personal relationship with power. The class continues to explore the delicate interaction between client and therapist to include: dual role relationship, personal limits and boundary concerns, proper table talk, the entrapment of helping too much which often leads to burn-out, written practice policies, informed consent, skills of awareness, polarity of the heart, and developing a simple caring presence. Within an atmosphere of safety and support, participants are encouraged to talk about real life situations and concerns. Kathy brings her passion and warmth to the classroom environment. \*Class is experiential in nature. To help support your learning, this course weaves together lecture, art expression, music, story, community dialogue and quiet reflection.

**REGISTER BY PHONE WITH A DEBIT/CREDIT CARD • TO REGISTER BY MAIL: SEND CHECK & REGISTRATION TO:**

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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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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail (optional) \_\_\_\_\_ Fee Enclosed \$ \_\_\_\_\_  
Registering for class(es) \_\_\_\_\_

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register by phone please contact:**



Laura Lertz, nctmb  
(414) 530-0949 - msmced@yahoo.com  
www.milwaukeechoolofmassage.com



## Outreach!!!

On Saturday, 10/15/11 The American Cancer Society's Making Strides Against Cancer, Green Bay event drew 3 AMTA WI Chapter volunteers: Roxi DeTrude, Casey Guilfoyle and Amy McLoughlin, 2 Rasmussen students: Marie Smurawa and Kara Phernetton. \$72 in donations were raised from onsite chair massage.

Remaining donations made by Roxi DeTrude and Racingfish RNR, LLC (Guilfoyle's company) and Nell's Wig and Boutique, an associate of Ms. Guilfoyle making a total donation of \$200 to the American Cancer Society.

## What's new with Education?

Hi there! We, the Education Committee are delighted to start a new year with many new additions! Joining Erin Collier, Mindy Joas, Kay Peterson and Stephanie are Ellen Wittwer and Lynn Kutz! Their wealth of knowledge and years of experience will be a great asset to the Education Committee and we welcome them with open arms.

The Board of Directors recently voted to add two more education events throughout the year. In addition to the two Chapter Meeting events with multiple presenters, the chapter will now host two more education events with one presenter. This gives the members two extra opportunities to receive excellent education at a low cost!

So add it up, massage therapists....  
Education + AMTA-WI = saving money, a great way to network and a lot of fun!!

## More Education

*AMTA-WI Chapter is Happy to Announce More Opportunities for Discounted Education!*

In addition to our two Chapter Conferences we will be hosting two education only conferences, one in May to be located in the GreenBay/Appleton corridor (information in this issue) and one in November to be located in the Eau Claire/LaCrosse corridor.

Look for more information on these exciting opportunities in the April issue of Connecting Hands:

August 24-26, 2012 - Chapter Meeting Event  
Chula Vista Resort & Waterpark Wisconsin Dells, WI

Ann Catlin - 12 CE hours  
Day 1: Serving Eldercare and Hospice: Job Opportunities are Growing!  
Day 2: Introduction to Compassionate Touch: Hands-On Care For Those in Later Life Stages

Diana Thompson - 16 CE hours  
Hands Heal: The Proof is in the Soap Chart  
Integrative Medical Practice Building

Kathleen Gramzay - 12 CE hours  
Kinessage Self Care for Therapists 4 CE Hours offered both Friday and Sunday  
Introduction to Kinessage Massage Through Movement

November 16-18, 2012 - Education Only Event  
Plaza Hotel & Suites Eau Claire, WI  
Doug Nelson PNMT - Head and Neck 19 CE hours



# BOD Report

## AMTA NATIONAL CONVENTION IN

*by Ellen M. Wittwer,  
1st VP and Awards Chair*

Wow, that is the first word that comes to mind after this last AMTA National convention. This was my fifth time going to a National Convention and every time they get better. The amount of knowledge that one can obtain from



their peers at these Conventions is priceless!! This time around, I had the privilege to be the AMTA- WI chapter representative at the Presidents meeting because Kay Peterson the AMTA-WI chapter president was unable to attend.

The interaction with Chapter Presidents from the other Chapters throughout the US is very helpful and informative. I left this meeting with many great ideas to help keep present AMTA- WI members and hopefully recruit many more members.

Following the Presidents meeting, was the Leadership training sessions. This year we again choose three sessions to attend and were given a DVD with all six sessions. The break out session that I truly enjoyed was Seasoned Volunteers. Learning more ways to understand how to deal with issues in your chapter from others that are experiencing the same or similar issues is very valuable. It was great to get insight from volunteers that have been in the profession for 25years plus and then hear from those that just started. I love the fact that each year new issues are tackled with ease and old issues are addressed with new approaches to master them. The National staff and volunteers are an amazing asset to our profession and such a pleasure to work with at the conventions.

As I stated in this article, networking with other volunteers and members from the US is priceless. The

AMTA-WI chapter joined forces with Illinois, Michigan, Minnesota, and Kentucky for a hospitality suite this year. I talked with the Presidents from these chapters and we hope to do an education seminar together. You can learn so much when you work hand and hand with members from other states. I also attended the Oregon Chapter sponsored event of a Cruise and so enjoyed visiting with members from New Jersey and Colorado. As always, the dinner dance was a great social event to visit with members from throughout the US.

Every year I go to National Conventions, I am so blessed, thank you very much for this opportunity again to grow as a volunteer and a person with all the knowledge that comes with going to the National Convention. Please consider going to a National Convention, they are truly a chance of a lifetime between the learning and socializing with colleagues. Thank you for the gift of learning this year!!

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### **New Offerings**

Business Mentoring in Action  
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# Annual Chapter Meeting

## March 30 & 31, 2012

### Olympia Resort, Oconomowoc

This year we will be splitting the Annual Meeting into two days to shorten the meeting time during our lunch breaks and to ensure every delegate and candidate has ample time to be recognized prior to voting.

On Day 1: Approval of Chapter Meeting Minutes from August 2011. We will take nominations from the floor for delegates. These delegates will serve a two-year term, the first convention attended will be in Raleigh, North Carolina in 2012 the second in Fort Worth, Texas in 2013. Also on Friday candidates for Chapter Officer positions will introduce themselves, (no nominations from the floor) committee reports will be given, Standing Rule changes will be discussed. Voting for delegates and officers will occur the next day in order to prepare proper ballots to ease the voting process.

On Day 2: All voting will occur. We will vote for: delegates, 2 delegates will be elected along with alternates; Chapter Officers • President • 2nd Vice President • Secretary; Budget Approval; and Standing Rule vote. If the election of Chapter Officers results in vacancies in positions on the Board of Directors vacancies will be filled by appointment by the Board of Directors to serve a one year term.

#### Section 2: Chapter Fee

The AMTA-WI Chapter Fee shall be \$20 per member to be used for Law & Legislation efforts within the State. This fee must be renewed and approved by the membership every two (2) years.

#### Section 3: Chapter Officers

Qualifications for elected office shall be as follows:

A candidate for the office of Chapter President shall

Have held an elected office or appointed chair position on the AMTA-WI Chapter Board of Directors within the preceding four years and (February 26, 2006 Chapter Meeting)

Hold active professional membership classification for one year prior to candidacy.

#### Duties

Chapter officers are required to attend a minimum of four (4) Board Meetings annually, which include "conference call" board meetings and minimum of two (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

1. All Chapter Officers' registration fee for educational functions hosted by the Wisconsin 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.

## BOD Report

### 2011 National Convention

*By Corrin Burnell, LMT*

I want to start with what a great experience AMTA Nationals 2011 in Portland Oregon

was. I want to thank you for allowing me to attend. The opening ceremonies were fun and educational. The key note speaker was Kevin Carrol. From the moment he opened his mouth, he had my attention. Kevin began with his life story.



He had a rough start to say the least. With all the cards stacked against him he prevailed and turned his life into great things. From his experiences he taught me and all there that your circumstances never dictate your destiny! You need to surround yourself with positive people. With goals and discipline you can change your life. We should find what “fuels” us and use it. When we find it, what we do will feel like a game instead of work. Kevin has taken his love of basketball and sports and shared it with the world. He has traveled to a lot of places and would trade new basketball for their old ones. We saw basketball made of old socks, carved wood, old tires, and cords wrapped together to make a ball. This simple act of trading a ball with them would create a feeling of belonging. All of us want to belong.

Kevin spoke about his grandfather who raised him and his 2 brothers after his mother left them when he was 6 years old. His grandfather asked him every morning “Kevin... How’s your want to today?” His grandfather would also say “You have been given today. How are you going to use your 86,400 seconds today?”

So I learned to be present in my life. To always have my eyes open. To always be learning and use my 86,400 seconds. I hope you will as well. Let’s be lifelong learners and not let our circumstances define our destiny’s.

## Delegate Report

### Portland 2011 National Convention

*by Cynthia “Sam” Licht, LMT*

As a second time delegate I felt as though my enjoyment, benefit and outcome of the experience increased exponentially. Not only was the House of Delegate meeting a much more positive result but the camaraderie between delegates from our Wisconsin contingent and other states was amplified. There is a definite carry-over and thread of connection that makes each attendance better and better in my experience.

I am grateful and proud to be a member of the AMTA and to represent our state and its members to the best of my ability gives me great satisfaction. It also has the added benefit of increasing my reputation with my clientele to tell them I am an elected delegate, not to mention the knowledge gained from the some of the best presenters in our field. I highly recommend the experience and encourage every member who has the slightest inclination to volunteer to jump on in! It has enhanced the quality of my life to contribute to our organization and it can do the same for you!

The presenter I chose to write about is Whitney Lowe, Ramp Up Results with Active Techniques. I have never seen him before but have heard very positive things about his techniques. It was a packed house and several others and I did our trades on the floor using a chair seat as our “table”. The techniques he presented were so easily applicable to any segment of the body it was not a distraction or hindrance to learning. We worked on the forearms and what massage therapist doesn’t need that? He used what he called the “ladder of intensity” to applying the techniques of “active engagement”. The therapist begins by approaching the tissue in a passive manner and if the client has no discomfort you “ramp up” by adding lengthening and shortening movements and then up the ladder having the client actively lengthen and shorten the muscle.

*continued on page 30*



# The Secretary's Adventure to National Convention

*By Terry Bauer, LMT*

First off, I want to say a HUGE thanks to the Chapter for allowing me to represent our awesome state of WI. Without the support of the Chapter, my adventure

to Oregon would not have been possible for my family and me.

My husband, 8yr. old son, and I left home on a Saturday and drove the less traveled Hwy 2 across northern Minnesota, North

Dakota, and Montana, and

spent some time in Glacier National Park. We slept in the clouds of Idaho, visited Mt. Rainier, Mt. St. Helens, and numerous beautiful waterfalls. After losing ourselves in Portland, we arrived with only minutes to spare for the Leadership training.

The leadership training I attended was Law & Legislation, seasoned volunteers, and Community Service (Outreach). Law & Legislation reminded us that Government Relations is all about teamwork, and nothing can replace the power of touch in any situation including lobbying. Seasoned Volunteers gave us some great ideas on avoiding burnout: learn to delegate, say no, step down when necessary for self care, and to realize when burnout is beginning. Community Service (Outreach) gave us some great ideas to reach out in our community. Getting involved with Meals on Wheels, community service projects, non-profit organizations and various other activities are ways we can be involved and give back to our community.



Awards ceremony/opening session was very interesting and touching. I was able to see the accomplishments of many wonderful fellow massage therapists being recognized by the best in our field. It reassured me that I am part of the best organization possible in our field. The opening speaker was very entertaining, knowledgeable, and motivational. I felt I could relate to a similar upbringing. He reminded us to keep our eyes open, always be bold and curious, change your perspective by looking up, and "Don't ignore the big red ball; stay as a life long learner." In addition, always ask yourself, "How's your want to today? Can't do nothing with a broken want to!"

I also attended the Integral Anatomy class. What an eye opener. I have never seen the human body in such a raw form. It was very different from seeing the body in a book. I have a new appreciation for people who donate their bodies for science so others can learn from them.

Again, THANK YOU for the opportunity to serve you. I encourage you to become a volunteer for your Chapter and see the wondrous workings we call AMTA-WI. See where it will lead you.

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## *Delegate Report from page 29*

It is a relatively simple concept to grasp but the usual learning curve with any new technique made it feel a little clumsy at first. As my partner and I gained comfort with the movements the effects of the techniques became very apparent. We could both immediately feel the engagement of the tissue and how it was so effectively addressed by the technique.

Mr. Lowe's style of teaching is very comfortable, casual and engaging. He is skilled in describing the concepts in a way that is easily understood and not too overloaded with medical jargon. It was apparent though that he is very well established in the medical/ orthopedic community by some of the stories and examples he discussed. I would highly recommend his presentation and publications to any massage therapist.

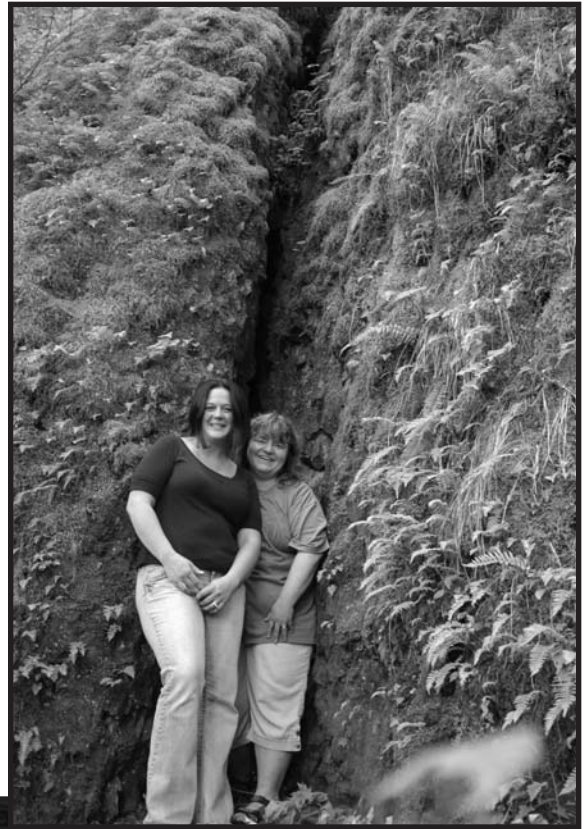
## Strides Against Cancer, Green Bay



## AMTA-WI Fall Conference Eau Claire



## 2011 National Conference Portland, OR



Girls Just Want To Have Fun!!!



# New Members

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 1,793 members with 1,609 as active professional members, 16 graduates, 125 students, 1 supporting member, 3 professional retired, and 39 inactive professional members.

Please welcome the following New Members who have joined the AMTA-WI Chapter since our last newsletter.

Doug		Agnew	Whitefish Bay	Molly		Mahoney	Menomonee Falls
Hattie	Christine	Allgood	Milwaukee	Matthew	Robert Lee	Marks	Madison
Crystal	Rose	Backhaus	West Bend	Beryl	Lynn	Marranzino	Hartland
Aubrey		Bartz	Glendale	Theresa		Martin	Waupun
Chrysta	M	Beyer	Milwaukee	Deanna	R	McPherson	Madison
Tracie	A	Biefeld	Elkhorn	Victoria	Ray	McShane	Milwaukee
Michael	D.	Billings	Mount Pleasant	Jennifer		Moretti	Watertown
Cody	John	Bird	Rockland	Danelle	A	Mortenson	Appleton
Rebecca		Bishop	Green Bay	Angela	R	Neal	Janesville
Sally	Lynn	Bons	Little Chute	Marilyn	M	Newburn	Milwaukee
Trevor		Brown	Plover	Renee	Lynn	Olsen	Lake Geneva
Angela		Brusky	Fort Atkinson	Megan		Peterson	Barron
Patience		Carlson	De Pere	Becki	Gene	Pflager	Belleville
Lena	L	Christensen	Lake Geneva	Pati		Pillen	Mequon
Mindy		Cole	Abrams	Tiffany	C	Plowman	Appleton
Jennifer		Comfort	Wausau	Dayna	Marie	Pluger	Waukesha
Lori	J	Cramer	Union Grove	Elizabeth	Lorraine	Ragan	North Fond Du Lac
Jamie	Rebecca	Cribb	Brown Deer	Heather	D	Reetz	Appleton
Alexandra		Daleo	Milwaukee	Tanya		Roby	Milwaukee
Susan Katherine		de Shazer	Port Washington	Nicholas		Rosencutter	Greenfield
Bonnie	A	Dittmer	Juda	Heather	Ann	Schroeder	Plover
Jenna		Dondlinger	Germantown	Erin	J	Seel	South Milwaukee
Patrick	Ryan	Doyle	Menomonee falls	Mark	S	Sevener	Slinger
Rachel	Ashley	Dubnicka	Lannon	Mickey		Siedenburg	Rewey
Chris		Ehrett	Waukesha	Catharine		Slesarik	Lone Rock
Jill		Ejnik	Shawano	Julie		Smieja	Cedarburg
Nicholas		Ekern	West Salem	Marie		Smurawa	Green Bay
Karen		Estrada	Milwaukee	Jacob	R	Swette	Green Bay
Sheri	Mae	Georgenson	Menomonee Falls	David		Tempke	Madison
Tracie		Hart	Chippewa Falls	Heidi		Torbleau	Mc Farland
Sandra		Hesse	Milwaukee	Michelle	Marie	Uekert	Madison
Charity	Jean	Hohlstein	Madison	Cheryl	Lynn	VanSchyndel	Oneida
Rachel	E	Johnson	Madison	Holly		Wedekind	Green Bay
Karen	R	Johnson	Soldiers Grove	Kelly	Sue	Wilsens	Greendale
Angela		Keeter	Milwaukee	Angela		Wimberly	Waukesha
Karla	Marie	Knutson	Milwaukee	Cindy		Yang	Milwaukee
Sherri	Sue	Koch	Kenosha	Sarah	R	Yohnk	Medford
Sara	Michelle	Kohl	Appleton				
Heather	L	Kottke	Waukesha				
Nicole	Jean	Krell	Sussex				
Donna		Kuhn	Neillsville				
Rosemary	Margaret	Kurtz	Wauwatosa				
Marcos	H	Lara	Milwaukee				
Sherry		Lauder	Green Bay				
Guy		Leffel	Milwaukee				
Claudine	Noel	Liningier	Genoa City				
Kimberly		Love	Burlington				



# AMTA-WI Chapter Meeting

August 20, 2011  
Ramada Inn Eau Claire, WI

Meeting called to order at 7:10pm by President Kay Peterson.

Board Members and Committee Chairs present: Kay Peterson (President/Newsletter Editor), Ellen Wittwer (1st Vice President/Awards), Casey Guilfoyle (Website Chair), Terry Bauer (Secretary), Lynn Kutz (Display Unit), Ronnie Artero Frederick (Sports Massage Chair), Amy McLoughlin (Outreach Chair), Erin Collier (Education Chair)  
*Roll Call of Board of Directors*

## Officer/Committee Reports

**President:** Kay Peterson reported for Doug Radtke, Government Relations. She reminded us that licensing has passed and the grandfathering clause will expire this December. Kay reported for Mya Rowe, Treasurer. Checking amount is \$28,178.30, Government Relations \$108,878.17, General Fund \$80,194.79, Total \$217,553.28

**1st VP/Awards:** Ellen Wittwer reported for Amy Remillard, Membership Chair. ~~that~~ We have Professional Active Members 1,611, Professional Inactive Members 43, Professional Retired 3, Student Members 125, Supporting Member 1, Total Membership 1,783. Ellen handed out 2011 Awards: Honor Years of Membership 20 years: Sister Josephine Braun; 15 years: Patrice Nicollete; 10 years: Amy McLoughlin, Robin Brauner, Luba Angel, Cynthia "Sam" Licht, Heather O'Flary; 5 years: Kathern Schlitt. Remainder of recipients will be mailed their certificates and are posted on website. Other awards presented: Lynn Kutz: "Always has our backs"; Meritorius: Mike Rude; Humanitarian: Mya Rowe; Wine Angel: Amy McLoughlin

**2nd VP:** Position empty at this time.

**Website/Scholarship:** Casey Guilfoyle reported that she could use our help with feedback if we can't find something or would love to see something added. She would also love for volunteers to write an article for the newsletter/website. If interested you can snail-mail or e-mail them

in. Casey report for Corrin Burnell, Scholarship Committee who thanked everyone for their participation and announced the 1st and 2nd place winners and asked for members to send her with some new topic ideas.

**Newsletter Committee:** Sam Licht reported the next newsletter deadline is October 30th so please send in your articles without fancy fonts. We are also in need of a new newsletter layout person because Mike Rude would like to retire.

**Education:** Erin Collier reported Kathy Ginn-Ethics, Cranial Sacral, and Thai massage will be offered at our next education conference. The Board of Directors have voted to add 2 new Continuing Education opportunities beginning in 2012.

**Display Committee:** Lynn Kutz reported about the new additions to the displays: Member spotlight and Volunteer spotlight.

**Immediate Past President:** Amy Remillard asked "If you were a new member to AMTA what would you like to receive?" She also spent some time recognizing some long time members. Wisconsin Chapter currently has 1753 members.

**Newsletter Chair:** Sam Licht found people to write class reviews for the newsletter.

**Display Board Chair:** Lynn Kutz reported the new displays are available for your use in functions. Please enjoy the new one that will highlight Chapter volunteers.

**Outreach Committee:** Amy McLoughlin reported on the 2 successful opportunities: Pastor Russ and WAFS Burn Camp. \$322 was raised and donated back to the wonderful causes. She encouraged members to get involved in their area and give back to their communities. She also reviewed the items in the new outreach kit.

**Sports Massage Committee:** Ronnie reported on their first successful event. She is working with Outreach to develop a "Tool Kit" and informed us about some upcoming events.

NEW BUSINESS: None

**MOTION:** Mary Schwieger moved to adjourn the meeting. Amy McLoughlin seconded. All approved.

Kay Peterson adjourned the meeting at 8:11pm.

Door Prizes were awarded by the Education Committee. And a huge Thank you was given to our donors of the door prizes.

Respectfully submitted by Terry Bauer, Secretary

## AMTA-WI 2012-2013 Proposed budget

**Income**

Advertising	\$ 3,000.00
Interest GR	\$ 2,000.00
Interest	\$ 900.00
Education	\$ 50,000.00
Dues	\$ 55,000.00
Chapter fee	\$ 35,000.00
<b>Total Income</b>	<b>\$ 145,900.00</b>

**Expenses**

Awards Committee	\$ 700.00
Awards: Meritorious National Expense	\$ 650.00
Board Meetings	\$ 1,700.00
BOD Mileage	\$ 5,000.00
Chapter Insurance Expense	\$ 1,500.00
Chapter Voicemail	\$ 300.00
Delegate Allowance	\$ 9,500.00
Display Unit Committee	\$ 500.00
Education Expense	\$ 85,000.00
Government Relations Expense	\$ 14,000.00
Marketing	\$ 7,500.00
Massage Therapy Foundation	\$ 1,900.00
Membership Committee	\$ 2,000.00
MERT	\$ 300.00
Miscellaneous	\$ 100.00
National Convention BOD	\$ 12,000.00
Newsletter Expense	\$ 7,000.00
Office Supplies	\$ 200.00
Outreach	\$ 500.00
Postage&Shipping	\$ 100.00
Sports Massage Committee	\$ 500.00
Volunteer Training	\$ 3,000.00
Website	\$ 3,000.00

**Total Expenses** **\$ 156,950.00**

Total Gain (Loss)	\$ (11,050.00)
GR Gain (Loss)	\$ (14,000.00)
General Fund Gain (Loss)	\$ 2,950.00



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## Calendar

AMTA–WI Annual Meeting & Educational Conference  
March 30 - April 1, 2012  
Olympia Resort & Spa, Oconomowoc, WI

AMTA–WI Chapter Educational Conference  
May 18th - May 20, 2012  
Radisson Paper Valley Hotel, Appleton, WI