

# Connecting Hands



The American Massage Therapy Association Wisconsin Chapter  
Volume 16-01

Promoting Wellness Through Massage  
Winter 2009



## Important State Renewal Info

If you are a Wisconsin Certified Massage Therapist or Bodyworker you will need to have current CPR/AED certification by the renewal deadline of February 28, 2009. See page 6 for details. As a service to members, the AMTA-WI Chapter will be offering several sessions of a 4-hour American Heart Association course on the weekend of February 21-22, 2009 in Waukesha. The price for this qualifying certification course, which is valid for two years, is only \$40 and includes: hands-on instruction, book and certification card. See page 30 of this issue for details. Enrollment is limited, so do not procrastinate if you want to take one of these AMTA-WI sponsored CPR/AED courses!

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### Attention AMTA-WI members,

I am looking for help from you!!!!  
Please put your thinking caps on and come with ideas for both a new Chapter pin, and nominees for the Meritorious and Humanitarian Awards. We will be supplying you with ballots upon check in at the February Chapter Education Events. The ballots will include a full description of each award which may spark a thought of a member you think is deserving. If you will not be attending in February you can get descriptions on the National Website now. I look forward to lots of help from you. I want you, the members, to pick the next winners, not just me, or the board. Thank you so much, see you in February.  
Sincerely,  
Ellen M. Wittwer, 2nd VP/Awards Chair

### Massage Licensing Bill Update

The members of the 2009-10 Wisconsin Legislature have been elected and Inauguration Day is January 5, 2009. Also in January the AMTA-WI Chapter will be introducing the massage and bodywork therapy licensing bill for consideration. Important updates on the contents of the bill are on [www.amtawi.org](http://www.amtawi.org). For this bill to become law our state legislators need to hear from as many of us, their constituents, as possible! To find out who represents you in Madison call 1-800-362-9472 or go to [www.legis.state.wi.us](http://www.legis.state.wi.us) then click on Who Represents Me? Call, write or email your State Senator & State Representative to ask them for their support. Questions? Contact Betsy Krizenesky, [Krizenesky@aol.com](mailto:Krizenesky@aol.com) 920-725-0224.

Make sure to attend the Annual Chapter Meeting February 22, 2009  
Country Springs Hotel and Conference Center Waukesha, 12:30 pm  
Participate in budget approval, election of chapter officers and elections for delegates  
to the 2010 National Convention in Minneapolis  
Enjoy fun activities and networking.  
See Pages 18 & 19 for more details.

## AMTA - WI Chapter Officers

### PRESIDENT

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## The AMTA Purpose

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

## Connecting Hands

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

## Committee Chairs

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Michael Rude 262-884-8059  
AnnMarie Kolb 414-247-0908

Robin Brauner 715 379-0900

Marty Ferris 715-297-4747

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## Important Contact Information

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

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Evanston, IL 60201-4444

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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

Newsletter Committee Chair

Kay S. Peterson

Layout/Design

Mike Rude

Editorial Committee

Board of Directors

Deadlines

November 30 (January Issue)

February 28 (April Issue)

May 31 (July Issue)

August 31 (October Issue)

Submissions will be accepted by email at:

[essentialmassage@sbcglobal.net](mailto:essentialmassage@sbcglobal.net) & [mikerude@mac.com](mailto:mikerude@mac.com)

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

Typed or handwritten submissions are also welcome,

they should be mailed to: Essential Massage  
4330 Golf Terrace #209  
Eau Claire, WI 54701

Advertising Rates

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

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

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

Professional Networking- FREE to all AMTA members and Chapters.



## President's Message

"You don't understand anything until you learn it more than one way". This quote by Marvin Minsky always resonates with me when I think about my massage therapy colleagues. What I find remarkable about massage therapists is

their ability to always learn something more than one way. This is true for your board of directors as well—they continue to learn about board growth and leadership in many different ways. The entire board as well as the education committee chair attended a workshop about The Ethics of Communication and Leadership facilitated by Kathy Ginn. This workshop focused on character development and strategies individuals create to live based on lessons learned. Understanding character allows an individual insight into how to be an effective leader. Your board spends extra time out of their busy schedules learning how to be effective leaders in many different ways.

Learning about leadership also occurred at the National Convention. Some of the topics being discussed at a National and State level are keeping delegates involved throughout the year, having delegates involved with a chapter committee, increasing involvement between chapters for massage therapy awareness week, and offering students a special invite to meetings, workshops, and/or membership. All representatives of the AMTA WI Chapter represented our state by networking with other states and showing a passion for their profession. Thank you to all of the members who attended the National Convention! We hope to see you in Orlando, FL next year.

Amy Appel, education Chair, has been working hard on organizing workshops for the coming year. In February, Ben Benjamin, Kelly Lott, and Kathy Ginn will be presenting workshops on Assessing injuries, pregnancy massage, and Emotions in the Session Room. She is also looking at organizing possible activities in addition to the education which include group exercises, contests, trips, group hiking, etc. If you have any suggestion for additional activities please contact Amy Appel at [amypowerhands@yahoo.com](mailto:amypowerhands@yahoo.com).

I am also reminding massage therapists to complete an approved CPR/AED certification course. The next renewal deadline is February 28, 2009. Please see page for further details. As a member of the AMTA WI Chapter, I feel blessed to learn new leadership skills not only from the education professionals we hire, but from all of the different members that are involved with AMTA WI. I look forward to learning from all of you in the New Year!

Have a safe and happy holiday season!  
Believe, Imagine, and Dream,  
Amy Remillard

# Lakeside

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## Continuing Education Courses

**Questions?** Contact Megan, 414-372-4345 ext. 17 or [megan@lakeside.edu](mailto:megan@lakeside.edu).

### Orthopedic Testing

Learn advanced techniques to assess underlying signs and symptoms of the body where restricted movement, tissue restriction, or pain limits the abilities of the client. Use outcome of testing to differentiate between indications and contraindications and when to refer to other professionals.

**Date:** Fri., Jan. 16-Sun., Jan. 18, 2009

**Location:** Lakeside's Milwaukee Campus

**Instructor:** Mary Beth Dietz, DC, CSCS.

**Hours:** 24 **Cost:** \$360

**Cost to Lakeside Graduates:** \$270

### Mind, Body, Mood and Massage

Explore the physiology and psychological connections between mind, body, and mood and the concepts of personal change due to cellular and tissue memory and the possible impact resulting from massage therapy sessions. Therapists will learn centering exercises and dialoging strategies to support clients during massage.

**Date:** Fri., Feb. 13-Sun., Feb. 15, 2009

**Location:** Lakeside's Milwaukee Campus

**Instructors:** Carole Ostendorf, PT, Ph.D. and Thomas Ryan, CHTSS.

**Hours:** 24 **Cost:** \$360

**Cost to Lakeside Graduates:** \$270

### Lotus Hands I

Learn how to blend together hand techniques from CrainioSacral, Myofascial Release, Tui Na and Neuroenergetic Release to assess layers of tissue in a mindful, orthopedic approach. Offer patients a complete session that will be both therapeutic to the patient and informative to you. Learn to perform a quick patient assessment if your desire is to implement other modalities into your treatment. This course is required for participation in Lotus Hands II & III.

**Date:** Fri., Feb. 27-Sun., March. 1, 2009

**Location:** Lakeside's Milwaukee Campus

**Instructor:** Doug Bertram, L.Ac., MTCM, LMT.

**Hours:** 24 **Cost:** \$360

**Cost to Lakeside Graduates:** \$270

### Lotus Hands II

(Pre-requisite: Lotus Hands I) This class will focus on treatment of musculoskeletal conditions. You will learn to effect change in body tension by skillfully choosing appropriate techniques. Building on techniques from level one, a deeper understanding of Crainio-Sacral, Myofascial Release, Tui Na and Neuroenergetic Release techniques will be taught. Learn to treat any musculoskeletal condition, confident that you are being therapeutic and doing no harm. Lakeside graduate discount does NOT apply.

**Date:** Fri., March 27-Sun., March 29, 2009

**Location:** Lakeside's Milwaukee Campus

**Instructor:** Doug Bertram, L.Ac., MTCM, LMT.

**Hours:** 24 **Cost:** \$360

### Pharmacology for Massage Therapists

This course addresses effects of pharmaceutical agents on the body, their variability, and their impact on massage therapy. The course will address agents more prevalent in disorders such as diabetes, thyroid dysfunction, cardiovascular disorders, circulatory disorders, pain management, and medications used in treating mood disorders.

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

**Location:** Lakeside's Milwaukee Campus

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

**Hours:** 16 **Cost:** \$240

**Cost to Lakeside Graduates:** \$180

### Lotus Hands III

(Pre-requisite: Lotus Hands II) This class focuses on the aspects of each of the treatment modalities discussed in levels one and two and furthers ones sensitivity to subtle energies. Learn to get results using a less invasive and more efficient approach by the integration of mindfulness with advanced manual therapy. Lakeside graduate discount does NOT apply.

**Date:** Fri., May 1-Sun., May 3, 2009

**Location:** Lakeside's Milwaukee Campus

**Instructor:** Doug Bertram, L.Ac., MTCM, LMT.

**Hours:** 24 **Cost:** \$360



**REGISTER ONLINE**  
[www.lakeside.edu](http://www.lakeside.edu)

**ASSOCIATE  
Degree Program**  
Accepting Applications  
for Fall 2009



### Work at Lakeside!

We're looking for people with teaching and practitioner experience. Contact JeriLyn Jones, Director of Education, [jeryllyn@lakeside.edu](mailto:jeryllyn@lakeside.edu), 414-372-4345

Lakeside does not discriminate on the basis of race, color, national or ethnic origin, gender, sexual orientation, religion, age or disability in administration of the educational policies, admission policies, and other school administrated programs. Lakeside is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing ed provider.

**Milwaukee** 414-372-4345  
1726 N. 1st Street, Milwaukee, WI 53212  
[milw\\_info@lakeside.edu](mailto:milw_info@lakeside.edu)

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SCHOOL OF  
MASSAGE THERAPY

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## Ethical Dimensions



Q. What should I do if a client has an emotional response during the massage session?

Nearly every massage therapist and bodyworker has or will encounter a client who has an emotional response on the table. Often times the response of the massage therapist is more of a reaction mixed with confusion, overwhelm, fear or wanting desperately to help in a way that can be detrimental to your clients' experience or taking you out of your scope of practice. First I believe it is important to understand the interconnection of the mind and body and how this explains the relationship between physical tension and psychological defenses. It is important to remember we are touching a human being with a history, a history that is held in the body. Secondly it is important to be mindful and skillful in providing support for your client in an honoring and respectful way. So, how do we do this?

Allow me to begin answering this question by sharing with you what not to do. Do not ask; are you o.k., withdraw, or offer psychotherapeutic intervention. The dynamics of this space are complex and multi-dimensional. I will attempt to offer two aspects to this very complex therapeutic container. The two aspects are, *promoting your clients grounding*; along with *specific tools you can offer your client that carry skill, supportive presence, and accuracy*.

Having an emotional response often disorganizes and disrupts the clients' sense of the here and now. Following are a few ways you can gently guide your client back to the here and now.

-Stop what you are doing.

-Offer your client permission to be in their experience.

-Focus on the hands, feet or eyes. When touching the hands or feet, encourage your client to feel the contact of your hands. Softly look into your clients eyes (usually done while client is still on the table.)

-Use your clients first name, reminding her where she is and who you are.

-Invite her to focus on her breath. (Mary, find your breath, feel your breath.)

-Have your client stand up and feel the floor. Invite your client to feel your hands in contact with the feet. "Notice what the floor feels like under your feet." (client is now dressed)

-Invite your client to walk around the room, slowly and mindfully. You may want to hold her hand and walk with her.

-While doing any of these grounding techniques, encourage your client to breathe and to experience her breath.

*Supporting your clients' emotional response:*

-Offer a gentle, caring presence.

-You do not need to do or fix anything.

-Remember, emotional response to therapeutic touch is normal.

-Allow time for quiet if needed.

-Allow time for talk. The key here is to educate your client what just happened and in general terms why emotional response happens during a massage therapy session.

-Refrain from giving advice or moving into psychotherapeutic methods.

-Respect and honor your clients' experience.

-Own your own feelings.

-Seek continuing education.

\*The above answer is a very brief attempt to bring some clarity and skill to a complex tapestry of touch, emotions, self awareness and body/mind interrelations.

*Kathy is currently in private practice specializing in body/mind relationship therapy. She has completed advance training in Hakomi experiential therapy. ([www.hakomi.com](http://www.hakomi.com)) Kathy offers a continuing education course titled: Emotions in the Session Room: exploring the psychological dimensions of touch. This course will be offered at the AMTA Annual Chapter meeting & Education Conference, Feb 21-23, 2009. Please visit Kathy @ [www.ethicaldimensions.com](http://www.ethicaldimensions.com)*

### Kathy Ginn CE Courses

**Kathy is an approved provider with NCBTMB #399967-00**

<b>February 1<sup>st</sup></b>	<b>Ethics as Soul Work</b>	<b>Madison</b>
<b>February 8<sup>th</sup></b>	<b>Professional Ethics</b>	<b>Milwaukee</b>
<b>March 13-14<sup>th</sup></b>	<b>4 Pillars of Business</b>	<b>Madison</b>
<b>March 15<sup>th</sup></b>	<b>Dimensions of Money</b>	<b>Madison</b>
<b>March 22<sup>nd</sup></b>	<b>Dimensions of Money</b>	<b>Milwaukee</b>
<b>March 29<sup>th</sup></b>	<b>Ethics as Nurturing Communication</b>	<b>Madison</b>

#### TO REGISTER CONTACT:

**Kathy Ginn, CMT #361-046**

**(608) 334-8592**

**Email: [Kathy@ethicaldimensions.com](mailto:Kathy@ethicaldimensions.com)**

#### ONLINE REGISTRATION & COURSE DESCRIPTION:

**[www.ethicaldimensions.com](http://www.ethicaldimensions.com)**

## Important CPR/AED Training Requirements for ALL Wisconsin Certified Massage Therapists and Bodyworkers

A new law, effective in September of 2008, requires all Wisconsin Certified Massage Therapists & Bodyworkers (among other healthcare providers) to be proficient in the use of an Automated External Defibrillator (AED). This applies to new applicants for state certification as well as everyone renewing. The law does not require anybody to purchase an AED or have one in their practice.

Prior to the state certification renewal deadline of February 28, 2009, you must complete an approved CPR/AED certification course. Although the new law specifies AED certification, qualifying AED training is typically offered only as a component of CPR certification programs. If you have current CPR certification you may qualify to take a special stand-alone AED course. At the time of renewal, and at every subsequent renewal, you must have evidence of current certification and must sign an affidavit attesting that it is current.

Since the October issue of this newsletter went to print, there was a change (for the better!) in the interpretation of the new law (2007 Wisconsin Act 104) by the Wisconsin Department of Health Services.

Massage Therapists and Bodyworkers do not need a *professional* level course in CPR/AED. Any course by the below list of providers qualifies, just so that it gives instruction in CPR and the use of an AED and provides verified course completion through a certification/completion card that is valid for a maximum of two years. To verify these requirements see [http://dhs.wisconsin.gov/ems/License\\_certification/CPR.htm](http://dhs.wisconsin.gov/ems/License_certification/CPR.htm)

As a service to members the AMTA-WI Chapter will be offering qualifying AED/CPR courses on a regular basis. Several sessions of the American Heart Association course (certification valid for two years) will be offered on the week-end of February 21-22, 2009 in Waukesha. See centerfold of this issue for details. Course enrollment is limited so do not procrastinate!

Other excellent places to find a qualifying course are your massage school or your local hospital. Also check the Wisconsin Technical College System, which has 47 campuses covering the entire state. Most of those campuses have many satellite locations and have multiple course offerings. [www.wtcsystem.org/colleges.htm](http://www.wtcsystem.org/colleges.htm)

### *Providers of Qualifying Courses*

American Heart Association  
American Red Cross  
American Safety and Health Institute  
Emergency Care and Safety Institute  
- American Academy of Orthopedic  
Surgeons (formerly National Safety Council)  
Medic First Aid (formerly EMP America)  
T-E-A-M CPR & AED

*Questions? Feel free to contact Betsy Krizenesky, WCMT,  
Law & Legislation Chair, 920-725-0224 [Krizenesky@aol.com](mailto:Krizenesky@aol.com)*

## What I did for National Massage Therapy Awareness Week

*by John McMahon, WCMT*

Let me start by saying I really have never participated in The National Massage Therapy Awareness Week. Yes, I know its a great idea, but I never got my butt moving and did something to increase awareness during this week. My schedule was either too busy, I simply forgot, or didn't care. My practice was clicking along, why bother. But this year was different for some reason. Maybe the hard economic times my city (Janesville) was facing. General Motors was shutting down and the area businesses have been suffering. It was time.

Therein lies the problem: what to do? Volunteer doing massage at firehouses, the senior center, what? I really wanted to do something different, something no one had done before. And three days left to the week, my break finally came to light. The women's shelter at the YWCA was holding a fundraiser. Area business men would be walking one mile to help raise awareness for the shelter. The catch: the men had to walk in high heels. Can someone say "Free foot massages"! Bingo, I'm in.

A quick phone call and the wheels were in motion. The event took place in downtown Janesville with councilpersons, doctors, business owners and Harley riders joining in. Over \$25,000 was raised that night and my tip jar registered at \$85 which went to the shelter. My table was placed 20 feet from the wine table, which had a line, so my exposure was great. The night was a true success.

To all of you who have been in the boat I have been in, make a concentrated effort to do something to give back to your community. You will find your riches will be beyond your wildest dreams.



## A Touch of Inspiration

by Phyllis "PJ" Mattson, WCMT

The four days of the AMTA 2008 National Convention came and went swiftly. I arrived in Phoenix on Wednesday around noon, nestled into my hotel room, grabbed a quick bite to eat, went to registration and checked out the Host Chapter's booths before attending the Delegate Orientation Meeting. The meeting lasted two hours and reviewed Parliamentary Procedures and engaged in mock Recommendations and Position Statements. This gave first-timers a chance to see what might be in-store for them the following day at the official meeting and help take the rust out for those that don't attend formal meetings often. The House of Delegates Committee (HOD) did a fine job. We also previewed in great length and discussion the proposed HOD Rules of Procedure which we would vote for or against the following day. Delegates took the opportunity to exchange those precious AMTA State pins and say hi to each other—a great ice-breaker. The meeting was informative and fun. Well-off to bed—the next day will be the real reason delegates are here.

The meeting was scheduled for four hours—seemed like nothing after all the behind-the-scenes preparations. Review and study AMTA e-mails with info about the Recommendations and Position Statements through the year; review pros and cons of each Recommendation and Statement; make arrangements to attend the National Convention; attend all local AMTA meetings and assist if necessary in discussion and review of the Recommendations and Statements at the local and national meetings; and report back to the membership body with results and impressions of the National Convention. Whew!

Back to the meeting. I was more relaxed this time having been a delegate once before and I knew what the first-timers were going through. Strict rules for the meeting were reviewed the night before. No tardiness! A delegate would lose their position if a moment late and attending alternates would become the new delegates. Name badges had to be worn and each delegate was assigned an electronic voting device. Both the badge and device had to be turned in to officials each time a delegate had to leave the room for

a break. You had to be alert to timing so you would not be out of the room when it was time to vote. You've heard the saying, "If you snooze you lose?"

The Rules of Procedure passed.

Three Position Statements passed. One did not.

- 1) It is the position of the American Massage Therapy Association (AMTA) that massage has been shown to aid in postoperative pain relief. passed
- 2) It is the position of the American Massage Therapy Association (AMTA) that newborns (especially pre-term infants) may benefit from massage therapy. passed
- 3) It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be a valuable component of a wellness program. passed
- 4) It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be an integral part of health care. Failed

Three of the four Recommendations passed.

Recommendation #1 regarding open meetings and agendas for delegated Chapter representatives failed.

Recommendation #2 regarding not limiting the number of years a delegate can serve consecutively passed.

Recommendation #3 regarding allowing each Chapter the right to decide a limitation on the number of years a delegate can serve passed.

Recommendation #4 regarding holding valid licensing, certification, or registration issued by a state, territory, District of Columbia or municipal government where Professional Active AMTA Members practice massage passed.

Much debate went into the decisions and at times the results were surprising. The overall thought, however, was to push our Industry forward and continue to make our presence more powerful. It seems to me at times, our Industry is in its infancy when it comes to being present and recognized by other professions and legislation. Even though much controversy surrounded some of these Recommendations and Statements, we took huge strides in promoting integrity and professionalism for our Industry and AMTA members at this Convention.

Delegates then elected three HOD Committee members John Combe, Shirley Cooper and Patrick Malone to two-year positions. These folks have accepted a position of great responsibility and time commitment on our behalf.

New business was presented and then the meeting was adjourned.

Now onto two days of classes. Four hours each class—two classes per day. Picked up some CE's toward my

*continued on page 11*

## Working with Iron

*by Jennifer Crye, WCMT*

The athletes stream in, some with a bounce in their step, some with a limp, all with a smile. They are Iron Men and Women. They just swam 3.1 miles, biked 110 miles and ran 26.2 miles and they are on their way to a massage table. Volunteer massage therapists are going to give post race massages to these grateful super athletes.

This is a scene from the Ford Ironman triathlon that was held in Madison, Wisconsin on Sunday, September 7<sup>th</sup>, 2008. Athletes travel from all over the world to compete. It is a fun and positive atmosphere as the therapists and athletes alike joke and celebrate an amazing accomplishment.

"This makes such a big difference. I recover so much more quickly when I get a massage after the race. It takes days off my recovery time!" Says an athlete from Phoenix, AZ. This is his 8th Ironman. Not all have done this before. For many this is their first Ironman and they are so proud to have finished and it is such an honor to share this moment with them. As well as be instrumental in their recovery.



When I got there at 5pm there were already people finishing. I entered the massage area inside the Monona Terrace to find volunteers already giving massages. At Ironman Wisconsin we have the luxury of being inside where it's climate controlled. This is beneficial for the therapists and athletes alike as we don't have to battle the elements and we can all be comfortable. Jonathan Walton, Massage captain, and Kelley Perry, a volunteer from Nebraska, are giving cramp management to athletes in the hall who are transitioning from the bike to the run.

In between giving massages, my duties as massage captain kept me very busy making sure therapists had what they needed and answering questions from the group of massage students from Lakeside School of Massage while

my co-captain, Jonathon, checked with the medical tent and transition area to see if any athletes were in need of assistance.



In my 5 years volunteering as massage captain I have found that one of the best perks is meeting all the wonderful massage therapists from many different places. Crystal Stevenson-Wright, LMT from Chicago, IL, didn't make it this year but has volunteered the previous 2 years and she plans on being there next year. "I love the atmosphere created by the 'get-it-done' attitude of the other massage professionals, whether it's helping one another get set up, directing someone to some location or working on an athlete. Observing different styles and techniques as well as asking questions regarding what you see is welcomed naturally." When Crystal is finished volunteering she returns home. "I just turn around and make the 2+ hour drive back home to Chicago with new contacts from other parts of the country and new stories to tell my students and colleagues!"

Many of the athletes will be traveling back home on Monday. Some will be traveling up to 12 hours in a car to get home or will get on a plane to get started back to Australia, England, Germany, France or many of the other countries these athletes travel from. We, as massage therapists, know this is not a good situation after that kind of strain on the body to sit for 8 hours or more confined in a car or worse, a plane. Even that 15-minute massage to jump-start their recovery will help tremendously.

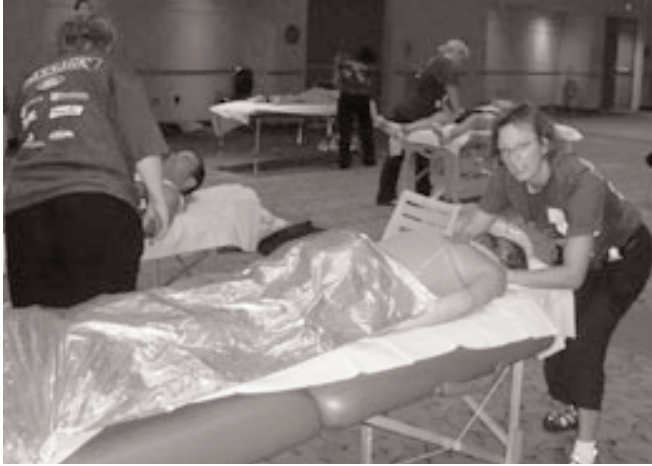
"It was quite the experience to say the least." Says Elizabeth Bart of Crossings Well-being Spa. "The women and men who I had the chance to work on were fantastic and so grateful to all of us for being there. I noticed that most of my clients were from overseas mostly Germany, London, a couple from either Sweden or Switzerland, and then a few from Chicago and of course the Madison area. This was my first time to volunteer and I was impressed by how organized things were from beginning to end. In fact the whole race seemed to be really well put together. Everyone was truly

*continued on page 9*



excited, as well as concerned, for all the athletes." Elizabeth looks forward to coming back next year, she says, "if not as a massage therapist then as a participant."

The positive energy crackles in the air. Some therapists are so inspired by these Iron athletes that they are in line



signing up for the next year. Volunteers are allowed to sign up first as the slots fill up quickly Monday morning. Next year they will be the ones coming in for massage.

Loni Green, LMT relates her story: "In previous years the experience has been exuberating. An opportunity for a

therapist to learn, hands on, about their athlete client's goals. A way to share in the inspiration of those individuals that have challenged themselves to a high level of self-mastery. When I am around inspiration, I feel inspiration and can bring that home to my clients." Loni felt "comfortable and welcome and safe." Loni related to me how Ironman helped her challenge herself to a higher level: "I had the opportunity to do my floor work in Beijing for the ANA Marathon in 2007. Ironman was the first major venue for my work! You welcomed me in and spurred me on. Did you know you did that? I was the first westerner ever to work on the Beijing ANA Massage Team! The tables never showed up and I won the title 'the Expert' in the Nike Booth when I demonstrated to the other team members how to work on a yoga mat. See you next year!"

*Jennifer Crye, WCMT, has been practicing massage therapy for over 8 years at her business, Body Harmony, in Madison, WI. She has volunteered for the last 5 years as the Massage Captain for the Ironman triathlon and will continue in 2009. Jonathan Walton joined as co-captain the last 2 years. To volunteer in 2009 you can contact Jennifer at [bodyharmony2044@yahoo.com](mailto:bodyharmony2044@yahoo.com) or Jonathan at [jonathanwaltonbodyworker@yahoo.com](mailto:jonathanwaltonbodyworker@yahoo.com).*

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February 28 & 29, 2009-9am-6pm

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

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In this class we distinguish between our automatic defense mechanisms that we have previously thought of as our Selves, and the authentic Self from which everything unfolds naturally, with grace and ease. We learn to move from "helping others" to allowing healing to occur for ourselves and those around us.

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*Freeing The Power To Heal is a prerequisite for the following classes.*

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January 31, 2009-9am-6pm

\$250 (\$225 if paid by 1/17/09)



### Energy 2: 8 CE Hours

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February 1, 2009-9am-6pm

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1: March 21, 2009-9am-6pm

2: June 13, 2009-9am-6pm

3: September 19, 2009-9am-6pm



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1: February 7, 2009-9am-1pm

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3: August 22, 2009-2pm-6pm

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### Intuitive Guidance Training Module 2

30 CE Hours

This module builds on relational and intuitive skills developed in Module 1 by applying them to specific emotional, physical, or energetic issues. Participants learn to tune in to unspoken information and use it in service of clients' healing.

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energy in action



## An Honor to Serve

by Ann Marie Sinisi, WCMT

Foremost I'd like to emphasize what a great privilege, commitment, responsibility and opportunity it is to be selected as a delegate for the Wisconsin Chapter. The experience gained and witnessed through the House of Delegates parliamentary process is very complex. It is such an important role for all of the delegates. The group of delegates and other chapter officers that attended this year's National Convention worked quite well together & were very dedicated in representing our chapter for the AMTA.

The keynote speaker at the AMTA Annual Meeting, Judith Aston, was very motivational; we learned various movements, breathing techniques, positive mind setting and did some interactive exercises. Judith also demonstrated some exercises she does on her stationary bicycle.

One of my favorites at the exhibitors' marketplace was the sanctuary massage area, a fundraiser in which all proceeds went to massage research. I got a ten minute foot massage for a ten dollar donation. Toe reading was interesting and fun, too. There were lots of samples and fun things to buy and do at each exhibit booth. There was an opening reception Wednesday to kick off the exhibits, it was nice to mingle around and have some tasty complementary treats as well.

It is great to network with all the different instructors and therapists from all over the different states. Everyone traded pins from their state. I must have collected 30-40 new pins. It was so nice to meet new people who share the same interests. The massage field is a culture of its own. I would recommend to all members of the AMTA to try to attend the National Convention next year; it is a very empowering and inspiring experience.

I also took a class called Introduction to Deep Tissue Healing, The Art of Stone Massage. The instructor's name was Bruce Baltz. He was a very informative, easy to understand and humorous instructor. The class was only 4 CE's so we learned a little bit about everything; the different rocks

and how to care for them, different techniques of application of hot and cold stones and the benefits of using them. Although we did not have as much hands on time as I would have liked, I did feel that I received a good start on the process of stone massage and its purpose, I found all the information quite interesting and helpful.

Thank you to the chapter members for trusting in me to represent you as a delegate, I was working for you while I was there and it was my pleasure and honor to serve you.

---

from page 7

National Certification requirements, honed some of my massage skills and added to my knowledge bank. My favorite class was Thai Shiatsu with Randy Cummins as instructor. This is a form of assisted yoga on mats on the floor! We pulled and stretched each other in ways you may not want to know! The benefits of this style massage were experienced both in receiving and applying it to another. Great fun and relaxation was had by all.

The four days went by quickly. It was a lot of work packed with lots of camaraderie, learning, and of course some playing (I went to a Phoenix Diamond Back baseball game). I enjoyed being of service to all of you. Thanks for the opportunity. Stay well.



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#### Energy & Spa Therapy Seminars

Tui Na	Grafton 1/30-2/1	18 Clock Hours
Spa Services	Green Bay 1/31-2/1	16 Clock Hours
Cranial Sacral	Grafton 2/6-2/8	24 Clock hours
Lomi Lomi I&II	Grafton 4/17-4/19	24 Clock Hours

#### Specialty Seminar

Business Mastery	Grafton 1/16-18*
------------------	------------------

#### Animal Specialty Seminars

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Jan. 7, Feb. 4, May 6





## Failing to Plan is Planning to Fail

By Carol Birkett, WCMT

Presenter: Margo F Bowman LTC EA LMT#3264

Email [taxlmt@aol.com](mailto:taxlmt@aol.com)

Margo has been a practicing accountant for over 50 years, specializing in Small Business Taxation and Record Keeping. She is a licensed Tax Consultant (LTC) and a Licensed Massage Therapist (LMT) in Oregon, and has earned the Enrollment Agent (EA) which allows her to practice before the IRS on behalf of her clients.

I found Margo to be vibrant and humorous presenter. A woman who knows how to keep you out of trouble with the IRS. I provided her Email address as she stated she will respond to questions. Margo suggested getting some IRS Publications free from government by telephone 1-800-TAX-FORM or [www.irs.gov](http://www.irs.gov). A few she thought were most helpful are: Pub 334 Tax Guide for Small Business; Pub 1542 Per Diem; Pub 3207 Small Business Resource Guide 2008

CDROM. She informed us that Tax Court Judges work for the IRS Employee, not for you. So, prevention is worth a pound of cure. Take precautions to avoid tax court, as the next step is the Supreme Court.



### Important Tips from class:

Taxes are based on where you earn your nickel. So if you do work in different municipalities be sure you do the right paperwork and get the permits needed, because the fines may be more than the profit you make.

Never use the word Barter, as this is a red flag to the IRS. You may use the word trade.

Business Deductions - require 2 components: #1

*continued on page 15*



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*Leia McCumber, WCMT*

*Owner, Leia's Renu*

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I graduated from the Therapeutic Massage program at MATC in 2006. I immediately became nationally certified and state licensed, as well as an AMTA professional member. I began working as an independent contractor out of a spa. I did not like the way the business was being run.....very unethical and the clients weren't being put first. I wanted to offer more to my clients, so I opened Leia's Renu in May of 2007 on Madison's west side. I quickly grew from a one room, one woman practice to now having 2 massage rooms and a relaxation room, 2 full time therapists and a part time therapist. I believe my passion for helping people {and not just for making money} is what keeps my business growing. I make sure every client gets the time and attention they deserve. Last year I became certified and now specialize in Fibromyalgia Massage, inspired by my mother. {she is on the far left in the photo, and I am next to her, then my grandparents} She has had Fibromyalgia for 14 years, and I saw what a debilitating condition it can be. I found out the treatment options are few, mainly simple pain medication. I wanted to help her, and others like her. I researched all the studies done on massage for Fibromyalgia patients, and the results were amazing. After working with my own patients and seeing their great improvement, I wanted to get the word out. I recently have been on two local news stations talking



Leia and her family

about Fibromyalgia Massage, and I am in the process of becoming approved by the NCBTMB as a provider for continuing education in a Fibromyalgia Massage class. I also serve on the advisory committee at MATC for the

massage program. I feel like I have found my true calling, my passion. I never thought I would love getting up and going to work! It doesn't ever feel like a job, simply because I love what I do, and I'm thankful for it since that is a rare thing to find. When I'm not doing massage or running the business, I enjoy reading, writing, am active in my church, spending time with family and friends and playing with my pit bull, Spirit. You can read about my Fibromyalgia Massage and other services at [www.LeiasRenuMassage.com](http://www.LeiasRenuMassage.com). Stop in and see us at 6417 Odana Rd in Madison, or call us at 608-438-5342. I am really trying to get the word out for these Fibromyalgia sufferers. Thank you!

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- Milwaukee, Wisconsin      June 27th & 28th, 2009

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If you pay more than \$600 a year rent, you must provide who you rent from a 1099 form. If you pay for Janitorial service the janitor gets a 1099 also. Have the janitor fill in their own Social Security number in their own handwriting. If you fill it in and there is a mistake, you are liable. The IRS looks for a business to be carried out in a businesslike manner. Are there complete and accurate records, including a business checking account, mileage logs and backup receipts? Also is there a written business plan that confirms the intent of the business was started for the purpose of succeeding and making a profit.



When a business has a team of advisers it shows the pattern of a profit motive. By paying for an accountant, a business coach, being a member of groups for obtaining leads or utilizing a marketing person, the goal to have a successful business is more apparent to the IRS.

As Margo quotes, Failing to plan is planning to fail . Plan well. In conclusion, I would have liked to have had Margo for a business consultant and accountant back in 1989 when I started my business. I am recommending to the WI AMTA Chapter to invite Margo to teach a business seminar for our chapter.



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## Being Inspired

by Lynnee Schmidt, WCMT

Imagine being surrounded (in a good way) by people who all believe in good health the same way you do. Imagine the good energy that fills the space around you. Now imagine that every conversation you have – in line at Starbucks, at the bathroom sink, in your seat before class begins – is friendly and positive and warm and respectful. Finally, imagine everyone you talk to is interested in what *you* do, interested in what *you* have to say, interested in *your* view on the subject. This was my experience at the AMTA National Convention in Phoenix this past week ~ *A Touch of Inspiration*.

I was fortunate to be a Delegate for our Wisconsin Chapter in Phoenix. I arrived on Wednesday afternoon to attend the Orientation for Delegates. I felt so comfortable when I walked

into the meeting and saw the familiar faces of Carol, Ann, PJ and Erin. We had a moment to say hello then it was down to business. To give you a little background to our “business” one must understand Roberts Rules of Order. This is the recognized guide to running meetings and conferences in an effective and fair manner. This is sometimes referred to as Parliamentary procedure. It begins with an official role call – electronically taken, and then we’re off and running. The Orientation night is so very helpful. It gives us the chance to practice the rules. There are mock statements that are read and debated and then voted on. A person may only speak if they go up to the microphone – one labeled PRO and one labeled CON. At the end of the debate period; two minutes per person, 20 minutes per item, a formal vote is electronically taken and the results are instantly displayed. This prepared us all for Thursday’s official meeting.

After taking in Judith Aston, a beautifully spoken Key Note Speaker Thursday morning we were able to visit the exhibitors and get lunch before convening in the House of Delegates (HOD) Meeting. The first rule is – you are checked in by 1:00pm or you don’t get in! I am happy to say we all made it! The House was called to order and away we went.

*continued on page 17*



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We had a very full agenda this year with 4 Position Statements and 4 Recommendations to vote on plus the House of Delegates Operating Committee (HODOC) elections. Dan Barrow ~ a peaceful spirit and calm presence ~ was the Moderator for the meeting. He conducted it smoothly and efficiently with respect. Not an easy task! As each Position Statement was presented members of the House would line up at the microphone of their choice and present their argument. I am proud to say that I spoke at the microphone for many of the statements. We were bringing so much before the House that was reliant on research and much of the research was not strong enough to support the position in the Medical community. We as Delegates felt that we needed to back up our statements in order to gain respect in traditional medicine. Three of the four statements passed. The AMTA now holds the position to say, "massage has been shown to aid in postoperative pain relief", "newborns (especially pre-term infants) may benefit from massage therapy", and "massage therapy can be a valuable component of a wellness program". The Position statement "massage therapy can be an integral part of health care" did not pass. It received more yes votes but was not a 2/3 vote, as it needs to be to pass. The four recommendations we heard also had a ? victory. It is important to know that a recommendation is not an automatic change. The HODOC will review the recommendation and then a legal team will review it. A recommendation can pass in the HOD but not ever make it into the bylaws. The recommendation that "a chapter representative be provided a summary of agenda items and be granted an opportunity to openly address concerns and issues, in the discussion process, in whatever way the [Board] deem reasonable, at every open meeting of the National Board of Directors" did not pass. There was much discussion involving these recommendations. We as your delegates voted in favor of this last one. Two of the recommendations dealt with the term a delegate can serve for. It is now being reviewed that there be no limit to the term served and that each chapter can determine their own term if they want one. I was so impressed with how our voices truly made a difference. Our colleagues respected our thoughts and our opinions *did* matter. What an empowering opportunity to stand at the microphone and have your voice heard on



*Relaxing in Phoenix. Hey, isn't that Melodee Stumpf???*

such important matters in our professional development. There are very few jobs out there that offer that experience. Your voice as a professional Massage Therapist is heard at the AMTA and has a direct impact on the profession as a whole. What a great thing!!! We get to be a part of the growth and we get to have a say in the direction of our profession.

*WOW!*

I attended the National Convention in Atlanta 2 years ago – as a delegate. My time then was filled with meetings and back to back classes. I didn't have much time for networking. This year was different. Due to my recent diagnoses of a permanent disability in my wrist I can no longer do the physical work of a massage therapist. I mourned the loss of my "career" for many months. I missed doing the work that I hold such passion for. This convention allowed me to get excited about the next phase in my career: Teaching. I have recently accepted a position with Rasmussen College in Green Bay, WI to teach in their massage therapy program. At the Convention this year, since I was limited in the classes I could attend, I took a class just for instructors: Future Health Care Trends. What a great opportunity! As a class, we discussed what we need to be teaching our students, not just how to massage, but teaching them about the profession. What direction are we headed? What can we do as therapists to be a part of that journey? How can we help as therapists to steer the profession? The conversations I was able to be a part of were amazing. The talent that is out there makes me feel honored to be a part of it. There were not just people from around the country in the class but a Massage Therapist from Canada and one from Australia as well. The therapist from Canada is the CEO of Natural Health Care Providers and the one from Australia is on the board of the Australian Massage Therapy Association. Of all the concepts we discussed, one rang loud and clear to me: If you see something happening – document it!! This is referring to research, clinical documentation, data that can help our profession grow. I really felt, if I took nothing else away from this class, that was the key element. We are not taught as therapist how to conduct studies, let alone document them. Clearly an area we should learn more about. If we can't prove we did it, then it didn't happen. The case studies we see on a daily, weekly, monthly basis in our practice are priceless research. The second key element we discussed

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



Study injury assessment and learn new treatment skills. The workshop has been designed to help bodyworkers assess and treat specific injuries that challenge and frustrate most therapists. You will take effective and usable skills back to your practice. You will become familiar with the anatomy, assessment skills, exercises and treatment techniques for the most common injury in each of the following areas:

Shoulder Pain - Subscapularis Tendinitis    Elbow Pain - Tennis Elbow    Neck and Scapula Pain - TP 7 Ligament Injuries    Low Back Pain - Ilio-lumbar Ligament Sprain

Anterior Knee Pain - Patella Tendinitis    Ankle Pain - Lateral Ankle Sprain

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

**Dr. Ben E. Benjamin** has dedicated his life to helping people cope with and overcome the pain and stress caused by injury to the body. His therapeutic techniques help reduce and eliminate pain produced by adhesive scar tissue formed from soft tissue injury. In sports medicine/muscular therapy private practice since 1963, Dr. Benjamin is the founder of the Muscular Therapy Institute in Cambridge, MA. As an educator and author, he has conducted seminars and workshops across the country, served as an instructor and trainer in a variety of settings, and written several books and countless articles. His books include: *Listen to Your Pain: The Active Person's Guide to Understanding, Identifying, and Treating Pain and Injury*; *Are You Tense?: The Benjamin System of Muscular Therapy*; and *Exercise Without Injury*.

## Pregnancy Massage Workshop 6 CEs: Every massage therapist should take this class! It is a great



workshop to take as a refresher course or for anyone looking for some fantastic techniques for the pregnant clientele that comes into your practice. Demonstration and practice will focus on the third trimester common discomforts of sciatic pain, round ligament pain, calf cramps, carpal tunnel, rib constriction, low back, and more. Learn the safe, effective techniques that Swedish massage can never offer.

**Kelly Lott, LMT** is a massage therapist with more than 16 years experience in massage and transitioned into teaching full time for the past 12 years. She has been a nationally certified instructor through NCBTMB for the past 11 years. She has extensive experience teaching massage classes all around the country in pregnancy, post-partum/

labor, face toning, cold stone therapy for migraine headaches and many other massage related topics. Ms. Lott displays experience, professionalism and the ability to provide massage education in a fun, relaxed atmosphere.

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



The purpose of this training is to explore the inseparable body/mind matrix and the ethical stance this space requires. This class invites the participant to recognize and explore how the psychological life of the body impacts the massage therapy session and the therapeutic relationship. You will gain greater skill, knowledge, and understanding of boundary issues concerning ethical behavior, respond skillfully to your client's emotional response to your touch, and examine factors that may indicate when and how to refer to and collaborate with a psychotherapist, psychologist, or psychiatrist. The insight and skill you will receive in this course enables each participant the ability to offer your clients a safe, honoring and

supportive container while remaining true to your scope of practice. Time for experiential exploration of participants mind/body connection will be offered. We do hold more than our client's body in our hands!

\*This class is for anyone who wants to enhance their understanding of how to emotionally support their clients in a conscious, caring and skillful way. Kathy brings her passion and heart into the learning environment.

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



*American Massage Therapy Association  
Wisconsin Chapter*

**ANNUAL CHAPTER MEETING & EDUCATION CONFERENCE**  
**February 21 - 23, 2009**  
**Country Springs Hotel, Waterpark and Convention Center**  
**2810 Golf Road**  
**Waukesha, WI 53187**  
**(1-800-247-6640)**

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

**One Day Classes**  
**Saturday Classes 2/21/09**

(choose one)

**Ethics with Kathy Ginn 6 CEs 9am to 4pm (includes lunch)**  
**CPR/AED American Heart Association Training 9am to 1pm (includes lunch)**

**Sunday Classes 2/22/09**

(choose one)

**Pregnancy Massage with Kelly Lott 6 CEs 8:30 am to 5:30 pm**  
**CPR/AED American Heart Assoc. Training 2:30pm - 6:30pm**  
**(Both include lunch at 11:30 followed by Chapter Meeting)**

**Two Day Class**  
**2/22/09 & 2/23/09**

\*note can not be combined with other Sunday classes  
**Common Injuries Workshop with Ben Benjamin 13 CEs**  
**Sunday 8:30 am to 11:30 am (Chapter meeting) 2:30 pm - 5:30 pm**  
**Monday 8:30 am - 4:30 pm**

<b>Saturday 2/21/09</b>	<b>Before 2/2/09</b>	<b>After 2/2/09</b>
_____ Ethics AMTA-WI Member or student	\$50.00	\$75.00
_____ Ethics non-member	\$110.00	\$135.00
_____ CPR/AED Training (class size limited to 30)	\$40.00 includes manual	\$50.00
<b>Sunday 2/22/09 * tables needed for Pregnancy Massage</b>	<b>Before 2/2/09</b>	<b>After 2/2/09</b>
_____ Pregnancy AMTA-WI Member or student	\$85.00	\$110.00
_____ Pregnancy non-member	\$105.00	\$130.00
_____ CPR/AED Training (class size limited to 20)	\$40.00 includes manual	\$50.00
<b>Sunday / Monday 2/22/09 &amp; 2/23/09 * tables needed</b>	<b>Before 2/2/09</b>	<b>After 2/2/09</b>
_____ Common Injuries AMTA-WI Member or student	\$250.00	\$275.00
_____ Common Injuries non-member	\$325.00	\$350.00

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

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

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_ St. \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone: \_\_\_\_\_ AMTA Member No. \_\_\_\_\_  
 Amount \_\_\_\_\_ Payment Method \_\_\_\_\_  
 Visa/MC # \_\_\_\_\_ Exp. Date \_\_\_\_\_

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

Ideas for Future Presenters? \_\_\_\_\_ Bringing Table yes/no \_\_\_\_\_

Make Checks payable to:  
**AMTA-WI Chapter**  
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 amypowerhands@yahoo.com





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to the public & massage therapists



#### THE SPIRIT'S JOURNEY

*With Amy Wilinski, MBA, OTR, Energy Practitioner*

Saturday, January 17, 2009 • 9:30am – 4:00pm • 6 CE Hours • Fee \$100

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

#### MUNAY-KI (SECOND IN A SERIES OF 3)

*With Amy Wilinski, MBA, OTR, Energy Practitioner*

Sunday, January 18, 2009 • 9:00am – 5:00pm • 7 CE Hours • Fee \$175

Class description: The Munay-Ki are the nine great rites of initiation of the medicine way. The word Munay means "I love you" or "BE AS THOU ART". The Munay-Ki are the rites of initiation to become a person of wisdom and grace who has accepted the stewardship for all creation. These rites are common to all shamanic traditions, even though they are expressed in different forms and styles in different cultures. The rites of Munay-Ki are based on initiatory practices of the Inca and Pre-Inca shamans from the Andes and the Amazon in Peru. In this training you will receive and learn the following rites during this training: The Foundation Rites, The Lineage Rites, and The Transformational Rites. This is a high energy, personally transformative class. This training consists of three separate sessions, held one month apart to allow you time to integrate this energy. We will conclude each training day with a Drumming Ceremony as a way to honor that which we have received and that which we want to release that no longer serves us or the greater good. For more information about the rites, go to the Four Winds Society Munay-Ki website at [www.munay-ki.org](http://www.munay-ki.org).

#### THE ASPECTS OF THE HUMAN SOUL AND SOUL PATHOLOGY (SECOND IN A SERIES OF 3)

*With Peig Myota, BSN, MSW*

Monday, January 19, 2009 • 10:00am – 1:00pm • 3 CE Hours • Fee \$50

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

#### CPR / AED

*With Paula Wells*

Saturday, January 24, 2009 • 9:00am - 6:00pm • 8 CE Hours • Fee \$90

Class description: This class fulfills the new state requirement for all massage therapists that must be completed by February 2009. During this day we will cover 6 hours of CPR and 2 hours of AED, with testing and certification completion before you leave! Please be aware that there will be a fair amount of time spent practicing and treating CPR dummies on the floor. Padding will be provided for your knees. In order to pass this class you need to demonstrate CPR and AED knowledge in a "real-life" situation.

#### BENEVOLENT TOUCH

*With Mary McCanna, WCMT 2373-046*

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

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

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

#### PROFESSIONAL ETHICS FOR THE MASSAGE THERAPIST AND BODYWORKER

*With Kathy Ginn*



Sunday, February 8, 2009 • 10:00am – 5:00pm • 6 CE Hours • Fee \$120 (\$110 if paid 2 weeks prior to class)

Class description: This educational program explores the basic dynamics of the therapeutic relationship. Topics of discussion include codes and guidelines as lived wisdom, law and legislation, exploring the power role, establishing and maintaining boundaries, informed consent, confidentiality, establishing written policies, fostering appropriate self disclosure, tracking skills, developing a healing attention, ethical decision making, recognizing your ethical vulnerability, and much more!

## INTRODUCTION TO LOMILOMI

*With Ann Fuggiasco, LMT, CYI, Reiki Master*

Monday, February 16, 2009 • 10:00am – 1:00pm • 3 CE Hours • Fee \$50

Class description: LomiLomi is an ancient sacred Hawaiian healing massage. It is a powerful spiritual practice that unites heart, body, and spirit. In this class we will cover history and culture and will give demonstrations of the different styles of LomiLomi.

## INTRODUCTION TO WORKING FROM A MODEL OF WHOLENESS FOR ADVANCED HEALING (FIRST IN A SERIES OF 4)

*With Peig Myota, BSN, MSW*

Monday, February 23, 2009 • 10:00am - 1:00pm • 3 CE Hours • Fee \$50

Class description: This seminar will incorporate the historical significance of opportunities for doing spiritual healing at this time. Ancient traditions for spiritual healing will be explored as models for spiritual work. The importance of developing the discipline to purify oneself physically, emotionally, intellectually and spiritually will be discussed. How individual wholeness serves as a blueprint for Universal Wholeness will be presented. Students will learn to enhance their healing abilities by understanding their connection to greater Universal Wholeness.

## MUNAY-KI (THIRD IN A SERIES OF 3)

*With Amy Wilinski, MBA, OTR, Energy Practitioner*

Saturday, February 28, 2009 • 9:00am – 5:00pm • 7 CE Hours • Fee \$175

Class description: Please see class description for the Munay-Ki class on January 18.

## BEGINNING LOMILOMI (PREREQ OF INTRO TO LOMILOMI)

*With Ann Fuggiasco, LMT, CYI, Reiki Master*

Monday, March 2, 2009 • 10:00am – 1:00pm • 3 CE Hours • Fee \$50

Class description: In this class we will teach Lomi Ha'a Maui Ola, The Dance of the Angels. This style is literally a prayer in motion that brings balance of your past, present, and future. We will begin with the foundation of this practice, which is prayer, breath, and flight.

## ADVANCED LOMILOMI (PREREQ OF BEGINNING LOMILOMI)

*With Ann Fuggiasco, LMI, CYI, Reiki Master*

Monday, March 9, 2009 • 10:00am – 1:00pm • 3 CE Hours • Fee \$50

Class description: We will continue the practice of Lomi Ha'a Maui Ola, The Dance of the Angels. We will further our practice of flight and introduce bone washing, a technique that releases stagnate energy surrounding the bones.

## CARE OF THE SOUL WITH FLOWER ESSENCES (FIRST IN A SERIES OF 2)

*With Julie Zettel, NCTMB WCMT 1285-046*

Monday, March 16, 2009 • 10:00am – 1:00pm • 3 CE Hours • Fee \$75 (includes material fee and consultation)

Class description: Explore the benefits of expanding self-awareness while learning to support the needs of the soul. Flower essences are tinctures of liquid consciousness that heal by inspiration rather than casual force. They become an evolutionary force, a progressive element that may stimulate inspiration and eventual change. They act as an educating principal. This class is introductory in nature and will detail the variety of tools used to select the appropriate essences. Each participant will receive a private consultation and a blend of essences for personal use.

## DIMENSIONS OF MONEY

*With Kathy Ginn*

Sunday, March 22, 2009 • 9:00am – 6:00pm • 8 CE Hours • Fee \$160 (\$140 if paid two weeks prior to class)

Class description: What would it take for you to feel rich in the way your bottom line numbers read and rich in heart? This course engages each learner with the various dimensions of money often encountered as professional massage therapists and bodyworkers. Through personal stories and practical advice Kathy will offer each participant a fundamental blueprint to solid financial sufficiency and purpose. The class opens with inviting each participant to honestly examine one's relationship and attitude toward money – earning it, spending it, saving it, and giving it away. Additional topics of discussion to be included are exploring how money works, basic money management principles, financial record keeping & taxes, establishing your fees, raising your fees, diversified fee structure, recession proof your practice, selling a practice/buying a practice, negotiating lease contracts, diversifying your income, work smarter with barter, seeking professional guidance and much more. This class promises to bring clarity, conviction and courage to meet the obstacles and opportunities money yields over our lives today.

\*Prior to entering the field of massage therapy and bodywork, Kathy spent 7 years licensed in the financial service sector teaching her clients fundamental money management principles. You may visit her web site @ [www.ethicalsimensions.com](http://www.ethicalsimensions.com)



## DEVELOPING INTUITION AS A GUIDE TO THE HEALING PROCESS (SECOND IN A SERIES OF 4)

With Peig Myota, BSN, MSW

Monday, March 23, 2009 • 10:00am – 1:00pm • 3 CE Hours • Fee \$50

Class description: The mind is the most powerful tool for spiritual growth and healing work. This seminar will offer a perspective on the importance of clearing memories, emotions, and belief systems that prevent us from the ability to connect with the intuitive Higher Mind. Visualization techniques will be taught to clear the energy system of these blockages. Releasing energy blockages allows the healer to work unimpeded from the heart center and intuitive Higher Mind. The participants will learn how to become a clear channel to connect with the intuition, and become an efficient conduit for healing energies. Using crisis as an opportunity for healing will also be discussed.

## THE SUN IN UNION WITH THE AWAKENING OF HUMAN CONSCIOUSNESS, A BODYWORKERS' CONNECTION WITH FLOWER ESSENCES (SECOND IN A SERIES OF 2)

With Julie Zettel, NCTMB WCMT 1285-046

Monday, April 13, 2009 • 10:00am – 1:00pm • 3 CE Hours • Fee \$50

Class description: In this class the participants of class one will have an opportunity to discuss the insights gained from taking flower essences. Field research, certification options and working with clients responsibly will be addressed. We'll discuss the outline of Eckhart Tolle's book "A New Earth" that was distributed at class one. "Awareness is the greatest agent of change. Freedom from the dysfunctional aspects of the mind allow a transformed state of human consciousness to emerge". Flower essences act as a bridge, awakening us to our essential true nature. Flower Essence remedies are designed to help transform emotions, attitudes or patterns of behavior, which hinder our full development or potential.

## MEDIUMSHIP TRAINING

With Amy Wilinski, MBA, OTR, Energy Practitioner

Saturday and Sunday, April 18 & 19, 2009 • 14 CE Hours • Fee \$400 for 2 days

Class description: Join us for this intensive two-day Mediumship Training Workshop. This workshop will teach you a variety of techniques to connect with loved ones who have passed on. This experiential class will offer you the opportunity to give and receive crossing over readings. It is appropriate for those who may just be starting out on this path or those who are interested in refining their skills at crossing over readings. Amy has trained with gifted Mediums—Doreen Virtue and Martina Schmidt—and brings a blend of their styles along with her own in sharing this extremely gratifying work with you. Come and realize that "There is no death, there is only a change of worlds".

## INNER SPIRITUAL DEVELOPMENT AND ADVANCED HEALING WORK (THIRD IN A SERIES OF 4)

With Peig Myota, BSN, MSW

Monday, April 27, 2009 • 10:00am – 1:00 pm • 3 CE Hours • Fee: \$50

Class description: This seminar will incorporate the importance for those doing healing work to develop a spiritual practice that connects them to the Divine Energetic Matrix which holds the blueprint for all healing work. A daily spiritual practice is necessary to maintain this spiritual connection. In this seminar we will discuss the structure of the soul, and readiness for connecting with the soul as a prerequisite for spiritual healing work. Energetic protection for those doing healing work will be presented, along with spiritual tools that enhance spiritual growth and healing work. The fourth class in the series will be held on Monday, May 18.

## BENEVOLENT TOUCH

With Sandy Anderson, LMT

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

Wednesday, April 29, 2009 • 9:00 am-1:00pm • 4 CE Hours • Fee \$60

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

## 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

Name \_\_\_\_\_ Address \_\_\_\_\_

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

E-mail (optional) \_\_\_\_\_ Fee Enclosed \$ \_\_\_\_\_

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www.milwaukeechoolofmassage.com

## Membership Report

Hello fellow MT's! As of November 2008 the Wisconsin Chapter of the AMTA is 1,759 members strong. We have 1,551 professional members, 191 student members and 13 schools. 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).

Please welcome the following members who have joined the AMTA-WI Chapter since June:

### June:

Bryan Altendorf	Baldwin
Adrian M. Beuthin	Mazomanie
Kelly L. Brath	Campbellsport
Linda Ebert	Watertown
Trina M. Frank	Mayville
Lisa Gosseck	Greendale
Sarah Graef	Menomonie
Annette C. Hess	Milwaukee
Kaylee Hoekman	Appleton
Christine A. Kane	Racine
Susan E. Larson	Fort Atkinson
Mary McKee	Milwaukee
Laura Novak	Madison
Amy Maria Schwartzlow	Oxfordville
Cari Smith	Ixonia
Courtney R. Todd	South Wayne
Kristin Vollmer	Mayville

### July:

Kelly J. Carter	Green Bay
Margaret Fillyaw	Richland Center
Coro B. Fox	Cudahy
Jennifer Glamann	Hartford
Crystal Grach	Cudahy
Jean Herman	Green Bay
Wendy Marsolek	Whitehall
Matthew A. McDowell	Kenosha
Tracy Moore	Burlington
Shannon Naese	Sturgeon Bay
Amanda Olson	Janesville
Jessica Oswald	Milwaukee
Abby Palik	Elkhorn
Sean Thin Elk	Black River Falls
Rebecca Weisenbeck	Mondovi

Tara J. Zimmerman

Fall Creek

### August:

Ruby Adams	Pleasant Prairie
Molly Ann Beinborn	Madison
Natalie M. Carlson	Sun Prairie
Jessica Chinawong	Shawano
Dawn Cornelius	Green Bay
Julie Edwards	Milwaukee
Jennifer Fekete	Milwaukee
Julie Fleming	Spring Green
Adrianna Humphrey	Milwaukee
Adam T. Imp	Manitowoc
Kendall Jones	Milwaukee
Lindsay LaCroix	Manitowoc
Erika LaLuzerne	New Franken
Becca S. Larson	Sturgeon Bay
Kelli Laufenberg	Hixton
Carrie R. Massey	Racine
Lynnet A. Metcalf	Stone Lake
Mandie Ontko	Warrens
Patricia Raschig	West Bend
Mya Rowe	Granton
Jody Rusk	Franklin
Kim Sphar	Madison
Andrei I. Stefan	Wisconsin Dells
Amanda Tauscher	Green Bay
Krystle Vossekuil	Fond Du Lac
Stefanie Zydowicz	Milwaukee

### September:

Monica Balistreri	Muskego
Scott Braatz	Green Bay
Kevin Brellenthin	Madison
Katie Christian	Green Bay
Sarah Beth Drahonovsky	Mukwonago
Sigrid Dralle-Allen	Waterloo
Katie J. Duescher	Green Bay
Jamie Elsner	Milwaukee
Kristin Glamann	Waupun
Cassandra Gonzalez	De Pere
Katelyn Haas	Milwaukee
Sophie Hanson	Madison
Sean Hennessy	Milwaukee
Angela Henrickson	Sheboygan
Michelle Herbst	Hales Corners
Sally Hollman	Madison

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Pamela R. Howard	Milwaukee
Sara Hutchins	Milwaukee
Kim M. Janus	De Pere
Janell Jorgenson	Pewaukee
Lindsey Kane	Verona
Jana Koehn	Milwaukee
Kayla Krueger	Milwaukee
Celena Kujava	Green Bay
Sam Langlitz	Green Bay
Stacey MacGregor	Elkhorn
Sara Mackey	Rubicon
Tiffany V. A. McIntee	Bangor
Amanda Melcher	Johnson Creek
Audrey Mueller	Eau Claire
Isis A. Muhammad	Milwaukee
Christine Orvis	Brookfield
Ashley Parr	Eau Claire
Cheryl Perpich	Phillips
Heather Putnam	Madison
Dawn Richardson	Janesville
Maria Scalone	Grafton
Heidi Elizabeth Schnick	Madison
Danielle Stocks	Durand
Amanda Storm	Oak Creek
Leah Strutz	Two Rivers
Tracy Wagner	Madison
Paul L. Wickland	Star Prairie
Kristin A. Wilz	Sturgeon Bay
Barb Wittmann	Manitowoc
Julie Wolterstorff	Milwaukee

**October:**

Kristin Baney	Columbus
Amanda Beison	Burlington
DeeDee Berray	Minocqua
Tasha Bowers	Milwaukee
Troy M. Brasted	Milwaukee
Reeyanana Cha	Brookfield
Carri C. Christiansen	Milwaukee
Deborah J. Dibble	Watertown
Kimberle Ann Doak	Madison
Robyn Eddy	Madison
Renee Gayk	Madison
Ben Guppy	Madison
Kacey Hengel	Madison
Lisa Hinds	Janesville

Ola Hooper	Milwaukee
Jacci Marie Horstman	Sparta
Kelly Kent	Milwaukee
Jill Koplitz	Schofield
Johanna Lieber	Madison
Amy Matiski	Hudson
Nora Mirocha	Nashotah
Nicole Mondroski	Madison
Angela Murray	New Berlin
Valene Nelson	Oak Creek
Jamie Olson	Boyd
Koah Orth	Black Earth
Christine Otth	Madison
Nichole Paris	Sullivan
Maurice T. Parr Jr.	Milwaukee
Paul Ponce Jr.	Waterford
Linda M. Preschat	Mayville
Kimberly I. Reyes Alvarez	Milwaukee
Christopher G. Schlieger	Janesville
Wanda Schmitt	New Glarus
Sarah Stocks	Watertown
Michelle Szomi	Madison
Harrison Tran	Milwaukee

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- Recognize & address symptoms before they lead to injury

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## What is a Board of Directors?

The AMTA-WI Chapter Board of Directors consists of two parts that work together to serve the membership, they are Chapter Officers and Committee Chairs.

Chapter Officers are elected at the Annual Meeting by the professional members present to do the management of the chapter business. These positions consist of President, 1st Vice President, 2nd Vice President, 3rd Vice President, Treasurer, Secretary and Immediate Past President.

At the election on February 22, 2009 the positions up for election will be:

1st Vice President: candidates for this position must be professional members in good standing for at least one year prior to candidacy. Kay Peterson is planning on seeking re-election to another term.

3rd Vice President: candidates for this position must be professional members in good standing. Sara Smiley plans on seeking re-election to this seat.

Secretary: candidates for this position must be professional members in good standing. AnnMarie Kolb intends to seek re-election to this position. The duties of the secretary include taking minutes of Chapter and Board of Directors meetings. Presenting the minutes to the Board of Directors in a timely fashion for corrections and approval to be printed in the Chapter newsletter.

Open seats are a good opportunity to see the democratic process in action, if you feel you have the time to commit to this important work please consider either nominating yourself or having a friend nominate you for consideration.

The above positions are not simply roles of honor, they require a commitment of time and energy and in many cases an adherence to deadlines. All vice presidents must chair or co-chair a committee in addition to attending board and chapter meetings. It is expected that all board members will contribute to discussion and voice their opinions as well as be present to vote on policy issues and chapter business matters. A full list of rules of engagement appear on the opposite page.

Committee Chairs are appointed by the Chapter President and are reappointed annually. Current committee chair openings include, finance chair, and MERT chair. Other chair positions can be created based upon a perceived need of a volunteer. It is the sincere hope of the chapter Officers that all committee chairs begin to take part in Board of Directors meetings. Attending meetings allows committee chairs to discuss the needs of their committee, feel more fully involved in the processes of the chapter and voice their opinions regarding issues to be voted on by the Chapter Officers.

Delegates to the National Convention to be held in Minneapolis in 2010 will also be elected at this meeting. If you wish to attend the convention as a delegate attend this meeting and nominate yourself or have a friend nominate you. There will be five delegates selected along with alternates. Expenses involved in attending the convention are covered including: convention registration fees, travel, lodging and meals., The amount of reimbursement is set at each annual meeting.

## Rules of Engagement for AMTA-WI Chapter Volunteers

Rules of engagement are common sense rules that are acceptable behaviors not tied to any parliamentary order. This commitment encourages civility, courtesy and good humor in and outside of the boardroom for elected or appointed AMTA volunteers.

As a Board member and volunteer of AMTA-WI Chapter:

I will be present and fully prepared for meetings with a report and supporting documents. I will conduct all discussions of board business in the presence of all board members. Everyone is expected to voice his or her opinions. Meeting decorum is respectful, and no member will reproach another for speaking honestly.

I will respond to all board communications (email, regular mail and phone) within 3 business days.

I will refrain from knowingly withholding factual information about board matters or Chapter business.

I will respect and give fair consideration to diverse and opposing viewpoints.

I will be clear about my role and duties as a board member or volunteer and be mindful of AMTA's mission and core values.

I will fulfill my designated commitments, and work with other board members in a spirit of cooperation to help them fulfill their commitments.

When making decisions, I will consider that we serve the entire AMTA-WI chapter membership.

I will be accountable to, accepting of and supportive of decisions made by the Board as a whole when I leave the Board table.

I will be mindful that not knowing is not an excuse for not acting or not making a decision.

I will raise any concerns before and/or during the Board meeting, instead of after the meeting is completed and the decision have already been made.

I will pay close attention to the impact of my words in communicating with and about others.

Composed and Approved by the AMTA-WI Chapter Board on December 9, 2007

from page 17

was that we must teach our students to educate. So much of our job as a massage therapist is to educate our clients. It is also to educate the public and the doctors and the insurance companies. We should not underestimate this aspect of our profession.

In addition to all of this great knowledge that I was able to be a part of and learn from, I made connections that will help me both professionally and personally. Our colleagues are an amazing group of people who genuinely care about inspiring each other *and* the greater circle of people around us. Attending National Convention did inspire me. It inspired me to appreciate all that I have done as a Massage Therapist. It was inspiring to be a part of the HOD and changes that our Association is making. I am inspired to look ahead at what I have been called to do next in my career with excitement and confidence.

Thank you Wisconsin Chapter for giving me this experience. Thank you for trusting me with such important matters that affect us all. Thank you for giving me the opportunity to learn from, grow in, and contribute to such an awesome association. I pray you will consider giving me this opportunity again. I will hold the position with honor and respect. Finally, I challenge all of you to find an opportunity to attend a National Convention if not as a delegate, then as an attendee. You will be amazed at what you can take from 4 days of exposure to so much knowledge and inspiration. May you all have a renewed excitement in what you do. You make a difference.

## 25 Year Recognition

*I just wanted to let you know, that those of you that did not get your special bag for 25 years or more with the AMTA-WI chapter at the last meeting, will get it at the next meeting. I wanted to hand deliver them to be sure they were not lost in the mail. If you are not planning on attending the February conference, but know someone from your area that is, please let me know and I will give it to them for you. It will be like the academy awards, accepting this for ... If there isn't anyone to help in this process, I will mail it to you, so please let me know. Thanks for your understanding in this. I think it is important you are recognized in person and therefore receive your gift in person.*

Sincerely,

Ellen M. Wittwer, 2ND VP/Awards Chair



## Being Inspired

by Erin M. Witthun, WCMT

Inspiration is all around use as therapist and body workers. This 2008 National Convention theme was an inspiration. I was truly inspired by being able to represent the AMTA Wisconsin Chapter. I was also inspired by just being around so many people that shared the same passion and love of what we do as professionals. This was my first time at the National Convention and what a wonderful experience. I would love the opportunity to serve as a delegate for the Wisconsin Chapter again.

The class that I chose to report on was Implication of Presence in Manual Therapy. This class was taught by Jack Blackburn and Cynthia Price. They started out by defining what it means to have presence with your client. The verbal interaction with your client, in this moment, and this now is all that exist to eternity. The personal presence is conscience choice to practice continually. The co-conscience presence between client and therapist are together with common focus on clients experience to produce mutual therapeutic gain. The main question to ask is, "What do you feel or notice in your body right now?" This is a good question to ask clients as we interview prior and post massage session.

I would like to thank everyone that helped me out at my first National Convention. Thanks to those who I spent time with from our own chapter and those from other states. This was honor to participate is something so great! I can't wait to give back to our own chapter. I hope to see everyone soon as our annual chapter meeting and education conference on February 21-23, 2009 in Waukesha.

## Wanted Personal Biographies

If you would like to be featured in the "One of Us" column, please submit a bio and what led you to a career in Massage Therapy.

Send it to [mikerude@mac.com](mailto:mikerude@mac.com) along with a photo of you and your family.





## Proudly Representing AMTA-WI in Arizona

*by Betsy Krizenesky, WCMT,  
AMTA-WI Chapter Immediate Past President*

At this year's convention in Phoenix, Arizona, I was privileged to be able to attend the Chapter Presidents' Council Meeting for Amy Remillard, AMTA-WI Chapter President. Notable reports at this 4-hour meeting on Wednesday were the inspiring report on the extensive and impressive activities of the Massage Therapy Foundation; that of the Commission on Candidacy, which announced the achievement of fully open national elections; and that of the House of Delegates Operating Committee, which encouraged chapters to get delegates involved in chapter committee work during their terms. Included in the CPC meeting was a leadership training session, focusing on the "authentic you" of us as chapter leaders and from that we explored how to achieve chapter and board goals in harmonious and effective ways.



That afternoon, Display Unit Chair Lynn Kutz and I attended a 3-hour Chapter Leadership Training session, involving hundreds of volunteers from all over the country. Together and in small groups we explored awareness of our chapter responsibilities, how we see each other, how we communicate and how we integrate our unique massage presence into leadership roles. The emphasis was on performing as a FUNCTIONAL team and there was plenty of laugh-

ter to go around.

At the entrance to the national business meeting on Thursday morning Lynn Kutz offered Wisconsin soul food (cheese curds) to attendees. I was able to photograph her as she proudly received the Wisconsin Chapter Meritorious Award. I, myself, received my 25-year pin, something I did not expect to be an emotional event but it was!

Thursday afternoon I took Massage Therapy on Trial, an extremely interesting CE session by an attorney from Boston who often uses Massage Therapists as medical witnesses in personal injury cases. He emphasized the importance of scientific research for the validation of our work to the world at large. He also encouraged us to maintain strong note taking skills in our treatment of clients. There was plenty of time allowed for various legal questions from the floor relating to our profession and as a result this was a very productive CE experience.

Thursday evening 12 AMTA-WI members, including delegates and former member, Melodee Stumpf, who now lives in Tucson, AZ, went to a casual Greek restaurant for dinner. We sat under giant palm trees to the sound of a small waterfall and had a chance to network and decompress from the day's intensity.

Friday morning I took another seminar, The Implications of Presence in Massage Therapy and Bodywork, which was a good reminder of things we all need to be aware of in our work, regardless of techniques practiced. Friday afternoon I flew back to Wisconsin, grateful to be able to represent the Wisconsin Chapter at the AMTA National Convention. Thank you all for sending me!

## Classified Ad

### Massage Space for Rent

Available January 1<sup>st</sup> 2009

A quiet, clean and serene space. Fully furnished greeting room, along with office and storage space for supplies. Use of massage table. Work with 2 other massage therapists. Office is located 3 blocks off University Ave, near Hilldale mall shopping center in Madison, WI. Full time or part time space available. Rent negotiable. ( \$150-\$210)

Contact: Kathy Ginn @ 608-334-8592

# For Effective Injury Prevention, Think Holistically

by Lauriann Greene, CEAS  
and Richard W. Goggins, CPE, LMP

Anyone who has done massage or bodywork for any amount of time knows how physically demanding this kind of work can be. Massage practitioners often use repetitive movements combined with hand force in their work; they may hold pressure or stay in one position for a long time, causing static loading to their tissues; fatigue may cause them to end up working in awkward postures that stress vulnerable parts of their bodies. Repetitive movements, hand force, static loading and awkward postures are all recognized risk factors for developing musculoskeletal disorders (MSDs). The therapist's age, general health, previous injuries and other personal physical and emotional factors are additional risk factors that can increase their injury risk. Given all of these risk factors, it is not surprising to learn that recent studies have shown a high rate of symptoms and MSDs among massage therapists and other manual therapists as a result of their work. A 2006 study of massage therapists and bodyworkers showed that 77 percent had experienced pain or other musculoskeletal symptoms related to their massage work, and 41 percent were diagnosed with an MSD.<sup>1</sup>

Before you start thinking about putting your treatment table up for sale, it's important to understand that injury is NOT inevitable. Many professions have inherent risks, and many people in these professions have successful, long-term, healthy careers. There is a great deal you can do to prevent injuries from occurring in the first place, and to minimize their effects if they do occur. The key to managing your risk of injury is to reduce your exposure to risk factors as much as possible. You can do this by modifying the risk factors you can change (like repetitive movement or awkward postures), and maintaining awareness of and developing coping strategies for those you can't change (like your age or previous injuries).

Proven methods exist to lower the incidence of work-related injury. Many of them involve making simple but important changes to your activities, both at work and elsewhere; others will take more thought and practice to apply. But taking the necessary steps to prevent injury is much easier and less disruptive to your career than dealing with an injury once it has occurred.

Developing Your Multifaceted, Holistic Injury Prevention Strategy

It would be wonderful to find a single solution to preventing injury. But decades of research have shown that

reliance on just one tactic, like improving your body mechanics or doing strengthening exercises, is rarely effective in preventing MSDs. Since multiple factors are involved in causing work-related injuries, a successful prevention strategy must be holistic and multifaceted, combining many of these tactics to address all of the potential causes.

*There are five primary steps to injury prevention:*

1. Maintaining awareness of the risk of injury in your work
2. Understanding how risk factors cause injury
3. Reducing risk factors through ergonomics
4. Developing good body mechanics and work practices
5. Taking care of your general physical and emotional health, including physical conditioning.

Because a massage therapist's work is so physically demanding, workplace risk factors play a primary role in causing MSDs among these practitioners. The science of ergonomics provides proven and remarkably effective ways of addressing these risk factors to help you prevent injury.

The main goal of ergonomics is to find ways to make the work environment better fit the worker. Designing your massage space to fit your body characteristics and the type of work you do makes it possible for you to use good body mechanics. You need enough space to move freely around your table to avoid static positioning and awkward postures. Your table needs to be adjustable so you can work comfortably and efficiently as you change techniques and move from one client to another (a power-adjustable table is ideal for this purpose). Equipment like hydroculators or massage stone heaters can be raised to waist level so you can avoid bending to reach them or having to lift their heavy contents in awkward postures. Each change adds up to make your massage space a safer place to work.

Your work schedule can also benefit from some ergonomics help. To avoid injury, you need to balance periods of exertion with periods of rest and recovery. You'll need to schedule breaks that are long enough for you to do some stretches, breathe and relax your mind and muscles. To not overload your body, you will also need to limit the number of massage sessions you do in a day and in a week. The goal is to have a consistent, manageable workload from day to day and week to week, to avoid any sudden increases in workload, a situation that can increase your injury risk.

Developing good body mechanics is an important part of any injury prevention strategy. Your goal, however, is to have "good" body mechanics, not "perfect" body mechanics. In the real work world, no one uses perfect form at every moment. The idea is to continue to use your body in a natural and efficient way, while doing your best to maintain an approach that maximizes your strength and avoids overloading the most vulnerable parts of your body. You will need to

## Summary of Proposed Changes to Current Massage Therapy and Bodywork Law

by Betsy Krizenesky,

AMTA-WI Chapter Law & Legislation Chair



Since the rough draft of the massage therapy licensing bill was published in the July 2008 issue of the Connecting Hands for comment, a significant amount of feedback was received. Members of the profession commented via regular mail, email and at

face-to-face meetings; as did the EAB

approved massage therapy and bodywork schools; the Associated Bodywork and Massage Professionals; the WTCS schools; potentially affected related modalities; and the Wisconsin Physical Therapy Association. All requested revisions were given serious consideration and the final contents were approved by the AMTA-WI Chapter Board on August 22, 2008. In September the text was submitted to the Wisconsin Legislative Reference Bureau to be put in official format. Projected introduction to the Wisconsin Legislature is January 2009, when it will begin the long process through the various legislative committees and bodies of the legislature. If this bill becomes law, there will be a delayed effective date of at least 6 months.

The following is a summary of the main changes proposed to the current certification law, Wisconsin Statutes Chapter 460. To get a copy of the exact text of the bill check the home page of [www.amtawi.org](http://www.amtawi.org) or contact Betsy Krizenesky, [Krizenesky@aol.com](mailto:Krizenesky@aol.com), 920-725-0224. Questions are also welcome.

1) Change from title to practice regulation, meaning that all those doing massage therapy and/or bodywork therapy in Wisconsin (except for those qualifying for an exemption) will be required to get a state license. Currently only those persons wanting to use the protected titles Massage Therapist or Bodyworker are required to get a state credential.

2) All references to bodywork and bodyworker will be changed to bodywork therapy and bodywork therapist.

3) Scope of practice additions:

- a) The use of devices that simulate or enhance manual actions
- b) The application of water, lubricants or other non-prescription topical agents
- c) The application of heat or cold to the skin in the absence of an electromagnetic device
- d) To the end of the definition of manual action, ....“without joint mobilization or manipulation”.

4) Grandparenting Clause which only will apply to those who are not state certified on the effective date. There will be a one-year window of opportunity after the effective date for practitioners to get grandparented in. *If you hold a current state certification on the effective date of the law it will simply be converted to a state license when you renew. Current Wisconsin law provides a 5-year window to reinstate lapsed credentials.*

Those seeking a license via grandparenting will have to meet one of the following:

- a) 10 years experience (an average of 10 hours per week) OR
- b) Passage of a nationally administered, entry-level competency assessment exam (such as one of the two NCE exams, the AOBT exam or the MBLEx) OR
- c) 3 years experience (an average of 10 hours per week) AND completion of a special 200-hour licensure program offered by the board OR
- d) A diploma from a 600-hour(or more) massage therapy or bodywork therapy training program dated at least 180 days before the effective date of the law

5) Written Exam for New Licensees Passage of a nationally administered, entry-level competency assessment exam or one approved by the board

6) Continuing Education Required for Renewal of License The board will have the option of requiring no more than 24/hours per renewal cycle (2-years)

7) Exemptions for Practitioners of Related Modalities In addition to our current two “exemptions”, 460.03 Applicability (1) (2)

3) A person who restricts manipulation of the soft tissues of the human body to the hands, feet or ears.

4) Furthermore, nothing in this Article shall be construed to prevent or restrict the practice of any person in this state who does the following, provided that their services are not designated or implied to be massage or massage therapy. Practitioners must be recognized by or meet the estab-



#### *Injury Prevention from page 29*

modify or eliminate any technique that causes you pain or discomfort; plainly speaking, if it hurts, don't do it.

Your general health plays a major role in your ability to prevent injury. Maintaining good physical conditioning, getting enough sleep, eating well and avoiding unhealthy habits like smoking can have a direct effect on your ability to withstand the rigors of your work and heal tissue damage before it progresses to the point of injury.

Sometimes, despite your best efforts to avoid injury, you may find yourself developing symptoms. In real life, it is difficult to always avoid every risk factor and perfectly control your work environment to stay 100 percent symptom-free. If symptoms occur, recognizing them and getting appropriate treatment as early as possible is the best way to minimize interruption to your work and get you back on the road to health as quickly as possible.

Injury prevention is a concern you share with all massage therapists. Meet with your colleagues regularly, talk openly about your injury concerns, watch each other work and support each other's efforts to reduce injury risk. Give your own physical and emotional needs the same care and consideration that you give to your clients. Learn to be good to yourself, and a long, healthy career will be within your grasp.

<sup>1</sup> Lauriann Greene and Richard W. Goggins, "Musculoskeletal Symptoms and Injuries among Experienced Massage and Bodywork Professionals," *Massage & Bodywork*, 2006; Dec-Jan: 48-58.

Portions of this article reprinted from *Save Your Hands! The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists*, 2<sup>nd</sup> Edition, Copyright © 2008 Gilded Age Press, Inc. All rights reserved.

Lauriann Greene, CEAS and Richard W. Goggins, CPE, LMP are co-authors of the all-new 2<sup>nd</sup> Edition of *Save Your Hands! The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists*, the leading textbook on self-care used in massage schools across the U.S. and Canada. Lauriann and Richard have published numerous articles in national magazines on this subject, co-authored the first comprehensive statistical study on injury among massage therapists, and offer consulting and training services to help massage therapists prevent workplace injury. For more information, please see our web site at [www.saveyourhands.com](http://www.saveyourhands.com).

*Save Your Hands! 2<sup>nd</sup> Edition* is available to AMTA Members with a special member discount on the AMTA web site. Just go to <http://www.amtamassage.org/a/shoppingmall/>, log in and click on "Books".

#### *Summary of Changes from page 30*

lished standards of either a professional organization or credentialing agency that represents or certifies the respective practice based on an adequate level of training, demonstration of competency, and adherence to ethical standards. Such practices include but are not limited to Roling ® Structural Integration, the Rolf Method of Structural Integration, the Rolf Institute's Rolf Movement Integration, Hellerwork ®, the Feldenkrais Method®, the Trager Approach ®, Body-Mind Centering ®, Polarity, Polarity Therapy, Polarity Bodywork Therapy and Reiki. These exempt practitioners are allowed to use the terms "bodywork", "Bodyworker" and "Bodywork Therapist" in their promotional materials.

a) Those who use touch, words and directed movement to deepen awareness of existing patterns of movement in the body as well as to suggest new possibilities of movement

b) Those who use touch to affect the energy systems or acupoints of the human body

c) Those who use touch and movement education to effect change in the structure of the body while engaged in the practice of structural integration

#### 8) Massage School Instructor Qualifications

For those teaching Anatomy, Physiology, Kinesiology and Pathology:

- 1) Professional training and experience in a health related field AND two years of experience OR
- 2) Two years of post-secondary education and training

For those teaching Theory and Practice courses:

- 1) State License as a Massage Therapist or Bodywork Therapist AND
- 2) Two years experience as a practicing professional OR formal education and training to be an instructor

9) The establishment of a massage therapy and bodywork therapy board which will have 7 members, 2 of which will be representatives of schools (1 private, 1 public)

10) Temporary Licenses for new graduates valid for 6 months

11) Passage of the state jurisprudence exam will be a graduation requirement

12) Elimination of the requirement that any advertising include the license number.

## AMTA-WI Board Meeting August 22, 2008 Wisconsin Dells, WI Chula Vista Resort

Meeting called to order at 8:05pm by Amy Remillard.

Board Members and Committee Chairs present: Amy Remillard (President), Kay Peterson (1st VP/Newsletter Editor), Ellen Wittwer (2<sup>nd</sup> VP/Awards), Sara Smiley-Robbins (3<sup>rd</sup> VP/Membership), AnnMarie Kolb (Secretary), Shane Granzow (Treasurer), Betsy Krizenesky (Immediate Past President/ Law & Legislation Chair), Amy Appel, Jennifer Morgan and Mary McCluskey (Education Chair Committee).

Shane Granzow introduced Jessica Knutson from Edward Jones Financial. Jessica talked about our financials and how to be in compliance with AMTA Nationals By-laws.

### Board/Committee Reports

Approval of minutes. MOTION: Kay Peterson moved to approve the minutes from the June 8, 2008 meeting as corrected. Ellen Wittwer seconded. All approved.

President: Amy Remillard reported that Shane Granzow, Sara Smiley-Robbins and herself attended Chapter Volunteer Orientation Program sponsored by AMTA National in July in Evanston, IL. Amy reported on Chapter Volunteer Commitments. Many don't volunteer because there are no short term assignments. Amy would like to look at this as a chapter.

Amy reported that the AMTA National Convention in Phoenix, AZ is September 17 – 20, 2008. Betsy Krizenesky will be going in her place and is organizing a dinner for the delegates and any other Wisconsin attendees.

Amy also reported that the AMTA National Massage Therapy Awareness Week is October 19 – 25, 2008.

1<sup>st</sup> VP/ Newsletter: Kay Peterson reported there were extra newsletters mailed for the July issue to all Massage Therapists outside of the AMTA who are WCMTs, this additional printing and mailing cost is charged to the L&L committee due to the L&L work being the reason for the increased mailing.

There was an error in the printing of the Lakeside School

advertisement; two pages showed the same page instead of two different pages as was their intent. A separate mailing was done with the complete two page ad. Printing charges were absorbed by Rooney Printing, the Chapter paid for postage. The advertiser was very pleased with the resolution to this error.

All advertisers have been invoiced for the July issue, deadline for the October issue is August 31, please send your submissions to Kay Peterson, she will forward them to Mike Rude.

2<sup>nd</sup> VP/Awards: Ellen Wittwer reported on the chapter awards that will be presented at the Chapter Meeting tomorrow, the "fun prizes" for the get to know your chapter games, and the delegate pins.

3<sup>rd</sup> VP/Membership: Sara Smiley-Robbins reported that we have 1,716 total members as of August 1, 2008. There are 1,518 Professional members, 12 Schools, 184 Student members and 2 Supporting members. She also reported that Kay Peterson will be visiting a school next week. Sara is going to submit a report on CVOP for the spring newsletter.

Treasurer: Shane Granzow reported on our calendar year profit and loss sheet. We currently have \$77,366.11 in checking, our L & L CD has \$94,604.44, the Raymond James Account has \$17,361.58 and the 10 day CD has \$12,704.44.

Shane reported on his experience at the Chapter Volunteer Orientation Program. He did a lot of networking.

Amy Remillard asked that all bills be submitted to Shane.

Immediate Past President/Law & Legislation: Betsy Krizenesky reported that Law & Legislation has been busy. Attended a meeting in July in Madison with the EAB approved schools. She needs help making phone calls to volunteers about connecting with legislative candidates before the November elections. There are some changes that have been made to the proposed law that was published in the July newsletter.

### Committee Chairs:

Jennifer Morgan reported that the current committee of herself, Mary McCluskey and Amy Appel, have been communicating via email to get the August 2008 Education Conference off the ground. Everything went smoothly for the first conference they have worked together.

Mary McCluskey reported that she is working with Ben Benjamin to present "The Treatment and Assessment of 10 common injuries" in February 22-24, 2009. They are also working with Kelly Lott to present a Pregnancy Massage for a 1 day course. Either Kathy Ginn or Ben Benjamin may be asked to present Ethics that weekend, as well.

#### OLD BUSINESS

Chapter Volunteer Orientation Program: This was reported on in the Officer Reports.

#### NEW BUSINESS

MOTION: Kay Peterson moved that the AMTA-WI Chapter begin a student recruitment program in conjunction with the AMTA National Office, waiving the Chapter fee for all student memberships.

President tabled motion until November 8, 2008 meeting. We need to research it more before voting.

Betsy Krizenesky reported that as of March 1, 2009 all Wisconsin Certified Massage Therapists must have a current AED card in order to renew their state licenses. The Board discussed offering the Red Cross Course at upcoming conferences, and/or the American Heart Association course. The BOD will vote on this at the November BOD meeting, when we have more information.

Amy Remillard asked that we write a policy to go into the Policy Manual about printing errors. Kay Peterson will submit something via email.

Betsy Krizenesky presented the changes to the current proposed draft of the law. The changes were made after receiving feedback from the WTCS schools, the EAB schools, ABMP, the modalities wanting exemptions, the Wisconsin Physical Therapy Association, AMTA-National and individual responses from the profession.

MOTION: Kay Peterson moved that we approve the proposed changes made to the rough draft for inclusion into the first official draft of the massage therapy licensing bill. Shane Granzow seconded. All approved.

Ellen Wittwer asked the Board's opinion of a Wisconsin Chapter Pin Contest for the delegates to take to network at the 2009 AMTA National Convention in Orlando, Fl. She will ask the chapter membership to present the design entries by November 30, 2008.

MOTION: Shane Granzow moved that we transfer our investment funds from US bank to Edward Jones Investments; this would be our 7 and 10 day CDs, Raymond James Money Market Account, and \$27,000 excess in the checking account. Ellen Wittwer seconded. All Approved.

MOTION: Shane Granzow moved that we transfer our US Bank Accounts to Wells Fargo bank.

Amy Remillard tabled the motion to be presented at the next meeting on November 8, 2008. She asked that we look at more banks to have a better comparison and can make a better informed decision.

MOTION: Shane Granzow moved to adjourn the meeting. Betsy Krizenesky seconded. All approved.

Meeting adjourned at 11:08pm by Amy Remillard.

*Respectfully submitted by AnnMarie Kolb, Secretary.*

## **AMTA-WI Chapter Meeting August 23, 2008 Wisconsin Dells, WI Chula Vista Resort**

Meeting called to order at 12:42pm by Amy Remillard.

Board Members and Committee Chairs present: Amy Remillard (President), Kay Peterson (1st VP/Newsletter Editor), Ellen Wittwer (2<sup>nd</sup> VP/Awards), Sara Smiley-Robbins (3<sup>rd</sup> VP/Membership), AnnMarie Kolb (Secretary), Shane Granzow (Treasurer), Betsy Krizenesky (Immediate Past President/ Law & Legislation Chair), Amy Appel, Jennifer Morgan and Mary McCluskey (Education Committee), Lynn Kutz (Display Unit).

Determine a Quorum: the minimum number of professional members that must be present for business to be transacted. The AMTA-WI Chapter defines this as 50% of the professional members present when the meeting is called to order. Total 47 professionals present; 50% is 24 members.

#### Board/Committee Reports

Approval of minutes. MOTION: Sandy Tamel moved to approve the minutes from the February 22, 2008 meeting. Jean Nygren seconded. All approved.



Guest Speaker: AMTA-WI Chapter Legislative Consultant, Attorney Tony Driessen, from Quarels & Brady, reported on our progress on the upcoming massage licensing bill proposal. The coalition has gone through the laws from 40 other states to come up with our proposal. He *urges* us to connect with our legislators between now and the November 4 elections with offers to help. Betsy Krizenesky provided everyone with blaze orange handouts of state legislator contact information and simple election activities we can help our legislators with.

President: Amy Remillard introduced herself to the members attending the meeting. She then reported that Shane Granzow, Sara Smiley-Robbins and herself attended Chapter Volunteer Orientation Program sponsored by AMTA National in July in Evanston, IL.

Amy reported that the AMTA National Convention in Phoenix, AZ is September 17 – 20, 2008. Betsy Krizenesky will be going in her place and is organizing a dinner for the delegates and any other Wisconsin attendees.

Amy also reported that the AMTA National Massage Therapy Awareness Week is October 19 – 25, 2008. She encouraged the AMTA-WI members to offer something in their area to promote massage therapy.

1<sup>st</sup> VP/ Newsletter: Kay Peterson introduced herself to the membership, then reported there were extra newsletters mailed for the July issue to all Massage Therapists outside of the AMTA who are WCMTs, this additional printing and mailing cost is charged to the L&L committee due to the L&L work being the reason for the increased mailing.

The deadline for the October issue is August 31, please send your submissions to Kay Peterson, she will forward them to Mike Rude.

2<sup>nd</sup> VP/Awards: Ellen Wittwer introduced herself. She then handed out Chapter awards. Those who have been members for more than 25 years received a recycled shopping bag with the AMTA-WI Logo on it. She presented the Chapter and National awards. Mike Rude received the Newsletter Award. Lynn Kutz received the WI-Chapter Meritorious Award and Betsy Krizenesky received the Government Relations Activist award. Lynn Kutz and the 25-year members will be recognized at the National Convention in September. Ellen handed out some AMTA-WI pins to the delegates, to hand out at the Convention. She also presented the "Design a Pin" Contest. Ellen also handed out some

fun awards to random members.

3<sup>rd</sup> VP/Membership: Sara Smiley-Robbins reported that we have 1,716 total members as of August 1, 2008. There are 1,518 Professional members, 12 Schools, 184 Student members and 2 Supporting members.

Treasurer: Shane Granzow reported on our calendar year profit and loss sheet. We currently have \$77,366.11 in checking, our L & L CD has \$94,604.44, the Raymond James Account has \$17,361.58 and the 10 day CD has \$12,704.44.

Immediate Past President/Law & Legislation: Betsy Krizenesky introduced herself and thanked Tony Driessen for coming from Milwaukee for our meeting. Betsy reported that the July newsletter will have the official draft of the proposed bill. You will find it on our website [www.amtawi.org](http://www.amtawi.org) as well.

Betsy Krizenesky reported that as of March 1, 2009 all Wisconsin Certified Massage Therapists must have a current AED card in order to renew their state licenses. Detailed information will be in the October newsletter and on the website.

Committee Chairs:

Jennifer Morgan, Mary McCluskey and Amy Appel introduced themselves to the membership. They reported that they have been working on presenters for the February 21 – 23, 2009 Education Conference at the Country Springs in Waukesha, WI.

Discussion and Votes on the House of Delegates Recommendations

Amy Remillard introduced the 2008 Delegates to the National Convention in Phoenix, AZ, September 17-20, 2008: Carol Birkett, PJ Mattson, Ann Sinisi and Lynee Schmidt were present. Shane Granzow will not be attending, due to an emergency surgery, Erin Witthun was introduced as the alternate who will take his place.

Discussion of Recommendations followed

#### NEW BUSINESS

No new business was presented.

MOTION: Dick Klaesing moved to adjourn the meeting. Sandy Tamel seconded. All approved.

Meeting adjourned at 2:06pm by Amy Remillard.

*After the meeting was adjourned door prizes were awarded.  
Respectfully submitted by AnnMarie Kolb, Secretary.*

## AMTA - WI Chapter Budget

Categories	Approved Budget Fiscal Year 3/01/08 – 2/28/09	Actual Year To Date 3/01/08 – 11/30/08	Proposed Budget Fiscal Year 3/01/09 – 2/28/10
<b>REVENUE</b>			
Advertising (Newsletter)	\$6,000.00	\$4,750.00	\$6,000.00
Interest Income	\$3,500.00	\$1129.66	\$4,000.00
L&L Interest Income	\$800.00	\$1,530.00	\$2,400.00
MERT Income	\$0	\$0	\$0
National Dues: Disbursements	\$46,000.00	\$21,468.00	\$50,000.00
National Dues: Chapter Fees	\$36,000.00	\$28855.49	\$36,000.00
Securities Income	\$700.00	\$26.89	\$2,850.00
Education Revenue	\$57,000.00	\$8,770.00	\$33,000.00
<b>Total Revenue</b>	<b>\$150,000.00</b>	<b>\$66,530.04</b>	<b>\$134,250.00</b>
<b>EXPENSES</b>			
Massage Therapy Foundation	\$1,718.00	\$1,718.00	\$1,800.00
Awards Committee	\$600.00	\$621.59	\$1000.00
Board Meetings	\$750.00	\$1036.30	\$1600.00
Delegate Allowance	\$9,500.00	\$7,391.33	\$9,500.00
Chapter Insurance Expense	\$1,500.00	\$1,254.00	\$1,500.00
L&L Expense: L&L Lobbyist	\$13,125.00	\$5,800.00	\$16,200.00
L&L Expense: L&L Travel	\$600.00	\$218.85	\$600.00
L&L Expense: Consultant	\$2000.00	\$2,625.00	\$0.00
L&L Expense: Phone	\$200.00	\$0	\$100.00
L&L Expense: Postage	\$2,800.00	\$1,236.70	\$3,600.00
L&L Expense: Printing	\$2,000.00	\$1,465.70	\$1,200.00
L&L Expense: Supplies	\$50	\$0	\$50.00
<b>Total L&amp;L Expense</b>	<b>\$20,775.00</b>	<b>\$11,336.25</b>	<b>\$21,570.00</b>
Marketing	\$2,000.00	\$1284.54	\$2,000.00
Membership Committee	\$100.00	\$0	\$1,000.00
MERT	\$300.00	\$0	\$300.00
National Convention BOD	\$9,500.00	\$0.00	\$6,000.00
National Conv. Pres. Expense	\$2,500.00	\$1,222.88	\$2,500.00
Newsletter Expense	\$9,200.00	\$9,943.23	\$9,500.00
Office Supplies	\$200.00	\$486.19	\$200.00
Postage & Shipping	\$100.00	\$44.00	\$100.00
Printing	\$100.00	\$0	\$100.00
Sports Massage Committee	\$500.00	\$0	\$500.00
Chapter Voicemail	\$270.00	\$204.62	\$270.00
BOD Mileage	\$3,000.00	\$2,081.47	\$5,000.00
Volunteer Training	\$3,500.00	\$1,864.22	\$3,500.00
Website	\$275.00	\$195.00	\$275.00
Education Expense: Advertising	\$0.00	\$0.00	\$1,000.00
Education Expense: Course Materials	\$0.00	\$26.33	\$1,000.00
Education Expense: Charge Card	\$500.00	\$0.00	\$500.00
Education Expense: Speaker Fee	\$54,250.00	\$15,776.36	\$30,000.00
Education Expense: Lodging	\$1,300.00	\$887.33	\$3,600.00
Education Expense: Meals	\$16,000.00	\$0.00	\$16,000.00
Education Expense: Rental-Rooms	\$1,900.00	\$14,122.62	\$1,900.00
Education Expense: Postage	\$100.00	\$0.00	\$100.00
Education Expense: Audio Visual	\$500.00	\$839.17	\$500.00
<b>Total Education Expense</b>	<b>\$74,550.00</b>	<b>\$31,651.81</b>	<b>\$52,100.00</b>
<b>Total Expenses</b>	<b>\$141,938.00</b>	<b>\$72,354.43</b>	<b>\$122,995.00</b>
Overall Gain (loss)	\$41,665.00	\$(5824.39)	\$11,255.00
L&L Gain (Loss)	\$27,020.00	\$19,346.62	\$14,430.00
Operations Gain (Loss)	\$14,645.00	\$13,522.23	\$30,475.00
L&L CD	\$95,000.00	\$0 (\$77,350.48 funds transferred to Edward Jones)	
Raymond James Assoc	\$17,500.00	\$0 (\$17,500.00 funds transferred to Edward Jones)	
7 Day CD US Bank	\$76,000.00	\$0 (\$35,000.00 funds transferred to Edward Jones)	
Edward Jones Investments		\$129,850.48	\$150,000.00
Edward Jones Money Market		\$65,000.00	\$67,850.00

Space does not allow for the full detailed report of each category; however this information is available to any member upon request.

# Calendar

Saturday February 21

*Ethics* with Kathy Ginn

BOD meeting

Sunday February 22

*Pregnancy Massage* with Kelly Lott

*Common Injuries* with Ben Benjamin

Chapter meeting.

Monday February 23

*Common Injuries* with Ben Benjamin

September 23-26, 2009

AMTA-National Convention, Orlando, Florida

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