

# Connecting Hands



The American Massage Therapy Association Wisconsin Chapter  
Volume 16-03

Promoting Wellness Through Massage  
Fall/Winter 2009



## Massage Licensing Bill Introduction September 2009

If you have not already called, written or emailed your State Senator and State Assembly Representative to ask for their support of the Massage and Bodywork Therapy Licensing Bill, LRB 0273/6, please do this as soon as possible. A sample letter is enclosed in this issue, along with sample reasons. See page 7. Encourage clients, friends, co-workers, relatives to do the same! Contacts from constituents are the number one deciding factor for legislators when voting on a bill, so every single one counts. To find out who represents you in Madison, refer to page 9. Questions? Contact Betsy Krizenesky, WCMT, Massage Licensing Coalition Chair, [Krizenesky@aol.com](mailto:Krizenesky@aol.com) or 920-725-0224. A copy of the bill, LRB-0273/6, is at [www.amtawi.org](http://www.amtawi.org).

### Awards

Thanks to the votes from the members of the AMTA-WI Chapter, this years recipient of the Meritorious award is *Amy Appel* and the Humanitarian award is *Amy Remillard*. Please be sure to congratulate them on all their hard work that they do outside the massage world!!!

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## National Massage Therapy Awareness Week October 27 - 31, 2009

On Tuesday, October 27, 2009 the AMTA-WI Chapter will be celebrating NMTAW at the State Capitol in Madison, educating the public and Wisconsin legislators about the need for our legislative proposal. All



state certified massage therapists and bodyworkers are welcome to volunteer to do chair massage or pass out literature. Please contact Betsy Krizenesky, WCMT, Massage Licensing Coalition Chair, [Krizenesky@aol.com](mailto:Krizenesky@aol.com) or 920-725-0224 by October 15 for details. Erin Witthun has ideas to help you celebrate National Massage Therapy Awareness Week in your area. See page 2 for her contact information.

## Congratulations

Hello Fellow Members, please be sure to congratulate your colleagues for their great work with the chapter and continued support.

### Twenty Five Year Members

*Terry Burko*, Glendale, member since 10/15/1984

*Jean Nygren*, Kenosha, member since 4/10/1984

### Thirty Year Member

*Wanda Beals*, Milwaukee, member since 5/24/1979

## AMTA - WI Chapter Officers

### PRESIDENT

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



### FIRST VICE -PRESIDENT

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### SECOND VICE -PRESIDENT

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### Third Vice President

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### TREASURER

VACANT



### IMMEDIATE PAST PRESIDENT

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



## The AMTA Purpose

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

## Connecting Hands

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

## Committee Chairs

### DELEGATES '09 Convention

Michael Rude 262-884-8059

AnnMarie Kolb 414-247-0908

Robin Brauner 715 379-0900

Ken Ring 608-444-3039

### WEB MASTER

Judy Wu WCMT

innerpearlmassage@yahoo.com

### SCHOLARSHIP

Dorothy Sack, WCMT

262-554-5419

ken-dorothy@wi.rr.com

### AWARDS

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920-720-2208

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### DISPLAY UNIT

Lynn Kutz, WCMT

920- 470-7488

lynnmkutz@aol.com

### SPORTS MASSAGE TEAM

*vacant*

### EDUCATION Co-Chairs

Amy Appel 715-299-3488

amypowerhands@yahoo.com

Mya Rowe, WCMT

715-937-3115

myarowe@yahoo.com

### LAW & LEGISLATION

Betsy Krezenesky, WCMT

920-725-0224

Krizenesky@aol.com

## Important Contact Information

AMTA-WI Chapter Voice Mail & Website

414-299-9201

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

AMTA National Office - NEW

500 Davis St, Suite 900

Evanston, IL 60201-4444

Toll Free Phone: 877-905-2700.

Fax: 847-864-1178

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

Email: [info@amtamassage.org](mailto:info@amtamassage.org)

For address changes, insurance questions, etc.

Wis. Dept. of Regulation & Licensing

1400 E. Washington Ave.

PO Box 8935

Madison, WI 53708-8935

Fax: 608-267-0644

608-266-2112 Automated line for credential applications

608-266-7482 For complaint forms

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

To check law updates, licensee status, etc.

Wis. Educational Approval Board

PO Box 8696

Madison, WI 53708-8696

Phone: 608-266-1354

Fax: 608-264-8477

To verify a school's status, make reports

National Certification Board

1901 South Meyers Road suite 240

Oakbrook Terrace, IL 60181-5243

800-296-0664 for applications

Website: [www.ncbtmb.com](http://www.ncbtmb.com)

For application downloads, updates, etc

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.

## Presidents Report

At our last Board of Directors meeting I spoke with Erin Witthun, 3rd Vice President and Outreach Committee Chair, about a community outreach opportunity in Oconomowoc. I told her that I would ask massage therapists in Waukesha County if they would be interested in volunteering at this event. The *Love for Life* fund raiser was a benefit for the Smith-Kujawa Family in which Beccee Smith Kujawa, a 41 year old musician, was diagnosed with a genetic form of Stage III lung cancer. Her family and friends organized a fund raiser to help Beccee and her family with the financial challenges of limited health care.

I spoke with several therapists in the Waukesha County area and asked if they would be interested in educating participants and providing chair massage to those attending the *Love for Life* benefit. AMTA-WI massage therapists, Kathy Gurka, Laura Haberstroh, and Alyssa Tiffany as well as two students from High Tech Institute, Chris Brandemuehl and George Weber, volunteered their time and offered chair massage as well as donated 100% of their tips to the *Love for Life* benefit. Thank you for the generosity and hope you gave to this family and their two six-year-old daughters, Emma and Millie.



Outreach is about generosity, hope, and connecting with others. This is about any time a member or group of members go into the community and provide massage therapy education and/or services to a community. It means operating a booth to educate the public at a health fair, business, career fair, or any other community event; it means teaching interested individuals about the benefits of massage and/or providing massage therapy services; it means speaking to organizations, clubs, or groups; it means giving of your time; and it means providing awareness about the massage therapy profession.

If you know about a community outreach opportunity in your area please contact Erin Witthun (her contact information is inside the front cover of this newsletter) or if you have already been involved with a community outreach event please consider sharing this with your fellow members and submit an article for the newsletter. We would love to hear from and if you are interested in volunteering on Erin's committee please let her know.

Your delegates are preparing for the National Convention in Orlando, Florida, September 23rd-26th. Let the delegates know your thoughts!

The board of directors and committee chairs would like to thank Shane Granzow for his time as treasurer. He is pursuing other interests at this time and will continue as the sports massage committee chair.

Enjoy the Fall Season,

Amy

# Lakeside

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## Continuing Education Courses

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

### Research for Massage and Bodyworkers

Instructor: Carole Ostendorf, PT, Ph.D.

Dates: 10/9-10/11/09; Hours: 20; Cost: \$360

Cost to Lakeside Graduates: \$270

### Pharmacology and Massage

Instructor: Ruth Werner, LMP, NCTMB

Dates: 10/23-10/24/09; Hours: 16; Cost: \$240

Cost to Lakeside Graduates: \$180

### Exercise Physiology and Nutrition

Start Dates: 10/30-11/1/09 and 11/13-11/15/09

Hours: 45; Cost: \$600

Cost to Lakeside Graduates: \$450

### Preparation for Personal Training Package

This package includes the classes Exercise Physiology & Nutrition, Orthopedic Testing, and Testing & Prescription and is supplemented by integration weekends, preparing you for the exam in strength and conditioning training or personal trainer certification. Dates: 10/30-11/1/09; 11/13-11/15/09; 11/20-11/22/09; 12/4-12/6/09; 12/18-12/20/09; 1/8-1/10/10; 1/22-1/24/10. Hours: 68  
Cost: \$1300; Cost to Lakeside Graduates: \$975

### Integrative Stone Massage for the Back, Chest and Abdomen

Instructor: Kay Peterson, WCMT, NCTMB, BFA

Date: 11/7-11/8/09; Hours: 14; Cost: \$235

Cost to Lakeside Graduates: \$201

## Work at Lakeside!

**We're looking for skilled people with teaching and practitioner experience.**

Contact Jerilyn Jones, Director of Education,  
[jerilyn@lakeside.edu](mailto:jerilyn@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.



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

Lakeside  
SCHOOL OF  
MASSAGE THERAPY

**Milwaukee 414-372-4345**

1726 N. 1st Street, Milwaukee, WI 53212

[milw\\_info@lakeside.edu](mailto:milw_info@lakeside.edu)



## Ethical Dimensions



As I sit and write this column it reminds me of just how fast time goes by. This issue will be arriving at your home in October ~ the last quarter of 2009. Contemplating the passing of time also reminds me of the many students that have crossed my path the last several years. I feel grateful for the opportunity to have shared so much with so many people.

Ethics is a very interesting topic to teach. It is juicy, it is dynamic, it is intimate, it raises controversy, and so very gray ~ most of the time. In this issue I would like to discuss;

*Promoting an atmosphere of choice  
can minimize boundary violations.*

Remember, boundaries define and protect. They allow separation and they can be negotiated to experience the joy of merging. Boundary violations are violated when one person crosses a line by doing or saying something to another person without the other person's consent. Creating an atmosphere of choice offers clarity, empowers both massage therapist and client, provides healthy limits, and will minimize misunderstandings and boundary violations. So how can we do this?

- 1) Explain all procedures thoroughly, and establish client co-operation along the way. Offer informed consent on everything you do!
- 2) Be specific ~ for example; "would you like to start face up or face down, would you prefer oil or lotion today, etc."
- 3) Give your clients permission to speak up if "anything" does not feel comfortable to them during the massage session. The atmosphere of choice can become sloppy when we see clients on a regular basis. Again, invite cooperation and never assume you know what your client wants or needs.
- 4) Respect your client's right to withdraw consent. If a client says No, respect and honor that request. Re-establish your clients consent, and get clear on your clients comfort zone.
- 5) Provide your client the opportunity to ask questions.
- 6) Educate your client ~ what you are doing, why you are doing it, and how it may feel.
- 7) Get client involved ~ before, during, and after the massage.

Legitimize your client's fear or embarrassment.

- 8) The skill of tracking. Tracking is the moment to moment attention we give to the session, our client and ourselves. Tracking is the process of noticing your clients' response to

your words and touch. Tracking allows for the feeling of connection. If we are too busy talking, the skill of tracking falls to the wayside. By tracking for your impact, you can clarify and repair the relationship and prevent difficulties from escalating. Good tracking skills are one of your best resources for preventing harm and repairing the relationship.

Clear boundaries and an atmosphere of choice serve well to provide a consistent container that can define, contain, and limit relationships.

I would like to share with you something I read the other day;

*If you think you are not having a good day...  
try missing one!*

Kathy Ginn is currently in private practice in Madison, WI. She teaches Ethics and Business courses both locally and nationally. She has been active in the field of massage therapy and bodywork for 19 years & also serves as a mentor. Kathy is an NCBTMB approved provider. You may visit her web site @ <http://www.ethicaldimensions.com>

### A New Paradigm for Ethics Education

*"Who you are heals"*

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

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

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

**Kathy Ginn C.M.T., NCTMB**

Approved Provider #399967-00

**608-334-8592**

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

\*Contact Kathy for information regarding Business Development &  
Mentoring\*

[www.mysecureplanb.biz](http://www.mysecureplanb.biz)



## Transformation \* Intuition \* Bodywork In Action

### EDUCATION

750-Hour Massage Therapy Program

\*  
Continuing Education  
(NCBTMB & Various WPTA Approved)

\*  
Intuitive/Spiritual Development

### SESSIONS

Massage – Intuitive Bodywork

\*  
Spiritual Support  
Individuals • Couples • Groups • Animals

\*  
Aromatherapeutic Healing

### WORKSHOPS

Freeing the Power to Heal

\*  
Personal Transformation

\*  
Community Offerings

## Here's a look at the courses you won't find anywhere else!

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

16 CE Hours  
October 3 & 4, 2009 - 9a-6p  
November 14 & 15, 2009 - 9a-6p  
\$300

### Energy in Action:

16 CE Hours  
November 21 & 22, 2009 - 9a-6p  
\$310 (\$280\*\*)

Save \$250 with our Energy Bundle!  
Call for Details

### Transformational Bodywork 1, 2 & 3\*:

8 CE Hours Each  
1: November 8, 2009 - 9a-6p  
2: March 13, 2010 - 9a-6p  
3: June 26, 2010 - 9a-6p  
\$250 (\$225\*\*)

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

\*\*Price discounts for paying tuition two weeks prior to class date.

\*\*\* Intuitive Training is a prerequisite for this class.

### Intuitive Training\*:

30 CE Hours  
October 7, 14, 21, 28, November 4, 11, 18, December 2, 9, 16, 2009  
6:30-9:30p  
\$900 (\$750\*\*)

### Spiritual Support Training\*\*\*:

30 CE Hours  
October 19, 26, November 2, 9, 16, 23, 30, December 7, 14, 21, 2009  
6:30-9:30p  
\$900 (\$750\*\*)

## Additional class offerings

### Science of Energy in Action:

16 CE Hours  
October 10 & 11, 2009 - 9a-6p  
\$360 (\$320\*\*)

### Integrative Reflexology for Hands and Feet

16 CE Hours  
October 23, 2009 - 6-10p  
October 24, 2009 - 9a-6p  
October 25, 2009 - 9a-1p  
\$310 (\$280\*\*) + \$10 supply fee

### Ethics as Right Use of Power:

6 CE Hours  
October 25, 2009 - 10a-5p

\*\*Price discounts for paying tuition two weeks prior to class date

### Aromatherapy Raindrop Technique:

7 CE Hours  
October 24, 2009 - 9a-5p  
\$160 (\$140\*\*)  
Plus \$20 minimum fee for use of Young Living essential oils (if needed)

### The 4 Pillars of Business:

10 CE Hours  
November 6, 2009 - 6-9p  
November 7, 2009 - 9a-5p  
\$200 (\$180\*\*)

### Dimensions of Money:

8 CE Hours  
November 8, 2009 - 9a-6p  
\$160 (\$140\*\*) + \$5 materials fee  
Combine 4 Pillars & Dimensions of Money:  
\$299 + \$5 materials fee

### Massage for People Living with Cancer:

24 CE Hours  
November 6, 7 & 8, 2009 - 9a-6p  
\$400 (\$360\*\*)

### Myofascial Healing Workshop:

14 CE Hours  
November 14 & 15, 2009 - 9a-5:30p  
\$290 (\$250\*\*)  
\$200 each if 2 or more register together

### Intro to Myofascial Unwinding:

14 CE Hours  
November 21 & 22, 2009 - 9a-5:30p  
\$290 (\$250\*\*)  
\$200 each if 2 or more register together

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

## SAMPLE LETTER TO STATE LEGISLATORS

By Betsy Krizenesky, WCMT, Coalition Chair, 920-725-0224, [Krizenesky@aol.com](mailto:Krizenesky@aol.com)

For greatest impact, take a just couple of minutes to write a short letter (handwritten is fine!). Phone calls and emails are also great. To get all the information on 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? In this issue is a sheet of legislators' contact information to clip and save.

Doing this is much easier than you may think. There are just a few **key elements** in any communication with your two legislators. Please encourage clients, friends and colleagues to contact their state legislators, too.

**Dear Senator \_\_\_\_\_/Representative \_\_\_\_\_,**

**Identify yourself as a constituent** of theirs and **mention your connection to LRB-0273/6, the massage therapy and bodywork therapy licensing bill.** This could be your number of years in the profession or the fact that you are a massage therapy or bodywork client.

Tell them **why you think it is important** that in Wisconsin the *practices* of massage therapy and bodywork therapy are regulated (state licensure) instead of the current situation of just the titles (state certification). A list of suggested reasons is below.

**Ask them for their support** and authorship.

**Your name**

**Your HOME address**

### A Partial List of Reasons

to require licensure of the professions of massage therapy and bodywork therapy in Wisconsin. Use as many as you like and of course feel free to add your own words. Keep in mind that the purpose of state regulation is to protect the public.

\* A steadily increasing percentage of the population is turning to massage therapy and bodywork therapy to address health conditions such as pain management, injury rehabilitation, migraine control or overall wellness. Even those clients that have no specific complaints may have conditions requiring that their therapists are educated about whether they can do good or could cause harm and should refer the client out. Too much is at stake to put quality control on the shoulders of the massage therapy client/consumer.

\* Between August 2006 and June 2007, almost a quarter of adult Americans (24 percent) had a massage at least once in the last 12 months. Walk-in clinics and spas are where most people get their massages. Since they are usually assigned a therapist upon arrival, they cannot check on that person's credentials. With Wisconsin currently regulating only titles, the "therapist" could be someone with 20-hours of an online course as easily as someone who is Wisconsin Certified and meets state standards for education, liability insurance, testing and ethics.

\* There are 43 states plus Washington, DC that regulate massage therapy and bodywork therapy as of August, 2009. Only a handful, including Wisconsin, take the older approach of title regulation (registration or certification), instead of practice regulation, also known as licensing.

from page 7

\* State licensing enhances public safety by enforcing disciplinary actions against non-compliant therapists. In addition, it establishes a formal grievance process for consumers to help prevent unethical and/or non-compliant therapists from continuing to practice.

\* State licensing creates a mechanism not just to punish unethical or bad behavior, but to prevent it in some instances. This is done via criminal background checks for individuals seeking licensure to practice massage or teach in a massage school.

\* State licensing creates a set of records that prevent a “bad actor” from simply opening up shop in another part of the state where his/her misdeeds are not known. Under current Wisconsin law there are no state records kept on offenders that are not state certified.

\* Licensing also has potential benefits for the state economy;

-Where therapists are not licensed, the number of practitioners who operate in the “gray economy” is greater. These individuals tend not to pay taxes on their income, and so cost all of us both directly and indirectly.

-Coherent statewide regulations allow therapists to move from one area of the state to another. That movement tends to have a positive economic impact on the area where they move.

-Coherent statewide regulation eliminates the need for the patchwork of municipal regulations and oversight which costs municipalities directly in terms of the salaries and time of clerks who must file and review paperwork for local ordinances.



## Learn how to give Traditional Thai Massage!

*Upcoming Level 1 classes:*

**Oct. 23-26, 2009**

**March 12-15, 2010**

*These classes take place in Madison, WI.  
Please check the website for advanced classes  
& other locations.*

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

**Lyrea Crawford** is an experienced instructor who has studied in Thailand. She was a presenter at the recent WI-AMTA conference in LaCrosse. Lyrea Crawford is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a **continuing education Approved Provider**.



*A complete upcoming class schedule, class descriptions,  
instructor information and registration details available at:*

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

**Questions? Call 608-549-2023**



***“Luk Pra Kob, the  
Art of Thai Herbal  
Compresses”***

**October 12, 2009  
Madison, WI**



## 2009-10 Wisconsin Legislature

### The 33 Wisconsin Senate Districts and their Assembly Districts

To find out your State Senator and Assembly Representative,  
you can call toll-free at 1-800-362-9472  
or go to [www.legis.state.wi.us/waml/](http://www.legis.state.wi.us/waml/)  
Scroll down to Who Represents Me?

Write Senators at PO Box 7882, Madison, WI 53707-7882  
Email Senators at [Sen.LastName@legis.wisconsin.gov](mailto:Sen.LastName@legis.wisconsin.gov)

Write Assembly Representatives with last names A-L at: PO Box 8952, Madison, WI 53708-8952,  
With last names M-Z at: PO Box 8953, Madison, WI 53708-8953  
Email Assembly Representatives at [Rep.LastName@legis.wisconsin.gov](mailto:Rep.LastName@legis.wisconsin.gov)  
(for Reps with same last name, put first initial after last name)

<b>SENATE 01</b> Lasee, Alan (R-1)	(608)266-3512	<b>SENATE 08</b> Darling, Alberta (R-8)	(608)266-5830
01 Bies, Garey (R-1)	(608)266-5350	22 Pasch, Sandy (D-22)	(608)266-7671
02 Zigmunt, Ted (D-2)	(608)266-9870	23 Ott, Jim (R-23)	(608)266-0486
03 Ott, Alvin, (R-3)	(608)266-5831	24 Knodl, Dan (R-24)	(608)266-3796
<b>SENATE 02</b> Cowles, Robert (R-2)	(608)266-0484	<b>SENATE 09</b> Leibham, Joseph (R-9)	(608)266-2056
04 Montgomery, Phil (R-4)	(608)266-5840	25 Ziegelbauer, Bob (D-25)	(608)266-0315
05 Nelson, Tom (D-5)	(608)266-2418	26 Van Akkeren, Terry (D-26)	(608)266-0656
06 Tauchen, Gary (R-6)	(608)266-3097	27 Kestell, Steve (R-27)	(608)266-8530
<b>SENATE 03</b> Carpenter, Tim (D-3)	(608)266-8535	<b>SENATE 10</b> Harsdorf, Sheila (R-10)	(608)266-7745
07 Krusik, Peggy (D-7)	(608)266-1733	28 Hraychuck, Ann (D-28)	(608)267-2365
08 Colon, Pedro (D-8)	(608)267-7669	29 Murtha, John (R-29)	(608)266-7683
09 Zepnick, Josh (D-9)	(608)266-1707	30 Rhoades, Kitty (R-30)	(608)266-1526
<b>SENATE 04</b> Taylor, Lena (D-4)	(608)266-5810	<b>SENATE 11</b> Kedzie, Neal (R-11)	(608)266-2635
10 Williams, Annette (D-10)	(608)266-0960	31 Nass, Stephen (R-31)	(608)266-5715
11 Fields, Jason (D-11)	(608)266-3756	32 Lothian, Thomas (R-32)	(608)266-1190
12 Kessler, Frederick (D-12)	(608)266-5813	33 Newcomer, Scott (R-33)	(608)266-3007
<b>SENATE 05</b> Sullivan, Jim (D-5)	(608)266-2512	<b>SENATE 12</b> Holperin, Jim (D-12)	(608)266-2509
13 Cullen, David (D-13)	(608)267-9836	34 Meyer, Dan (R-34)	(608)266-7141
14 Vukmir, Leah (R-14)	(608)266-9180	35 Friske, Donald (R-35)	(608)266-7694
15 Staskunas, Tony (D-15)	(608)266-0620	36 Mursau, Jeffrey (R-36)	(608)266-3780
<b>SENATE 06</b> Coggs, Spencer (D-6)	(608)266-2500	<b>SENATE 13</b> Fitzgerald, Scott (R-13)	(608)266-5660
16 Young, Leon (D-16)	(608)266-3786	37 Jorgensen, Andy (D-37)	(608)266-3790
17 Toles, Barbara (D-17)	(608)266-5580	38 Kleefisch, Joel (R-38)	(608)266-8551
18 Grigsby, Tamara (D-18)	(608)266-0645	39 Fitzgerald, Jeff (R-39)	(608)266-2540
<b>SENATE 07</b> Plale, Jeff (D-7)	(608)266-7505	<b>SENATE 14</b> Olsen, Luther (R-14)	(608)266-0751
19 Richards, Jon (D-19)	(608)266-0650	40 Petersen, Kevin (R-40)	(608)266-3794
20 Sinicki, Christine (D-20)	(608)266-8588	41 Ballweg, Joan (R-41)	(608)266-8077
21 Honadel, Mark (R-21)	(608)266-0610	42 Clark, Fred (D-42)	(608)266-7746

**SENATE 15** Robson, Judith (D-15) (608)266-2253  
 43 Hixon, Kim (D-43) (608)266-9650  
 44 Sheridan, Mike (D-44) (608)266-7503  
 45 Benedict, Chuck (D-45) (608)266-9967

**SENATE 16** Miller, Mark (D-16) (608)266-9170  
 46 Hebl, Gary (D-46) (608)266-7678  
 47 Ripp, Keith (R-47) (608)266-3404  
 48 Parisi, Joe (D-48) (608)266-5342

**SENATE 17** Schultz, Dale (R-17) (608)266-0703  
 49 Garthwaite, Phil (D-49) (608)266-1170  
 50 Brooks, Ed (R-50) (608)266-8531  
 51 Hilgenberg, Steve (D-51) (608)266-7502

**SENATE 18** Hopper, Randy (R-18) (608)266-5300  
 52 Townsend, John (R-52) (608)266-3156  
 53 Spanbauer, Richard (R-53) (608)267-7990  
 54 Hintz, Gordon (D-54) (608)266-2254

**SENATE 19** Ellis, Michael (R-19) (608)266-0718  
 55 Kaufert, Dean (R-55) (608)266-5719  
 56 Roth, Jr., Roger (R-56) (608)266-7500  
 57 Bernard Schaber, Penny (D-57) (608)266-3070

**SENATE 20** Grothman, Glenn (R-20) (608)266-7513  
 58 Strachota, Pat (R-58) (608)264-8486  
 59 LeMahieu, Daniel (R-59) (608)266-9175  
 60 Gottlieb, Mark (R-60) (608)267-2369

**SENATE 21** Lehman, John (D-21) (608)266-1832  
 61 Turner, Robert (D-61) (608)266-0731  
 62 Mason, Cory (D-62) (608)266-0634  
 63 Vos, Robin (R-63) (608)266-9171

**SENATE 22** Wirch, Robert (D-22) (608)267-8979  
 64 Barca, Peter (D-64) (608)266-5504  
 65 Steinbrink, John (D-65) (608)266-0455  
 66 Kerkman, Samantha (R-66) (608)266-2530

**SENATE 23** Kreitlow, Pat (D-23) (608)266-7511  
 67 Wood, Jeffrey (R-67) (608)266-1194  
 68 Dexter, Kristen (D-68) (608)266-9172  
 69 Suder, Scott (R-69) (608)267-0280

**SENATE 24** Lassa, Julie (D-24) (608)266-3123  
 70 Vruwink, Amy Sue (D-70) (608)266-8366  
 71 Molepske, Jr., Louis (D-71) (608)267-9649  
 72 Schneider, Marlin (D-72) (608)266-0215

**SENATE 25** Jauch, Bob (D-25) (608)266-3510  
 73 Milroy, Nick (D-73) (608)266-0640  
 74 Sherman, Gary (D-74) (608)266-7690  
 75 Hubler, Mary (D-75) (608)266-2519

**SENATE 26** Risser, Fred (D-26) (608)266-1627  
 76 Berceau, Terese (D-76) (608)266-3784  
 77 Black, Spencer (D-77) (608)266-7521  
 78 Pocan, Mark (D-78) (608)266-8570

**SENATE 27** Erpenbach, Jon (D-27) (608)266-6670  
 79 Pope-Roberts, Sondy (D-79) (608)266-3520  
 80 Davis, Brett (R-80) (608)266-1192  
 81 Roys, Kelda Helen (D-81) (608)266-5340

**SENATE 28** Lazich, Mary (R-28) (608)266-5400  
 82 Stone, Jeff (R-82) (608)266-8590  
 83 Gunderson, Scott (R-83) (608)266-3363  
 84 Gundrum, Mark (R-84) (608)267-5158

**SENATE 29** Decker, Russ (D-29) (608)266-2502  
 85 Seidel, Donna (D-85) (608)266-0654  
 86 Petrowski, Jerry (R-86) (608)266-1182  
 87 Williams, Mary (R-87) (608)266-7506

**SENATE 30** Hansen, Dave (D-30) (608)266-5670  
 88 Soletski, James (D-88) (608)266-0485  
 89 Nygren, John (R-89) (608)266-2343  
 90 Van Roy, Karl (R-90) (608)266-0616

**SENATE 31** Vinehout, Kathleen (D-31) (608)266-8546  
 91 Danou, Chris (D-91) (608)266-7015  
 92 Radcliffe, Mark (D-92) (608)266-7461  
 93 Smith, Jeff (D-93) (608)266-0660

**SENATE 32** Kapanke, Dan (R-32) (608)266-5490  
 94 Huebsch, Michael (R-94) (608)266-0631  
 95 Shilling, Jennifer (D-95) (608)266-5780  
 96 Nerison, Lee (R-96) (608)266-3534

**SENATE 33** Kanavas, Ted (R-33) (608)266-9174  
 97 Kramer, Bill (R-97) (608)266-8580  
 98 Zipperer, Rich (R-98) (608)266-5120  
 99 Pridemore, Don (R-99) (608)267-2367

**There are just a few key elements in any communication with your legislators:**

- 1) Identify yourself as a constituent of theirs
- 2) Tell them the name or number of the bill
- 3) Say briefly why you think it is important
- 4) Ask them for their support
- 5) Include your name and your home address





## Precision Neuromuscular Therapy for the Neck and Head

with Doug Nelson

Neck pain accounts for a great percentage of visits to massage therapy offices. Headaches alone account for over 80 million visits to the doctor's office per year. The number of new whiplash cases is over one million per year.

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

To treat the neck well, you must know the corresponding musculature and functional relationships thoroughly. More complex than probably any other area, vertebral mechanics also play a major role in understanding muscle function. We will explore limitations in all planes- forward flexion, extension, lateral flexion, and rotation. You will be amazed at the changes PNMT can produce in ROM limits!

In this seminar, participants learn how to efficiently evaluate and treat patients with various types of head and neck pain including headaches, whiplash, herniated disks, military neck, reverse curve, and reduced range of motion. You will learn strategies to determine the most effective treatment protocols to make a massive difference in the way your client feels. This seminar is designed to be a "hands on" experience and the style of therapy is easy to learn; you can utilize the techniques taught in class immediately. Students will also find it a great review of the anatomy and function of the neck musculature.

The Neck and Head seminar has several sections. First, we will explore contraindications and screening procedures for the neck. We will then explore restrictions in every plane of movement, probably one of the most common reasons people want neck therapy. New information about headache treatment, ocular pain, and orofacial issues have also been added. At the end of the seminar, you will put the sections of the seminar together with real world treatment protocols. We think you will find the PNMT Head and Neck seminar to be immediately and profoundly useful!

The founder and principle instructor of Precision NMT seminars, Doug has taught hundreds of seminars and to various populations from physician's conferences to educational seminars for lay people.

**Full biographical information at: [nmtmidwest.com](http://nmtmidwest.com).**

What to Bring: massage Tables (one for every two participants) linens, lubricant, pen and paper. Wear loose comfortable clothing.

## Nurturing The Mother

with Claire Marie Miller

This is a three day course in which you will learn Full Body Pregnancy Massage, Preconception Massage, Prenatal and Couples Yoga, Anatomy and Physiology for Pregnancy and Birth, Massage for Labor and Birth, Postpartum Massage, and Mother Roasting Newborn, Infant Massage, Dad's Massage - a Simple Shiatsu Blessingway and Other Sacred Tools (optional 2hr), Marketing, Resources, and Ethics Nurturing the Pregnant Couple Class.

"Nurturing the Mother is very natural and deeply intuitive. You will learn tools that are beyond technique. It is about healing fear around pregnancy and birth and embracing the sacredness and joy of welcoming a new life." -Lucy Hagan, LMT, Pikesville, MD



Claire graduated from the Boulder School of Massage Therapy in 1979. Soon after newly married and pregnant, she taught her first pregnancy massage class called Pleasant Pregnancy. The journey of pregnancy and massage was further developed through receiving extensive massages, from a mother of three teens who shared her mothering wisdom as she massaged Claire.

**Full biographical information at: [nurturingthemother.com](http://nurturingthemother.com).**

What to Bring: massage table with sheets, lubricants, pillows for bolstering, pen and paper for note taking

## The 4 Pillars of Business Creating Your Practice From the Inside ~ Out

with  
Kathy Ginn



Whether you are exploring your career options, working for someone else, or in private practice this course is for you. This course covers 4 fundamental aspects that will guide you into work you love. This framework includes:

- Value of Purpose ~ finding work that offers you meaning and purpose.
  - Value of Commitment ~ what are you willing to commit to?
  - Value of Discipline ~ what disciplines are required?
  - Value of Knowledge & Skill ~ putting into practice the proven and innovative business methods that have brought success to others.
- This class begins with a time of self-exploration ~ finding the inner fire that will inspire and guide you along your way. In this portion Kathy will also help you recognize and challenge both your internal and external barriers. The class then travels to the 2nd pillar of commitment. What are you truly committed to? Gently, but with great passion, we visit the 3rd pillar of discipline. What disciplines are required to establish and maintain professional momentum? And finally we visit the 4th pillar, the actual practice of business skills and development. Here we cover topics such as establishing your plan of action, creating a business plan, educational marketing, client retention, establishing a referral program, designing promotional material, therapeutic communication, self-management, networking, diversification to increase income, and much more! This class promises to inspire and motivate each participant to a level of excellence, along with offering practical business skills and personal development. Kathy invites you to explore your own path and define success on your own terms.
- Individual mentoring is offered upon completion of course.

## Ethics as Soul Work & World Service—Creating One's Own Inner Ethical Code

with Kathy Ginn

In this class we will explore Ethics from this greater context. Weaving soul work and world service with ethics offers the student an opportunity for personal and professional development that encompasses spirit, values, virtuous character traits and being in true service to others. In this greater context ethics is about reverence for life, treating all people with respect and acting honorably. We can impact the world one client at a time. This class promises to inspire and engage the participant to a higher level of ethics, integrity and selfhood.

Kathy has been active in the profession of massage therapy and bodywork since 1991. She believes the study of ethics reaches far above a philosophy of "avoiding legal issues" to a philosophy of service with the highest regard for humanity.

**Full biographical information at: [ethicaldimensions.com](http://ethicaldimensions.com)  
May we continue to grow, explore and live in peace.**



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Wisconsin Chapter*

**ANNUAL CHAPTER MEETING & EDUCATION CONFERENCE  
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**Three Day Classes**

**2/20/10 - 2/22/10 (choose one)**

Precision Neuromuscular - Head and Neck with Doug Nelson 19 CE's  
Nurturing the Mother - Massage Certification with Claire Marie Miller 24 CE's

**Two Day Class**

**2/21/10 - 2/22/10**

The 4 Pillars of Business - Creating your practice from the inside out - with Kathy Ginn 10 CE's

**One Day Classes**

**2/20/10**

Ethics as Soul Work & World Service - Creating One's Own Inner Ethical Code- with Kathy Ginn 6 CE's

**2/21/10**

**(choose one per day may not be combined with either three day class)**

CPR/AED Full Certification Sunday -Time to be Determined

CPR/AED Re-Certification Sunday - Time to be Determined

<b>Saturday 2/20/10</b>	<b>Before 2/1/10</b>	<b>After 2/1/10</b>
_____ Ethics as Soul Work AMTA-WI Member or student	\$50.00	\$70.00
_____ Ethics as Soul Work non-member	\$100.00	\$120.00
<b>Saturday - Monday 2/20/10 &amp; 2/22/10 * tables needed</b>	<b>Before 2/1/10</b>	<b>After 2/1/10</b>
_____ PNMT Neck & Head AMTA-WI Member or student	\$225.00	\$245.00
_____ PNMT Neck & Head non-member	\$395.00	\$415.00
_____ Nurturing Mother AMTA-WI Member or student	\$225.00	\$245.00
_____ Nurturing Mother non-member	\$450.00	\$475.00
<b>Sunday - Monday 2/21/10 &amp; 2/22/10</b>	<b>Before 2/1/10</b>	<b>After 2/1/10</b>
_____ Ethics 4 Pillars AMTA-WI Member or student	\$100.00	\$120.00
_____ Ethics 4 Pillars non-member	\$200.00	\$220.00
<b>Sunday 2/22/09</b>	<b>Before 2/1/09</b>	<b>After 2/1/09</b>
_____ CPR/AED Training	\$40.00 includes manual	\$50.00
_____ CPR/AED re-Certification	\$20.00 includes manual	\$30.00

ALL CLASSES INCLUDE LUNCH ON ALL DAYS.  
COST OF LUNCH MAY NOT BE DEDUCTED FROM  
REGISTRATION PRICE

**Sunday 2/21/10 12:00 - 1:00 pm Lunch Only \_\_\_\_\_ \$15.00 (There is no charge for attending the Chapter Meeting )**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ St. \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: \_\_\_\_\_ AMTA Member No. \_\_\_\_\_

Amount \_\_\_\_\_ Payment Method \_\_\_\_\_

Visa/MC # \_\_\_\_\_ Exp. Date \_\_\_\_\_

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

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

Make Checks payable to:  
**AMTA-WI Chapter**

Mail to:  
Mya Rowe  
W3830 Timberlane Rd.  
Granton, WI 54436  
(715) 937-3115  
amypowerhands@yahoo.com





**MILWAUKEE**  
SCHOOL OF MASSAGE, LLC

## Fall / Winter 2009 CE Classes Milwaukee School of Massage, LLC

NCBTMB Continuing Education Approved Provider #450429-07  
All Continuing Education classes are open  
to the public & massage therapists



### HAWAIIAN HOT STONES

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

Saturday, October 3, 2009 • 9:00am – 6:00pm • 8 CE Hours • \$120 (including healing stones)

Class description: We will teach you how to select your personal stones. You will learn to clean, bless, charge, and heat your stones. You will also learn how to use your stones to heal the body through heat, meditation, and prayer.

### THE SPIRIT'S JOURNEY

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

Sunday, October 4, 2009 • 10:00am – 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 (medicine people) 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. No prior experience is needed for this intuitive class.

### ADVANCED LOMILOMI (PREREQ OF BEGINNING LOMILOMI)

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

Monday, October 5, 2009 • 9:00am – 4:00pm • 6 CE Hours • Fee \$100

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 (1 OF 3)

*With Julie Zettel, NCTMB, WCMT 1285-046*

Monday, October 12, 2009 • 1:00pm – 4:00pm • 3 CE Hours • Fee \$75

(Fee includes materials, consultation, and custom flower essence blend)

Class description: Explore the benefits of expanding self-awareness while gaining an understanding of how the soul speaks. We'll learn to support and care for the needs of the soul and in turn create richer, deeper, and more joyful life experiences. Flower essences are tinctures of liquid consciousness that heal by inspiration rather than causal 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.

### DEVELOPING INTUITION AS A GUIDE TO THE HEALING PROCESS (2 OF 4)

*With Peig Myota, BSN, MSW*

Monday, October 19, 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.

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

*With Julie Zettel, NCTMB, WCMT 1285-046*

Monday, October 26, 2009 • 1:00pm – 4:00pm • 3 CE Hours • \$50

Class description: We'll look at the theory and practice of working with flower essences and their remarkable ability to facilitate body-soul healing. In addition to using them sublingually there are several essences that can be considered and used topically that are helpful for massage therapists to enhance their healing work. Field research, working with clients responsibly, and certification options will also be addressed.



## Fall / Winter 2009 CE Classes Milwaukee School of Massage, LLC



### PROFESSIONAL ETHICS AS RIGHT USE OF POWER

*With Kathy Ginn*

Sunday, November 1, 2009 • 10:00am – 5:00pm • 6 CE Hours • Fee \$130 (\$120 if paid 2 weeks prior to class)

Class description: This course is aimed at promoting knowledge and skills that foster Professionalism, Integrity, and Personal Responsibility. The container for this course is to provide access to basic ethics education along with exploring our beliefs, attitudes, and history around power. Experiential topics include, but are not limited to: grounding in the felt sense of the power differential, exploring the many ways of establishing and maintaining boundaries, awareness of personal power styles, and gaining skills in handling the multiple dynamics of the therapeutic relationship. This class promises to be inspiring, engaging and nourishing! For further course information please visit: [www.ethicaldimensions.com](http://www.ethicaldimensions.com).

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

*With Julie Zettel, NCTMB, WCMT 1285-046*

Monday, November 9, 2009 • 1:00pm – 4:00pm • 3 CE Hours • Fee \$50

Class description: In this class participants of the previous classes will have an opportunity to discuss their insights gained from taking flower essences. We'll look into the spirit-body-mind complex of healing and we'll discuss the outline of Eckhart Tolle's book "A New Earth" that was distributed at class two. "Awareness is the greatest agent of change. Freedom from the dysfunctional aspects of the mind allows 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 that hinder our full development or potential.

### INNER SPIRITUAL DEVELOPMENT AND ADVANCED HEALING WORK (3 OF 4)

*With Peig Myota, BSN, MSW*

Monday, November 16, 2009 • 10:00am – 1:00pm • 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.

### EXAMINING THE ENERGY FOR ADVANCED SPIRITUAL GROWTH AND HEALING WORK (4 OF 4)

*With Peig Myota, BSN, MSW*

Monday, January 18, 2010 • 10:00am – 1:00pm • 3 CE Hours • Fee \$50

Class description: This seminar will include information about the hidden reality of Solar Light as it relates to healing and spiritual development. The physical Sun and the five major components of sunlight will be examined. How the Spiritual Sun impacts the process for spiritual growth and healing will be presented. Participants will learn the structure for how Divine healing energies flow from Creator Consciousness to the Universe, planet, and each individual. How this energy structure is formulated to define the blueprint that defines the uniqueness for each individual will be demonstrated.

### BENEVOLENT TOUCH

*With Mary McCanna, WCMT 2373-046*

Thursday, January 21, 2010 • 9:00am – 1:00pm • 4 CE Hours • \$60

*Please note: Class will be held at St. Ann Center, 2801 E. Morgan Ave., Milwaukee*

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.

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

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Laura Lenz, nctmb  
(414) 530-0949 • [msmced@yahoo.com](mailto:msmced@yahoo.com)  
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## ADVANCED ENERGY HEALING PRACTITIONER TRAINING PROGRAM

The Healing Place



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## Law and Legislation

### Summary of Proposed Changes to Current Massage Therapy and Bodywork Law, September 2009

The following is a summary of the **main** proposed changes to the current certification law, Wisconsin Statutes Chapter 460. To get a copy of the **full and exact text** of the bill draft 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. The section references below refer to the bill draft, LRB-0273/6.

**1) Change from title to practice regulation (Section 16),** 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 (Sections 14 and 15):**

- a) The use of devices that simulate or enhance manual actions
- b) The application of water, lubricants or other nonprescription 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 (Section 62)** 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 automatically 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 AOBTA 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 (Section 35)** Passage of a nationally administered, entry-level competency assessment exam or one approved by the board. This describes the MBLEx, a new exam already adopted by 18 states for the purposes of licensure.

**6) Continuing Education Required for Renewal of License (Section 43)** The board will have the **option** of requiring no more than 24/hours per renewal cycle (2-years). Only at the end of the first full renewal cycle, would all licensees have to meet any applicable CE requirements.



**7) Exemptions for Practitioners of Related Modalities (Sections 17, 18 & 19)** 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 provided that their services are not designated or implied to be massage or massage therapy.

4) A person 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 established 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 Rolfing® 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 of the human body

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

**8) Massage School Instructor Qualifications (Section 42)** applying to those hired after the effective date of the law.

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 (Section 3)** which will have 7 members, 2 of which will be representatives of schools (1 private, 1 public)

**10) Temporary Licenses (Section 40)** valid for 6 months

**11) Passage of the state jurisprudence exam will be a graduation requirement (Section 42)**

**12) Elimination of the requirement (Section 47)** that any advertising include the license number.

The single, most clear way for you to demonstrate respect for your clients is to be a state licensed professional. This means that you have met and are accountable to democratically

developed standards for education and ethics.

*Betsy Krizenesky, WCMT #53-046*

# BLUE SKY

SCHOOL OF PROFESSIONAL MASSAGE & THERAPEUTIC BODYWORK

## DREAM, TRANSFORM, ACHIEVE...

Touch The Lives of Other....Become a Massage Therapist  
We are accepting applications NOW for our March 2010 program.

### CONTINUING EDUCATION NCBTMB APPROVED SEMINARS:

#### New Seminars!

11/6 Herbs for Relaxation & Stress Relief\*  
11/10 Advance Aromatherapy - Pain Management  
11/20-21 Cranial Sacral II

#### Precision Neuromuscular Therapy Seminars

10/16-18 PNMT Lower  
12/4-6 PNMT Head & Neck

#### Other Specialty Seminars

10/9-11 Lomi Lomi I&II  
10/12 Lomi Lomi III  
10/16-18 Reiki, Energy & Body  
11/7-8 Aromatherapy  
11/7 Ethics & Boundaries  
11/13-15 Cancer, AIDS & Post Mastectomy  
11/13-14 Reiki, Energy & Body (Green Bay location)  
11/16 Geriatric Massage  
11/20-22 Intro. to Small Animal Massage  
12/5-6 Reflexology  
1/8-10 Cranial Sacral  
1/9-10 Spa Services & Hydrotherapy (Green Bay location)



#### MY BLUE SKY EXPERIENCE

"Wow! If you have a commitment to delving deep within yourself to find a higher level of wellness while being graced with amazing knowledge and wisdom to share with the world, Blue Sky School of Professional Massage and Bodywork IS the school that feels like family to help you achieve your dreams!"— Radha Crawley, 2007 Graduate



Visit [BlueSkyMassage.com](http://BlueSkyMassage.com) for full listing and seminar descriptions.  
To Register contact Brenda at 262-376-1011 or [Brenda@BlueSkyEdu.org](mailto:Brenda@BlueSkyEdu.org)

\* not NCBTMB Approved at this time

[www.BlueSkyMassage.com](http://www.BlueSkyMassage.com)  
email: [info@BlueSkyEdu.org](mailto:info@BlueSkyEdu.org)

New Location:

#### GRAFTON

350 Double Tree Lane  
Grafton, WI 53024  
262-376-1011  
Grafton Open House: 6pm  
10/14, 11/4, 12/2

#### MADISON

2005 West Beltline Highway, Suite 201  
Madison, WI 53713  
608-270-5245  
Madison Open House: 9:30am  
10/17, 11/7, 12/5

#### DEPERE

2200 American Boulevard  
De Pere, WI 54115  
920-338-9500  
De Pere Open House: 6pm  
10/15, 11/5, 12/3

# Congratulations, Jamila!

## Wisconsin Regional Therapist of the Year - 2009

Each year, Massage Envy clinics from across the nation, now almost 600 in operation, submit nominations to honor their best therapists. As a Regional Therapist of the Year, Jamila was a special guest at Massage Envy's 2009 Annual Franchise conference which included a night's stay at the Arizona Grand Resort in Phoenix. At the conference, Jamila attended a CE workshop in Asian Reflexology facilitated by Heath and Nicole Reed from National Bodywork Seminars. This 7 hour workshop blended theory and techniques from Chinese, Japanese, Thai, and Indian medical traditions. Metaphysical systems, such as various energy lines and points, were addressed on the feet and legs using easy-to-incorporate methods to support clients' health and well being.

Jamila was also honored at the awards dinner (pictured below) for her contributions to Massage Envy, her clients, and the massage profession.



*Jamila Johnson (pictured above) received her professional training at Lakeside School of Massage Therapy and now continues to share her gift of touch at the Capitol Drive Massage Envy.*



## Past Recipients



*2008 Winner - Susan Novy received her professional training at Wisconsin School of Massage. She now heals one caring massage at a time at both the Bluemound and Greenfield Massage Envy locations.*

*2007 Winner - Tracie Nichols received her professional training at Therapeutic Bodyworks Institute. As the Director of Therapy Services at the Delafield Massage Envy, Tracie not only dedicates her time taking care of our clients, but her strong belief in the value of therapeutic massage drives her to bring out the best in all of the other therapists that work with her.*



# Massage Envy®

Do what you love and leave the rest to us! Due to our rapid and on-going growth, all of the Massage Envy clinics in Wisconsin continue to look for outstanding, professional massage therapists to join our team.

Are you someone who appreciates seeing the ongoing improvement in the health of your clients? Are you looking for a place that you can grow both professionally and personally?

At Massage Envy you have great flexibility for establishing a schedule. We welcome those looking for both part-time or full-time hours. Benefits such as health, dental and vision insurance, and 401(k) are often available. Each of the 7 Wisconsin locations (currently in Madison and Milwaukee) are individually owned and operated, therefore, the specific benefits will vary by location.

Visit [MassageEnvyCareers.com](http://MassageEnvyCareers.com) to see what Massage Envy is all about and to apply for a position at any of our locations or contact the clinic(s) directly for information.

*Hello fellow MT's!*

For more information on member benefits and resources to support you in your practice go to the AMTA-WI website at [www.amtawi.org](http://www.amtawi.org) and the AMTA National website at [www.amtamassage.org](http://www.amtamassage.org).

Please welcome the following members who have joined the AMTA-WI Chapter from June through August, 2009.

Amy	Arendt	Racine
Michael J.	Balfanz	Prairie Du Sac
Anastasia	Barrientos	Hales Corners
Amber	Bellomy	Fredonia
Justin	Berg	New Berlin
Aubrie R	Bettinger	Boyceville
Vicki M	Bewick	Trevor
Beth F.	Blahnik	De Pere
Marlene M	Blair	Durand
Alicia	Brown	Milwaukee
Lisette	Brown	West Allis
Nikelle	Burrough	Williams Bay
Julie	Carlstein	Oconomowoc
D'Amore	Madonna Chambers	Milwaukee
Molly	Cockeram	Menomonie
Rebecca	Cowan	Stoughton
Felice M	Crayton	Waukesha
Elizabeth	Depies	Appleton
Randi	Dobczyk	Eau Claire
Amanda	Doman	Milwaukee
Cynthia A	Fahrman	Eau Claire
Paolina Jeanne	Farino	Madison
Tim R	Farrell	Milwaukee
Nicole	Feldschneider	Madison
Brenda R.	Garcia	Richfield
Rachel	Gunderson	Franklin
Katrina L	Haelfrisch	Brillion
Sarah	Hamilton	Bristol
Jamie L.	Haro	Brookfield
Jessica	Healy	Appleton
Hannah	Heckman	Nekoosa
Valerie	Hickman	Kiel
Tammy	Hoveland	Sun Prairie
Jarrold	Huffman	Waukesha
Rene L	Ippolite	Eau Claire
Robert	Johnson	Kenosha
Kimberly	Jones	Waukesha
Sarah	Julius	Racine
Brianna	Karl	Milwaukee
Brittany	Keller	Watertown

Lisa	Klein	Columbus
Rachel	Leach	Milwaukee
Nicole Lynn	LeDoux	Eau Claire
Bethany D.	Lee	Mukwonago
Laura M	Loomis	Greenfield
Stephanie	Lozano	Milwaukee
Emily	Mangan	Sun Prairie
Melissa E.	Mann	Appleton
Ana B	Martinka	Franklin
Jaymie E	McCune	Sturtevant
Michele L.	McIntyre	Orfordville
Elyse C	Miller	Milwaukee
Isabelle	Mondelaers	Eau Claire
Gretchen	Murphy	Racine
Anastasia	Nichols	Milwaukee
Brooke	Nimmer	Luxemburg
Claire	Ninneman	Greenfield
Toni L	Nortman	Hixton
Paula Maria	Ortega Flores	Milwaukee
Wayne	Ott	Fall Creek
Kelly	Otters	Hartland
Melissa	Overby	Madison
Kelly	Poltermann	Genoa City
Nicole	Positano	Waukesha
Maria Francisca	Prado	Milwaukee
Michael	Preston	Plain
Elizabeth	Rahimi	Racine
Hannah	Roen	Eau Claire
Cali L	Rogers	Hubertus
Michelle	Rosenau	Milwaukee
Erica Yvonne	Sain	Fitchburg
Deborah	Sampson	Appleton
Stacy	Savasta	New Berlin
Denise	Schultz	Franklin
Michael	Schwerin	Bayfield
Stacey L	Seacord-Peters	Salem
Michelle L	Seehafer	Mosinee
Kimberly	Simpson	Milwaukee
Sarah	Solie	Madison
Kari L.	Stender	Eau Claire
Senja	Stephens	Platteville
Barbara	Tacyshyn-Roth	West Allis
Natalie	Wahlgren	Milwaukee
Jesse	Walters	Waukesha
George A	Weber	Waukesha
Amber	Welch	New Franken
Toni B.	Wyman	Madison
Cynthia A	Wysocki	Mukwonago
Lanny Zimmerman	Holley	Madison
Karissa	Zipperer	LaCrosse



# Screening for Pelvic Floor Dysfunction in Both Males and Females

by Linda LaBorde PT, BCIA-PMDB

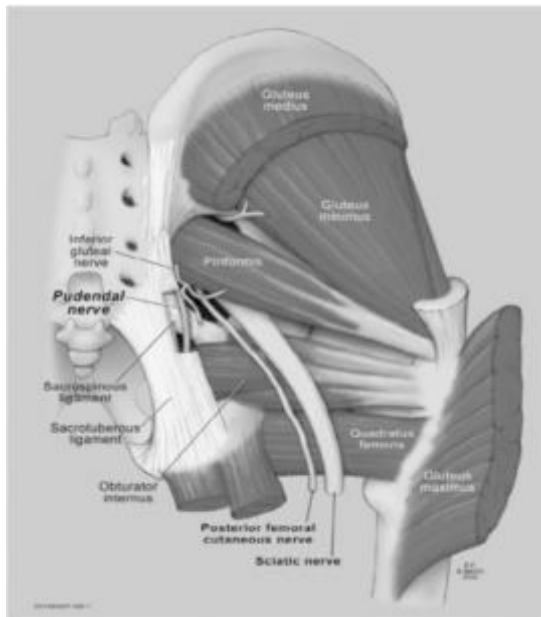
Spinal Dynamics of Wisconsin

2300 N. Mayfair Rd, #555

Wauwatosa, WI 53226

414-302-0770

As massage therapists you may be treating or have treated clients with pain in the perineum and buttocks that continually returns and is very debilitating. Chronic pelvic pain has an incidence of 9-16% in men and 34-52% in women and is achieving increased status in debate



amongst professionals who encounter this diagnosis. Particularly pudendal neuralgia, or involvement of the pudendal nerve specifically, is said to have an incidence rate of 10% in men and 15% in women. Terminology related to a neuralgia versus entrapment is argued due to the implications of conservative vs. surgical treatment. The pudendal nerve originates from nerve roots S2,3,4 and courses through Alcock's Canal formed by the piriformis and obturator internus muscles, as well as the sacro-spinal and sacro-tuberous ligaments. The nerve then traverses back around the ischial tuberosity and back in to the perineum, splitting into three branches along the way. The branches include the Rectal branch, Dorsal branch, and Perineal branch.

Neuralgia" implies "pain of a severe, throbbing, or stabbing character in the course or distribution of the

nerve." (Stedman's Concise Medical Dictionary for the Health Professional) "Entrapment" is "a focal nerve lesion produced by constriction or mechanical distortion of the nerve, within a fibrous or fibro-osseous tunnel, or by a fibrous band. Testing for the latter has been performed through EMG and MRI, however surgical procedures to release the entrapment have not been entirely successful. This has lead to the discussion regarding other forms of treatment to address the tissue changes caused by the chronic nerve 'illness.'

*Causes of pudendal neuralgia include the following:*

- ◆Tension due to constipation, strenuous squatting exercise, and childbirth
- ◆Compression due to bicycling, horseback riding, prolonged sitting
- ◆Surgical insult following pelvic reconstruction (ie, hysterectomies)
- ◆Visceral-somatic interaction such as bladder infections, yeast infections, chronic bacterial prostatitis

*You may hear complaints such as:*

- ◆Pain with sitting or squatting, decreased in standing
- ◆Urinary dysfunction (ie, urgency/frequency)
- ◆Bowel dysfunction
- ◆Sexual dysfunction
- ◆Genital and/or anal pain
- ◆Feeling of fullness in the rectum/vagina
- ◆Burning, shooting, stabbing pain
- ◆Decreased pain with sitting on a toilet (unweighting the perineum through weight bearing on the thighs)

## Myofascial Trigger Points



## The Best Way To Predict The Future Is To Help Create It

*Learn new skills or expand current ones.*

*Being a volunteer creates opportunities for unlimited personal growth.*

*There are many opportunities to volunteer either as a committee chair, committee member or serve on the Board of Directors or Delegate to the National Convention.*

*To volunteer, mail in the Chapter Volunteer Information Form on the opposite page or attend the Annual Chapter meeting held in February of each year. Nominate yourself or have a friend nominate you. We encourage you to run for offices even if held by a sitting member of the Board of Directors. Democracy works when everyone gets involved!*

*In February 2010 the Professional Voting Members present at the Annual Chapter Meeting in Waukesha will elect the following volunteer positions:*

- President • 2nd Vice President • Secretary • Treasurer (One Year Term) • Delegates for 2011

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

A candidate for the office of Chapter President shall 1) have held an elected office or appointed chair position on the AMTA-WI Chapter Board of Directors within the preceding four years and 2) hold active professional membership classification for one year prior to candidacy.

B. Duties:

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

C. Benefits:

1. All Chapter Officers' registration fees for educational functions hosted by the Wisconsin Chapter will be waived if the requirements are met by the officers while in term. Non compliance of required duties, as defined by section B. 1,2,3 & 4 would result in benefits being revoked.

Chapter policy also allows that board members and committee chairs have expenses related to conducting Chapter business reimbursed including telephone, postage, supplies, and mileage for travel to meetings. Meals may also be provided as part of a board meeting.

Please submit form on preceding page if you are interested. A written explanation of your wish to be considered should also be attached so it can be viewed prior to voting by the professional members in attendance prior to the election.

## Gaia's Touch Stone Massage Workshops

**Gaia's Touch Stone Massage** offers Heated Stone and Integrative Stone workshops. Workshops are scheduled in 2009/2010 for Illinois and Wisconsin. For more information and our complete schedule check out us out at

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



# AMTA-WI Chapter Volunteer Information Form

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

City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

I am Interested in Working with the Following Committees

\_\_\_\_ Awards Committee is responsible for identifying chapter members that deserve recognition for contributing to AMTA and/or the massage therapy profession in an outstanding manner and diligent volunteerism done by an AMTA member in an altruistic manner.

\_\_\_\_ Education Committee is responsible for providing educational opportunities to chapter members at chapter meetings and/or as independent education events.

\_\_\_\_ Law & Legislation Committee is responsible for monitoring legislation that might influence the scope and practice of massage therapy and when directed by the board, leading the chapter effort to affect legislation.

\_\_\_\_ Membership Committee: Prepares quarterly written reports for the newsletter and contacts the national office for census figures before each board and chapter meeting. Welcomes new members by mail or phone and maintains contact with the state approved massage schools.

\_\_\_\_ Massage Emergency Responder Team members are to respond to emergency situations throughout the state when called upon by local emergency support staff. Massage Emergency Responder Team members are to respond to emergency situations throughout the state when called upon by local emergency support staff. Members must keep current membership in the AMTA -MERT Team.

\_\_\_\_ Newsletter Committee is responsible for the timely publication and distribution of the chapter's quarterly newsletter. Opportunities exist for writers, photographers and desktop publishers.

\_\_\_\_ Outreach Committee is responsible for organizing participation in local community events providing a venue to create awareness of the benefits of massage therapy and the AMTA through dissemination of information and volunteer onsite massage.

\_\_\_\_ Sports Massage Team is responsible for organizing massage therapists to provide massage therapy at sporting events throughout the state.

\_\_\_\_ Scholarship Committee is responsible for reading essays and awarding scholarships to outstanding essay writers.

\_\_\_\_ Webpage Committee is responsible for maintaining the chapter website.

\_\_\_\_ National Convention Delegates are elected at the Annual Chapter Meeting to represent the Chapter at the convention the following year. Besides having a vote at the House of Delegates meeting, delegates attend Chapter meetings to garner member opinions. They also attend and report to the membership on convention education sessions.

Board of Directors: (circle desired position) President, First VP, Second VP, Third VP, Secretary, Treasurer.

Attach or Email a page indicating your reasons for seeking this position. The information along with a photo of you will be displayed at the Annual Chapter Meeting.

I prefer \_\_\_\_\_ a one-day project \_\_\_\_\_ one-time project \_\_\_\_\_ ongoing project

My skills include \_\_\_\_\_ accounting \_\_\_\_\_ computer expertise \_\_\_\_\_ desk-top publishing \_\_\_\_\_ marketing

\_\_\_\_\_ communications \_\_\_\_\_ organizing \_\_\_\_\_ motivating people \_\_\_\_\_ listening

MAIL TO: Amy Remillard  
120 West Wabash Street  
Waukesha, WI 53186  
262-549-2362  
amy120@wi.rr.com

# Connecting Hands

c/o Essential Massage  
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## Calendar

October 27 - 31  
National Massage Therapy  
Awareness Week

November 14  
*Board of Directors  
Meeting, 5 pm*  
Madison, WI

February 20 - 22, 2010  
AMTA-WI  
conference in Madison

September 22-25, 2010  
AMTA National  
Convention  
Minneapolis Convention  
Center  
Minneapolis, MN

## What did you learn from an experienced colleague that made you want to continue to be a Massage Therapist?

*by Caroline Horn, WCMT*

A year had gone by since I graduated from massage school. When I started practicing massage my confidence was pretty low. Becoming a massage therapist was a big change and I wasn't sure it was the right decision.

Having a background as a nursing assistant, I was very focused on routine (which was necessary for the people I worked with before), and all I wanted to do was make people feel better. But I soon discovered that doing the same Swedish massage routine on every client doesn't always work. I knew I needed to reinvent my massage, but didn't know how.

One of my co-workers talked about how much she loved giving massage because of the variety in what she does. I didn't understand this, because I always did the same thing. So I went to her for help.

Looking back, not having a full slate of clients at first might have been a blessing. I asked my co-worker if we could review one area of anatomy, go over some techniques then practice on each other. This became something we did regularly. I would listen to how she talked with her clients before and after a session, and took note of how she made them feel. We did some role-playing, and discussed situations she has experienced. Having someone to talk to and get advice from was a lifesaver.

Our review sessions helped me gain confidence, and by having that knowledge my massage work improved. I can't stress enough how important it is to have someone to talk to— especially if you are new to this profession. Because of the support I received I was able to turn what was just a job into a lifelong career and passion.