



AMTA Wisconsin Chapter

2019 Spring State Convention

May 3-5, 2019

Lake Lawn Resort Delavan, WI 53115

262-728-7950

Opening to the Mystery with Lauren Cates & Kerry Jordan
Friday, May 3 – Sunday, May 5, 2019 8:30 am – 4:30 pm

NCBTMB approved for 21 CE; NASW approved for 20.5 CE **\$375|\$395|\$420**
CLASS SIZE LIMITED TO 24



Healwell was founded by Lauren Cates and Brenda Teal in 2010.

Our principal mission is to improve quality of life for people living with acute, chronic and terminal illness through massage therapy, research and education.

Opening to the Mystery is designed to invite you to deeply consider and even to befriend your own mortality. Lauren and Kerry will combine a variety of experiential, interpersonal and individual exercises that support deep inquiry and consideration of emotions and ideas about living and dying. This course provides guideposts that will lead you to embrace an honest relationship with life that will allow you to be more fully present not only with people who are dying, but also with all of the people in your life. This course will be beneficial for any person who wants to have more access to his/her own wisdom and to cultivate deeper, more authentic relationships professionally and personally. Certainly, if you spend time at the bedside of people who are dying you'll find you have more comfort there, but this course is not just for people who feel drawn to or already work in hospice care. Past students have said that their experience in this course enlivened their practice, shifted stuck relationships and helped them to see and to love their family members/spouses in a different, more open way.

Prerequisite: All are welcome! This class is open to all humans who will someday die.

Participant Materials: 1 Massage Table for every 2 participants

Anatomy Trains Structural Essentials: Arches and Legs with Jason Spitalnik

Friday, May 3 – Sunday, May 5, 2019 9 am – 5 pm 21 CE \$375|\$395|\$420



The Structural Essential series is a set of intensive soft-tissue technique courses divided into functional regions. Combining movement and manual techniques for the most efficient and long-lasting results and using the latest research on the interaction between skeleton, muscles, joints, and fascial proprioceptors, this series of workshops will take you to a new level in therapy.

Designed with the busy manual therapist in mind, each Structural Essentials event gives you a new understanding of the relevant area. The content will outline how the structural and functional anatomy relates to many common issues as well as to the rest of the body. Based on many new and established approaches this series will give you the skills in palpation, BodyReading and functional analysis needed for the modern multidisciplinary therapist.

Arches and the Legs – Underpinning all of our structure is the foot's interaction with the ground, imbalances here clearly have consequences further up the body. Effective arch balance can be essential for easy and graceful walking, pelvic stability, low back efficiency and even head and neck support. The feet and legs are literally the foundation for the rest of our structure and this workshop will analyze the bones of the feet and how they conspire to help or hinder the arches. We will look at the forces coming from the leg muscles and create strategies to help maintain better mechanics by dealing with myofascial restrictions and imbalances.

The Knee and Thigh – A complicated hinge in the middle of two long levers is perhaps not the best of designs – but this “elbow designed by committee” is an excellent work of engineering. The knee joint mediates forces coming down from the hip and up from the foot and still allows a wide range of movement in all but the frontal plane.

Objectives

- How to differentiate your analysis of the foot and legs from the rest of the mechanical chain, giving an accurate reading of their skeletal relationships
- How to assess and then provide good foot and leg support through the three (or four) arches of the foot
- How the arches act in walking and standing and their relationship to the pelvis and the AT lines
- How to balance the support the arches receive from the long muscles of the calf
- Effective strategies to unwind rotational compensations in the foot, the tibia-fibula complex and the knee.
- Learn how the structures of the knee and thigh co-operate to achieve this and learn to recognize some of the structural dysfunctions that can occur.
- BodyRead the various imbalances which can occur
- Learn to balance the common rotational movements of the knee

Jason Spitalnik has studied fibroblasts and the breakdown of fascia, is certified in Neuromuscular Therapy and Kinesis Myofascial Integration (KMI). He has also attended a dissection lab and has studied, embryology, neurofascia, orthopedic massage, and active isolated stretching. After graduating from KMI in 2007, Jason opened Healing Arts Professionals Wellness Center, providing space for massage therapists and an acupuncturist. He will forever be on a quest for his clients to achieve better health through structure, movement, diet, and exercise. Jason has been a certified teacher for Anatomy Trains since 2012. He will always be a student and learns through teaching.



Jason has a background in farming, culinary arts, and martial arts. Along with structural bodywork, he is the founder of Aquidneck Community Table, a non-profit organization created to support the local food movement on Aquidneck Island, where he lives with his wife, Meredith.

Participant Materials: Massage Table, sheets/towels, Non-oily lotion, Specific Clothing:

During the practical portion of this workshop, participants will be asked to remove articles of clothing. (The legs, abdomen and most of the back will be exposed for palpation and technique). Therefore, we ask that you dress appropriately for you and your fellow students to feel comfortable in the classroom. Suggestions: briefs/boxers for underwear, full coverage bra, or a 2-piece swim suit work best but form fitting clothing such as running shorts, sports bra, tank top are adequate*.

*No one is compelled to disrobe beyond their comfort level.

The Structural Essentials (SE) workshops are most easily absorbed in the order outlined below but you can do them in any order as time permits.

Arches and the Legs – 3 days

Fans of the Hip – 2 ½ days

Abdomen, Chest and Breath – 2 ½ days

Tensegrity Spine – 2 days

Shoulders & Arms – 2 days

Head, Neck & Jaw – 2 days

Note: It is not required, but strongly recommended taking the Anatomy Trains in Structure & Function course before taking the SE courses. Familiarity with the Anatomy Trains lines and concepts is key to getting the most from the program.



Ethical Dimensions

Path to Self- Leadership – Leading from Within 4 CE \$60|\$80|\$95
Friday, May 3, 2019 1-5 pm.

- **Power of Purpose and Mindset – shine your light, while offering your gifts to the world**

This course will ignite your goals and passions which live within you to come alive. In this 4-hour course each participant will clarify individual goals and learn to coordinate your heart-felt longings with the deepest level of your mind in order to get the results you want in your professional and personal life. Learn the art and science of visioneering, awakened imagination, and the 3-step creative process that you must follow to reach whatever goal you choose. The real purpose of any goal is to grow! It is who you become as you journey toward what you want that is the true richness of life. Becoming-Doing- Having is the journey toward your hearts longing!

Ethics as Soul Work – weaving your inner life into the session room 6CE \$90|\$120|\$140
Saturday, May 4, 2019 9 am – 4:30 pm

Massage Therapy is a vocation that requires constant renewal of mind, heart and spirit if we want to avoid burnout, take joy in our work, and grow in our service to others. Weaving ethics and soul work is a natural outgrowth of understanding ethics as right use of our professional power.

This course invites an exploration of your unique gifts and also your vulnerabilities. Together we will look through the different windows of your life asking yourself; who is the me that shows up in the session room and what gives my work ethical integrity? We will explore the Soul of Service, Soul of Authenticity, Soul of Power and Soul of Becoming. To help support this learning we will weave together art, music, community dialogue, self-inquiry, and quiet reflection.

Path to Self- Leadership – Leading from Within 4 CE \$60|\$80|\$95
Sunday, May 5, 2019 9 am – 1 pm

- **The Cost of Fear ~ The Gift of Faith – the journey of wise action**

Fear is the biggest hurdle that stops most of us from achieving our professional goals. For most people, fear serves as a signal to retreat to their comfort zone. Everything you want, all your deep desires are located outside your comfort zone. Fear is often masked by behaviors we call normal.

This course will take a gentle look into your individual lens of fear. You will learn the 4 stages of working through your fear. Whether we choose fear or faith; both are based on what we cannot see with our naked eye. This course provides a new lens for transforming fear into faith and possibility. To help support this learning we will weave together community dialogue, art, body-centered practices such as breath, presence and body-centered inquiry and invitation.

Kathy Ginn, L.M.T. BCTMB is the creator of Ethical Dimensions and co-creator of Life Empowered Institute. She is a body-centered Hakomi practitioner, Proctor-Gallagher Thinking into Results consultant, teacher and mentor. Kathy offers body-centered coaching and continuing education focusing on personal and professional development along with courses in Ethics as Right Use of Power. Her courses are offered through webinars and experiential classroom learning. You may visit Kathy at www.leiconsultingcoaching.com / Kathy@ethicaldimensions.com / 608-334-8592

Integrated Manual Therapy and Orthopedic Massage Upper Body Conditions 20CE
Friday, May 3 – Sunday, May 5, 2019 Friday 5 – 9 pm; Saturday & Sunday 8:30 am – 5:30 pm
\$300|\$350|\$400



Based on revolutionary clinical research, participants will learn new techniques that will forever change the way they approach myofascial, trigger point, and tendon pain. These innovative structurally oriented routines, offer pain-free multi-modality methods for achieving immediate results from the following clinical conditions: Rotator cuff injuries, shoulder impingement, bursitis, pectoralis minor strains, bicipital tendinosis, rhomboid pain, thoracic outlet, cervical sprains and strains, whiplash, atlas / axis & C1/C2 mobilization, facet joint dysfunctions, migraine headaches, bulging discs, medial and lateral epicondyle pain, De Quervain's tenosynovitis, carpal tunnel syndrome, trigger finger, and joint arthritis. Ground-breaking Frozen Shoulder and Hip Capsule Adhesion techniques will highlight this dynamic interactive workshop. This incredible multimedia presentation, consisting of assessments, treatments, and client self-care for chronic pain and sports injuries, will facilitate permanent results; even in the most complicated clinical conditions.

Participant Materials: Massage Table (1 per 2 participants), sheets/towels, comfortable loose-fitting clothing

James Waslaski is an Author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 8 Orthopedic Massage and Sports Injury DVDs, and authored manuals on Advanced Orthopedic Massage and Client Self -Care. His new book: Clinical Massage Therapy: A Structural Approach to Pain Management, was published by Pearson Education in 2011. James is a Certified Personal Trainer with NASM. He presents at state, national and international massage, chiropractic, and osteopathic conventions, including keynote addresses at the FSMTA, World of Wellness, New England Regional Conference, the World Massage Festival, and Australian National Massage Conventions. His audience includes massage and physical therapists, as well as athletic trainers, chiropractors, osteopaths, nurses and physicians. James received the 1999 FSMTA International Achievement Award and was inducted into the 2008 Massage Therapy Hall of Fame. James was awarded Massage Therapist of The Year in 2012 at the Canadian Massage Conference. He was also nominated and awarded by his peers and colleagues the designation of Teacher of The Year 2015 at the World Massage Festival.



AMTA *Wisconsin* Chapter

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Schedule at a Glance

Friday, May 3, 2019

- 7am to 9am** Registration and Breakfast
8:30am to Noon *Opening to the Mystery* Lauren Cates & Kerry Jordan
9am to Noon *Anatomy Trains Structural Essentials: Arches and Legs* Jason Spitalnik
Noon to 1pm LUNCH ON YOUR OWN ~
1pm to 4:30pm *Opening to the Mystery* Lauren Cates & Kerry Jordan
1pm to 5pm *Anatomy Trains Structural Essentials: Arches and Legs* Jason Spitalnik
1pm to 5pm *Path to Self- Leadership – Leading from Within* Kathy Ginn
• Power of Purpose and Mindset
7pm to 10pm Game Night, S'mores and Fire
5pm to 9pm *Integrated Manual Therapy & Orthopedic Massage Upper Body* James Waslaski

Saturday, May 4, 2019

- 7am to 9am** Registration and Breakfast
8:30am to Noon *Opening to the Mystery* Lauren Cates & Kerry Jordan
8am to Noon *Integrated Manual Therapy & Orthopedic Massage Upper Body* James Waslaski
9am to Noon *Anatomy Trains Structural Essentials: Arches and Legs* Jason Spitalnik
9am to Noon *Ethics as Soul Work* Kathy Ginn
8am to 9am AMTA Wisconsin Student Day Registration and Icebreakers
9am to Noon *Student Day Self Care Activity Tent*
Noon to 1:30pm **AMTA-WI Chapter Meeting Lunch Buffet Geneva Club**
1:30 to 4:30pm *Opening to the Mystery* Lauren Cates & Kerry Jordan
1:30 to 5:30pm *Anatomy Trains Structural Essentials: Arches and Legs* Jason Spitalnik
1:30 to 4:30pm *Ethics as Soul Work* Kathy Ginn
1:30 to 5:30pm *Integrated Manual Therapy & Orthopedic Massage Upper Body* James Waslaski
1:30 to 3pm *Student Day Employer Panel Tent*
3pm to 5pm **Student Day Social and Exhibitor Hall Time**
7:00pm to 9:00pm Reception Calladora Spa
7:00pm to 11:00pm MTF Fundraiser DJ/Photo Booth Tent

Sunday, May 5, 2019

- 7am to 9am** Registration and Breakfast
8:30am to Noon *Opening to the Mystery* Lauren Cates & Kerry Jordan
8am to Noon *Integrated Manual Therapy & Orthopedic Massage Upper Body* James Waslaski
9am to Noon *Anatomy Trains Structural Essentials: Arches and Legs* Jason Spitalnik
9am to 1pm *Path to Self- Leadership – Leading from Within* Kathy Ginn
• The Cost of Fear ~ The Gift of Faith
Noon to 1pm *Lunch Buffet Geneva Club*
1pm to 4:30pm *Opening to the Mystery* Lauren Cates & Kerry Jordan
1pm to 5pm *Anatomy Trains Structural Essentials: Arches and Legs* Jason Spitalnik
1pm to 5pm *Integrated Manual Therapy & Orthopedic Massage Upper Body* James Waslaski
Everything Subject to Change

Thank you for your interest and continuing your education! Yours in Service,



AMTA Wisconsin Chapter

AMTA Wisconsin Chapter Education Committee

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 Lake Lawn Resort 262-728-7950
 2400 East Geneva Street Delavan, WI 53115

REGISTRATION FEES: Registration fees include classes, daily continental breakfast & buffet lunch.
 Please email any special dietary needs to Casey Guilfoyle, Education Chair caseyguilfoyle@gmail.com
 The Early-Bird registration deadline is **April 1, 2019, 5 pm CST. No exceptions.**

Name:	Member #:
Address:	Primary Phone #:
City, State:	Email:

Courses Available: <i>Please</i> Circle your Selections	Member by 4/1/19	Non-Member by 4/1/19	Price after 4/1/19 for ALL
Path to Leadership Power of Purpose & Mindset - Ginn	\$60.00	\$80.00	\$95.00
Ethics as Soul Work - Ginn	\$90.00	\$120.00	\$140.00
Path to Leadership The Cost of Fear ~ The Gift of Faith - Ginn	\$60.00	\$80.00	\$95.00
Opening to the Mystery - Healwell	\$375.00	\$395.00	\$420.00
Structural Essentials Arches & Legs Anatomy Trains - Spitalnik	\$375.00	\$395.00	\$420.00
Integrated Manual Therapy & Orthopedic Massage Upper Body - Waslaski	\$300.00	\$350.00	\$400.00
Saturday, 5/4/19 Lunch Buffet	\$25.00	\$25.00	\$25.00
Sunday, 5/5/19 Lunch Buffet	\$25.00	\$25.00	\$25.00

PAYMENTS: Credit Card Payments: Please make credit card payments on the Chapter website at: www.amtawi.org

MAIL IN Check Payments: Make checks payable to: **AMTA-WI Chapter** Check # _____ Total Amount Paid: \$ _____

Please mail registration form and payment by **4/1/2019** to:

AMTA-WI Chapter Spring State Convention
 % Casey Guilfoyle, Education Chair
 7080 Lower Road, Sobieski, WI 54171

PHONE REGISTRATION available: Call Casey Guilfoyle 920-246-3474 for assistance.

GROUP DISCOUNT of \$25 for each registration for group of 5 or more.

HOTEL RESERVATIONS:

Contact Lake Lawn Resort directly at **800-338-5253** to make reservations by **April 1, 2019**.

- Please request **American Massage Therapy Association - Wisconsin Chapter** to receive the group rate. King/Queen \$119.00/night; Loft \$169.00/night plus \$16.00 resort fee per night plus tax.
- A first night's lodging deposit will be requested at the time of reservation.
- All guest room reservations are required to have one guest 21 years of age or older occupying the room.

REFUNDS/CANCELLATION POLICY: Full refund, minus \$30.00 administrative fee.

No refunds will be given for cancellations less than 72 hours prior to the event.

ADA ASSISTANCE available upon request.

QUESTIONS: Contact Casey Guilfoyle, Education Chair (920)246-3474 caseyguilfoyle@gmail.com