

Connecting Hands



The American Massage Therapy Association Wisconsin Chapter
Volume 18-02

Promoting Wellness Through Massage
Spring 2011



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Class Review Massage Therapy and Pathology *by Diane Zeni, LMT*

Ruth Werner brought a wealth of knowledge and a sense of humor to each of the three courses she taught at the Annual Wisconsin Chapter Meeting and Educational Conference in February. Excellent teachers have a flair for the dramatic and with her background in theater, Ruth kept the attention of her students by bringing enthusiasm and excitement to subjects that could have been considered to be a little on the dry side. By asking and answering questions and encouraging dialog throughout her presentations she brought the information to life.

In the first session which focused on reproductive health in men and women, Ruth covered a variety of relatively common diseases, including prostate and testicular cancer, dysmenorrhea and osteoporosis, among others. After a thorough discussion of each topic, the benefits of massage or the contraindications for it were addressed.

The second session was entitled The Ethics of Client Communication: Talking to People About Their Health. This was an interactive class that gave us a chance to test our acting skills. We each had an opportunity to role-play both a challenging client and a therapist needing to set boundaries regarding situations when massage is contraindicated or must be adjusted for client and/or therapist safety. Practicing what to say, and especially how to say it was a useful reminder that we need to communicate thoughtfully and sensitively with our clients concerning difficult issues.

The third session, Massage Therapy and Pathology: Psychiatric Disorders, covered anxiety disorders, chemical dependency, depression and eating and sleep disorders. These are all disorders that we as massage therapists are likely to encounter in some of our clients. We learned that in many cases massage can be very beneficial for people with these disorders, but that there can be risks involved as well. The subject matter was covered in depth, and always from a massage therapy perspective, making the topics real and relevant.

I would definitely attend other classes given by Ruth Werner. Her manner is friendly and open and as the author of A Massage Therapist's Guide to Pathology she is an amazing source of information delivered clearly and completely.

AMTA-WI Chapter Board of Director and Chapter Meeting minutes
are archived on the Chapter Website

amtawi.org

click on Resources > Links

all meeting minutes back to 2006 are available for your enjoyment

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Term ends 2012



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The AMTA Purpose

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

Connecting Hands

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

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Stephanie Anderson, LMT
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Alisha Mell, LMT
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Fax: 847-864-1178

Website: www.amtamassage.org

Email: 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

For application downloads, updates, etc

President's Report

by Kay Petersen, LMT

"Talent without skill, inspiration without knowledge and creativity without technique count for little but lost potential. I read this somewhere and it became my motto. We work with this philosophy every day. We learn skills even though we already have great talent. We are inspired, so we strive for more knowledge. We feel creative so we search for new techniques. We are massage therapists with great potential. We are in touch with ourselves, our clients, our community and beyond. We facilitate, we nurture, we give, we receive." 1996 Renate Egeness



I begin this message with a quote from a previous Wisconsin Chapter President. Renate inspired me with her words to become both a better massage therapist and a volunteer. Over the years that I have been in practice and served as a volunteer I have been inspired by all of the Chapter Presidents I have known and influenced by many who I have not.

I became an active volunteer during Renate Egeness's presidency, the board of directors at the time had several past presidents in the ranks. Sandy Tamel was an early mentor, she had a passion for her volunteer work and her hard work and dedication inspired me to do more. Carol Buckholtz was at every early board and chapter meeting I attended, she is often at the meetings today as well, she shows an unwavering commitment to the profession of massage therapy.

Alan Weld had steadfast courage to affect change, I am proud to have served with him for many years. Betsy Krizenesky always demonstrates strength and honor and a thorough working knowledge of our profession, no one can doubt her commitment. Amy Remillard has a kindness and strength that goes far beyond her small stature. She has overcome tremendous health issues throughout the years I have known her yet she continues to serve the profession as a volunteer.

All of the work of these fine people and the others who served with them has brought the Wisconsin Chapter to the place it is today. We are considered an "Extra Large Chapter" and continue to grow despite the economic down turn. We are poised to begin providing enhanced benefits to our chapter members. Volunteerism is at an all time high.

None of this would be possible without the work of all of the leaders and volunteers who came before us and are currently traveling with us.

We are you. We are massage therapists who have decided to give a bit more of ourselves, our time and our talents to the profession that we both nurture and that nurtures us. Please join us.

Newsletter Committee Chair

Cynthia "Sam" Licht

Layout/Design

Mike Rude

Editorial Committee

Board of Directors

Deadlines

February 28 (April Issue)

June 30 (August Issue)

October 30 (December Issue)

Submissions will be accepted by email to:

Cynthia "Sam" Licht - brthmrk@yahoo.com

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

Cynthia Licht

2017 Mississippi St.

La Crosse, WI 54601

Advertising

Kay Peterson, amtawikay@essentialmassagetherapy.com

Advertisement should be sent in PDF format by email

Advertising Rates

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

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

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

Professional Networking- FREE to all AMTA members and Chapters.



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*

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*

Aromatherapeutic Healing

*

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

All of the above! 3 sessions/day

Continuing Education Courses ~ NCBTMB Approved

TIBIA's Signature Courses

Freeing the Power to Heal: The Foundation Workshop

16 CE Hours

May 14 & 15, 2011 *in Chicago*; 9a-6p

June 4 & 5, 2011 *in Madison*; 9a-6p

\$300

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

Intuitive Space

30 CE Hours

June 17, 6:30-9:30p;

June 18 & July 16-17,

9:30a-12:30p & 2-5p;

August 19, 6:30-9:30p;

August 20, 9:30a-12:30p & 2-5p

\$900 (\$750 if paid by 3/8/11)

Prerequisite: Freeing the Power to Heal

*TIBIA's affiliated non-profit,
Creating a Peaceful World, offers*

Creating Peace

Ready... Set... Pause

*Come escape into the sweet space
of centered presence.*

2nd Thursday of the month

6:30-8:00p

\$10 donation requested ~ www.capw.org

Courses for Body & Soul

Ethics, Power & Heart

6 CE Hours (incl. 2 hrs. of Standard V)

April 1, 2011; 10a-5p

\$120 (\$99 if paid by 3/18/11)

Introduction to Essential Oils

4 CE Hours

April 10, 2011; 9a-1p

\$100 (\$80 if paid by 3/27/11)

Fundamentals of Acupressure

14 CE Hours

April 30 & May 1, 2011; 9a-5p

\$310 (\$280 if paid by 11/6/10)

+ \$8 materials fee

Aromatherapy: Raindrop Technique

7 CE Hours

May 7, 2011; 9a-5p

\$160 (\$140 if paid by 4/23/11)

Supporting Healing with Essential Oils

4 CE Hours

May 9, 2011; 5:30-9:30p

\$100 (\$80 if paid by 4/25/11)

Ethics as Soul Work

10 CE Hours (incl. 2 hrs. of Standard V)

May 13, 6-9p & May 14, 2011; 9a-5p

\$195 (\$180 if paid by 4/30/11)

Therapeutic Massage

Whole-Person Care: Supporting People Affected by Cancer through Massage & Bodywork

24 CE Hours

April 8, 9, 10, & 11, 2011; 9a-6p

\$400 (\$360 if paid by 3/25/11)

Myofascial Trigger Point Release

20 CE Hours: April 15; 6-10p &

April 16 & 17, 2011; 9a-6p

\$440 (\$400 if paid by 4/1/11)

*Prerequisite: Intro to Myofascial Release
or instructor permission*

Integrative Myofascial Techniques

20 CE Hours: June 3; 6-10p &

June 4 & 5, 2011; 9a-6p

\$440 (\$400 if paid by 5/20/11)

*Prerequisite: Myofascial Trigger Point
Release or instructor permission*

Visit www.tibiainc.com

or call 608.238.7378

for a complete list of our courses

Ethical Dimensions

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

The season of spring is upon us. Spring feels like a blessing for the senses. Our senses feast on the warmth of the sun, the sound of the birds and the cool dirt on our hands. It is important to thank "old man winter" who gives away to



the spring. Each season has its gifts and purpose ~ I am grateful for the rhythm of the seasons.

Many of you have been following me for some time now. You may have come upon my writing or perhaps have attended one of my ethics offerings. You may remember I use the circle along with the rhythm of the seasons as a metaphor to illustrate the complexity and richness of the client – therapist relationship.

The Celtic world has always been fascinated with circles. Circles are prevalent in so much of its artwork. The Celtic mind seems to have a wonderful respect for the mystery of the circle. The circle is one of the oldest and most powerful symbols. John O'Donohue writes in his book; *Anam Cara*:

The world is a circle; the sun and moon are too. Even time itself has a circular nature; the day and the year build to a circle. At its most intimate level so is the life of each individual. The circle never gives itself completely to the eye or to the mind but offers a trusting hospitality to that which is complex and mysterious; it embraces depth and height together. The circle never reduces the mystery to a single direction or preference.

John's words affirm my thoughts and ideas of the circular nature of the client-therapist relationship. Our relationship with our clients has a quality of intimacy, complexity and mystery. It is important to never underestimate the power of these energies. The therapeutic relationship embraces depth and richness. His words raise a question within my heart;

Is there a simple and single direction to the study and exploration of ethics? Please pause and consider this question.

In my experience, the study of ethics is multi-dimensional and so much more. Ethics concerns the inter-relationship with ones-self and another. The study of ethics integrates our values to actions; our interior life to the external. As a teacher of ethics, I do not see myself as exclusive or elitist

~ I simply have immense passion for this rich and juicy topic. I often offer my students more questions than give direct answers. There lies immense power in an open question. The very process of questioning can itself teach us openness and wonder. Even questions have a season and rhythm to them. Following are a few questions I would like to ask you as you continue to explore this vast and dynamic topic of ethical development.

What takes place when a seed is put into the ground?

You are asked to plant 5 seeds of virtue ~ can you name your 5 seeds?

How do you nurture and develop your interior life?

When is the last time you read the professional code of ethics?

Is the professional code of ethics visible in your place of work?

What statement best describes your interior code of ethics?

How is your interior code of ethics made visible?

Our profession has blessed us with a code of ethics. I call this lived wisdom. At times this code is not enough when making ethical decisions. So here we are, faced with a piece of ethical development; the opportunity to create, name and live by your interior code of ethics.

I hope the above questions gently invite you into a space of curiosity and wonder. Remember – the answer is often found in the question.

May the season of spring invite you to discover your garden within.

Kathy Ginn is currently in private practice in Madison, WI. She has been active in the field of massage therapy and bodywork since 1991. She teaches ethics and business courses both locally and nationally. She is on faculty with TIBIA massage school and East ~ West Healing Arts Institute. Kathy served with the NCBTMB Ethics and Standards committee for 8 years, and currently serves with the AMTA teacher development committee. Kathy completed advanced training in Hakomi; a body-centered approach to healing. She also belongs to the Right Use of Power teacher's guild ~ a group of passionate ethics teachers from around the world. Kathy is an NCBTMB approved provider. Kathy also offers mentoring to those who seek her service.

You may visit her website @ <http://www.ethicaldimensions.com> or e-mail her at Kathy@ethicaldimensions.com



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Class description: This workshop format is designed for those individuals who would like to know and understand the research and scientific theories behind this Eastern healing technique to be able to better explain it to others. Level 1 Reiki allows the practitioner to use Reiki on self and others in close proximity. Participants will be provided with an experiential, hands-on opportunities to truly understand and experience Reiki healing. Be prepared for an energy-charged day of relaxation and healing!

AWAKENING YOUR INTUITION

With Amy Wilinski, MBA, OTR, Energy Practitioner • Sunday, July 10, 2011 • 10:00am – 4:00pm • 6 CE Hours • Fee \$100

Class description: Awaken to the gift of your Sixth sense! We all carry within us the ability to connect with our intuition and receive guidance from Spirit. Awakening Your Intuition will help you to determine your primary channel for receiving Divine guidance. You will receive the Seer's rite, which has been handed down from the Shaman of Peru to assist you in perceiving the invisible world of Spirit. Experience meditations to open your 3rd eye and ear chakras. This experiential workshop will teach you how to see/sense the aura/energy fields around yourself and others. Know that you are not alone on your journey here on earth as we journey to the spirit world to connect with your guide or angel. Join us for this powerful day of connecting with Spirit!

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Fee Enclosed \$ _____

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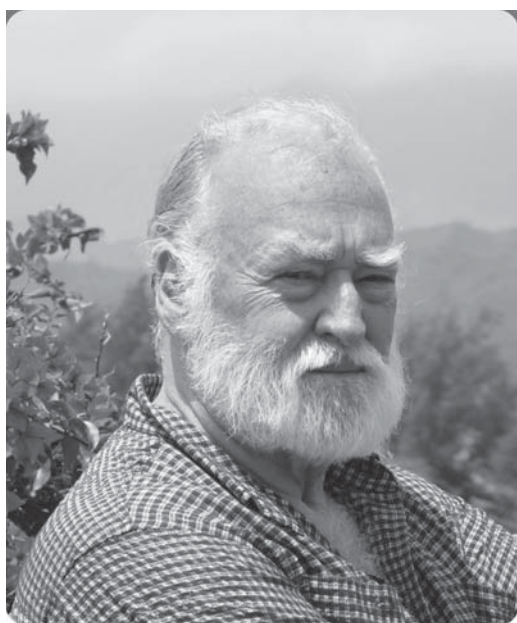
**For more information or to
register by phone please contact:**



Laura Lenz, nctmb

(414) 530-0949 - msmced@yahoo.com

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Ideas Wanted

send your submissions to
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Stressrelief1@juno.com

Humanitarian Award and Meritorious Award

Attention...Attention....It is that time again when I am asking the Wisconsin Chapter members for their help in choosing the recipients of the Humanitarian Award and the Meritorious Award. The recipient the Chapter Meritorious is then recognized at the National AMTA convention and is entered to possibly get the award at the National Level.



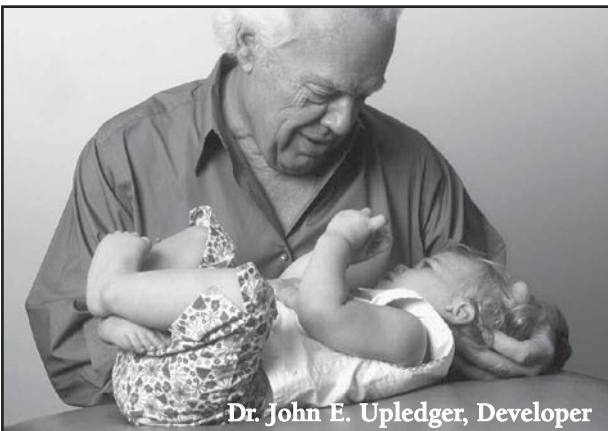
I strongly encourage the Wisconsin Members to also submit requests for other awards. All the awards can be found on the National website and what it takes to qualify. Please email all your submissions as soon as possible with an explanation of why you choose the person or award you did. Thanks so much for your support in this matter. Remember, I would like awards to be

member driven, not the board or a committee just selects the recipients.

AMTA-WI Pin Ideas

Hello Wisconsin AMTA artists, creative geniuses, or those with great imaginations. I am searching for another pin for the National AMTA convention and would love some ideas from you. Wouldn't it be fun to see your name "In Lights" or in the newsletter or on the website as the person that designed the pin that all the other states will get to see at National?? Also, if any pins are left over, they will be given to students of the Massage Schools through out our state. Please Wisconsin AMTA members help out with this quest in finding our next pin for National.

Thank you!!!



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- Gaia's Touch Heated Stone Massage Workshop
- Intro to Aromatherapy
- Cranial Sacral
- Intro to Vibrational Modalities for Animals
- Lomi Lomi I & II
- Small Animal Anatomy
- Introduction to Acupressure
- NMT Head and Neck
- Eval and Ethics of Animal MX
- Cancer, Aids, Post-Mastectomy
- Lomi Lomi III
- Ancient Chinese Beauty & Rejuvenation Secrets
- Aromatherapy for your Client's Well Being

Please visit **www.BlueSkyMassage.com** for dates and locations of our seminars. Many of our seminars are offered at multiple locations on varying dates throughout the upcoming months.

Grafton

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

Grafton Open House: 6pm
4/6, 5/11, 6/8, 7/13, 8/10

De Pere

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

De Pere Open House: 6pm
4/7, 5/12, 6/9, 7/14, 8/11

Madison

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

Madison Open House: 9:30 am
4/9, 5/14, 6/11, 7/16, 8/13

AMTA - Wisconsin Chapter Annual Fall Educational Conference August 20 & 21, 2011 Ramada Inn Convention Center Eau Claire, WI 54703 1-715-835-6121

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

Saturday August 20:

7:00-8:00 Registration for classes and continental breakfast
7:00-8:30 "Coffee Talk" with Kathy Ginn
9:00-12:00 Class time ~ break for lunch on your own~
1:00-5:00 Class time
6:30pm-?? Recognition Dinner with cash bar

- Flower Essences with Bonnie Jackson Erdman (1 day 7 CE Hours)
- Posturology with Hannah Franke (2 days 14 CE Hours)

Sunday August 21:

7:00-8:00 Hot breakfast buffet
8:00-9:30 Chapter Meeting
10:00-1:00 Class time ~ break for lunch on your own~
2:00-6:00 Class time

- Therapeutic Grade Essential Oils with Bonnie Jackson Erdman (1 day 7 CE Hours)
- Posturology with Hannah Franke (2 days 14 CE Hours)

Here's to you!!

*Dress up and join us for an exciting evening honoring all
AMTA WI Chapter members:*

- **DOOR PRIZES!!** • **DJ/Karaoke!!!**
- **Italian Buffet!!!** • **Cash Bar!!!**
- *Also featuring Chapter Awards and Committee Reports*



Bonnie Jackson Erdman owns Turtle Rock Classes and Treatments, in Tomah, Wisconsin, where she sees clients for stress relief, pain management, and overall well being. She also teaches personal enrichment and healing technique classes. Bonnie is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Prior to her current work, Bonnie was in corporate marketing and sales management and continues to provide marketing and sales support services on a freelance basis.

FLOWER ESSENCES (7 CE HOURS):

Expand your services inexpensively with Flower Essences! Learn: How Flower Essences support health and well being; What makes Flower Essences 100% safe

for all people and pets; how to select Flower Essences; and ways to use Flower Essences in client sessions and for yourself and your family. Includes a Flower Essence for you to take with to use right away! (Nationally advertised at \$200 per class)

THERAPEUTIC GRADE ESSENTIAL OILS (AROMATHERAPY) (7 CE HOURS):

Build your confidence and knowledge in using Therapeutic Grade Essential Oils for improved health. Learn: What to look for in Therapeutic Grade Essential Oils; Which "go to" Essential Oils are safe for most people and relieve a variety of symptoms; and Methods for using Essential Oils in healing treatments, including how to perform an essential oils application called Raindrop Technique.

Please bring table, linens, 4 hand towels, 1 bath towel, you will need these items when you receive the Raindrop Technique (a service typically offered at \$75 per treatment). (Nationally advertised at \$225 per class)

Hanna Franke was born in Austria and started a new career in this country following immigration. She graduated from the Chicago School of Massage Therapy in 1983 and started her own practice in Sports Massage at a Sports Club in Chicago. On her quest for improving her skills in injury rehabilitation, Hanna discovered Paul St. John's Pain Management Seminars. She became a Certified Neuromuscular Therapist in 1987 and has been studying with Paul St. John ever since. In 1988 she founded the Center for Neuromuscular Therapy in Chicago, but moved to Madison in 1992, where she opened the Neuromuscular Pain Clinic as a clinic of choice for alternative pain management.



Having established a large clientele and an active network with physicians and other health care professionals, she now employs three other therapists. In her very active practice Hanna is well known as Pain Relief Specialist and treats people from all over the country.

Hanna joined Paul St. John's Teaching Staff in 1993, became a Certified Instructor in 2000 and since then taught all St. John Seminars nationwide. She is now one of only five Staff Instructors for Neurosomatic Educators, teaching Paul St. John's newest discoveries in the science of Posturology (www.posturology.com). Thanks to Paul St. John's ongoing research and development of highly effective treatment options, Hanna acquired very special skills and a vast knowledge which she would like to share with all Massage Therapists. Her intention is to clearly convey the science behind Integrative Neurosomatic Therapy (INT) and help elevate the massage profession to a whole new level.

tion is to clearly convey the science behind Integrative Neurosomatic Therapy (INT) and help elevate the massage profession to a whole new level.

POSTUROLOGY 101 (14 CE HOURS):

In this Seminar, Hanna Franke, Neuromuscular Therapist and Pain Relief Specialist, will introduce you to the science of Posturology ("the science of human balance in every physiological condition"). She will share her most recent findings in soft tissue pain conditions caused by postural imbalances, based on Paul St. John's extensive research in the field of pain relief therapy. You will learn to identify various distortion patterns and their causes. Learn assessment skills that will allow you to measure and chart posture accurately and how to apply your findings in your treatment plan. Identify the real causes of pain!

This class is a hands-on interactive event filled with practical applications of real life postural patterns. It will open your eyes to seeing your clients in a new dimension.

Posturology 101 is the primary component in Integrative Neurosomatic Therapy, a Certification Program with four more courses. Bring Massage Table and clothing for assessment (shorts, or bathing suit.) (Nationally advertised at \$325 per class)

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

Please print clearly.

First Name _____ Last Name _____

Address _____ City _____

State _____ Zip _____ Home Phone _____

Work Phone _____ Email Address _____

AMTA member # _____ * *must provide number to receive member discount**

Circle which class/classes you are taking:

	Before July 31st:	After July 31st:
<i>Saturday, Sunday</i>		
Posturology* Member/Student:	\$150.00	\$170.00
Posturology* Non- Member/other:	\$200.00	\$220.00

*Please bring tables, linens, shorts or bathing suit

<i>Saturday</i>		
Flower Essences* Member/Student:	\$75.00	\$95.00
Flower Essences* Non- Member/other:	\$125.00	\$145.00

<i>Sunday</i>		
Therapeutic Grade* Member/Student:	\$80.00	\$100.00
Essential Oils		
Therapeutic Grade* Non- Member/other:	\$130.00	\$150.00
Essential Oils		

*Please bring tables, linens, 4 hand towels, 1 bath towel

Method of payment: Check / VISA / MC

Amount Paid _____ Check # _____ Make Checks Payable to AMTA WI

Credit Card # _____ Exp. Date _____ CV Code _____

Check here if you are only having breakfast/dinner and are not participating in classes:

Saturday Dinner _____	Sunday Breakfast _____
AMTA member dinner/breakfast \$15	Prospective member/ guest dinner/breakfast \$25

****If you are not participating in any classes and will be attending the chapter meeting with dinner/breakfast, you will need to submit payment. If you are only attending the chapter meeting with no dinner/breakfast, you do not need to submit payment. If you have special needs for a disability please let us know and we will do our best to meet your requirements.****

A fee of \$20 will be assessed to cancellations made prior to 7 days of the event.
 Cancellations within 7 days of the event will be assessed a \$50 cancellation fee. No shows receive no refund.

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

Class Review PNMT

by Joy Stoleson, LMT

Douglas Nelson's Precision Neuromuscular Therapy (PNMT) class on the Lower Extremities covered all 3 days of the AMTA WI Chapter Conference. The Lower Extremities seminar is one of the five Core Series that Douglas Nelson offers. For those of you not familiar with Douglas Nelson, he has been a licensed Massage Therapist since 1977 and is the president of BodyWorks Associates in Champaign, IL. It is this facility where he conducts the clinical research that ensures the efficacy of this approach as well as increased knowledge and improvement of current practice.

PNMT is an approach to soft tissue therapy that requires palpation skills, anatomical knowledge and clinical reasoning to determine the best course of treatment for musculoskeletal pain. Through development of the skills taught through this seminar, individualized treatment can be determined when combined with deductive reasoning and client feedback.

We covered the historical context of NMT, including the work of Raymond Nimmo, Janet Travell, and Paul St. John. We also reviewed the basics of muscle and neural physiology, as well as treatment basics and palpation

techniques.

The seminar was evenly divided between hands-on learning techniques and classroom instruction.

Hands-on learning involved assessment testing and Range of Motion (ROM) evaluation as well as the palpation techniques for specific muscles, ligaments, and fascia. Areas covered included assessments to determine neural involvement or arthritic changes, tests to determine muscle weaknesses and palpation of tissue to find and correct trigger points (TrP's) in the lower extremities (hips, legs, feet). The hands-on training also highlighted another important skill: the importance of palpating and conducting assessments on a multitude of subjects, thereby gaining valuable experience in how people differ.

Classroom instruction included real life scenarios and research study findings as well as detailed anatomical characteristics of each highlighted muscle. One of the things I most enjoy about Mr. Nelson's classroom teaching style, is his use of functional anatomy... his ability to illustrate musculoskeletal movement and the effect that pathology or dysfunction has on not only the affected muscle, but the kinetic chain or whole body system.

Muscle groups studied included the deep hip rotators, the gluteus complex, hamstring complex, adductors, abductors, quadriceps, leg and foot musculature. Key lig-

continued on page 14



Learn how to give Traditional Thai Massage!

July 15-18, 2011 at a great retreat location in southwest WI
More classes on website!



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

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



Register Online!

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

www.lyreacrawford.com

Questions? Call 608-549-2023

Aligned for Vitality

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

	Election changes for 2012	AMTA-Wisconsin Chapter
		Annual Meeting Spring 2011

Election changes for 2012

- Hand in your resume to nominating committee
- Suggest someone you know for a board position

Contact Cynthia "Sam" Licht with suggestions, resumes and further questions at:

brthmrk@yahoo.com / 608-799-9267

Check amtawi.org for complete job descriptions and policies regarding these and other positions. Look under resources in the top menu, then click on policy manual

Board positions that will be up for elections:

President

2nd V.P.

Secretary



If there are accepted nominations and resumes prior to the 2012 annual meeting; we will not be accepting nominations from the floor.

Your voice matters



Outreach Team

Call to Action

by Amy McLoughlin, WLMT

Here's what I know:

I know you love your work

I know that you're relieved that even in this economy, our industry is still likely to thrive!

I know that you choose AMTA because of the excellent member support and commitment to your success.

I know you're insanely busy!

I know you appreciate all the volunteers that dedicate so much time to our involvement and wish you could participate more, just on a smaller level.

I know you have ONE WEEKEND this year worth sparing for the greater good!

If the above sounds true for you, and you're ready to have a bit of fun, consider joining the Outreach Team! The goal of the Outreach Team is to simply get our name out there. We show up at various events throughout the state, give a few chair massages, maybe raise a bit of money for some great organizations.... Mostly though, we just have a great time getting together and doing what we love- massaging and educating the public about the benefits of our work and our organization! On the Outreach Team, we have the opportunity to meet and support one another and have a great time, while putting in our time.

I'm looking for people throughout the state who can suggest great events in your area that you'd like the AMTA to be present at. From there, you can do anything from helping be an event contact to just show up for a few hours to support the cause. Whatever level of participation works for you is so greatly appreciated not only by me, but by our entire force of WI LMTS! Please email me Amy McLoughlin at artofmassageandwellness@yahoo.com for more info. I look forward to meeting you guys and having a GREAT TIME in your neck of the woods!

from page 12

aments of the pelvis, knee and ankle was discussed along with treatment symptoms and techniques. Lastly, pathologies of the lower extremities were highlighted, including degenerative hip disease, bursitis, sciatic pain, Patellofemoral Pain Syndrome, Chondromalacia, and Iliotibial Band Friction Syndrome (ITBFS).

Nominating Committee

For the 2012 elections if there are accepted nominations and resumes prior to the 2012 annual meeting; we will not be accepting nominations from the floor. This is due to a change being implemented from national. The next elections will be for President, 2nd Vice President, and Secretary. We are requesting that members come forward with any suggestions or desires to run for these positions. Check amtawi.org for complete job descriptions and policies regarding these and other positions.

For more information about the Nominating Committee, please contact:

Cynthia "Sam" Licht, WLMT

608 785- 4668

brthmrk@yahoo.com

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presents the

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Indian Champissage and Kansa Vatki Foot Massage are ancient treatments steeped in centuries of Ayurvedic ceremony. These unique therapies combine physical and subtle massage with energy balancing to produce feelings of perfect peace.



MADISON, WISCONSIN

October 21-24, 2011

Best Western West Towne Suites

For more information or to register:

www.mychampassage.com

NCBTMB #450489-07 ILL & FLA

Congratulations, Dave!

Wisconsin Regional Therapist of the Year – 2010

Each year, each of the more than 650 Massage Envy clinics nationwide submit nominations to honor their best therapists. This year, the WI honor goes to Dave Kornaus at the Fitchburg clinic. As Wisconsin's Regional Therapist of the Year, Dave will be a special guest at Massage Envy's 2011 Annual Franchise Conference, which will include a night's stay at the Marriot Desert Ridge in Scottsdale. At the conference, Dave will have the opportunity to attend CE workshops as well as be honored at the awards dinner for his contributions to Massage Envy, his clients, and the massage profession.

Dave was voted Massage Therapist of the Year for Wisconsin because of his genuine passion for helping each client as an individual. He has been a key figure at the Fitchburg clinic through his commitment to professional growth and his creativity exploring new community involvement opportunities, even spearheading the development of a Massage Envy-sponsored triathlon team.



Finalist Michelle Carlson – Delafield

Michelle fully embodies what it means to be a massage therapist, proving day after day that, finding clients' needs and addressing them is the top priority. With a strong, broad base of training in a variety of modalities, Michelle is a standout at serving her clients and mentoring new therapists.

Finalist Bill Kleinhenz – East Washington

Bill has an outstanding attitude and work ethic, and he truly loves the massage profession. At a very young age, Bill recognized that he had the talent to help people. Eventually, he became a professional therapist, which he says has transformed his life and lets him leave work every day with one thought: "I love my job!"

Do what you love & leave the rest to us!

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?

To support our rapid and ongoing growth in Wisconsin, we welcome outstanding, professional massage therapists looking for both part-time and full-time hours.

Benefits such as flexible scheduling, health, dental and vision insurance, and 401(k) are often available. Each of the 8 Wisconsin locations (currently in Madison and Milwaukee) are individually owned and operated; therefore, specific benefits will vary by location.

**Visit MassageEnvyCareers.com for
information or to apply**

Class Review

Acu-Neurol Technique with Dr. XiPong Zhou by Sharon Loftus, LMT

The Director and Co-Founder of the East-West Healing Arts Institute, Dr. XiPong Zhou, found himself in the United States in 1993 with \$400.00 and the conviction that he would teach us "westerners" the power of the Body, Mind and Spirit, using traditional Eastern healing with modern Western Science. I chose this class because this is a modality that I know little about. I found the class very interesting as he tried to make us understand the concepts.

The techniques and strokes developed for Acu-Neurol was derived by Dr. Zhou from TuiNa (Chinese Medical Massage). These strokes, *fast in the application, but slow moving across the body*, were applied to the top 10 Acupressure points along specific Chinese Meridians for mind and body. "Manipulations acting on specific acupressure points to regulate the qi (energy) of the meridian (pathways) to balance the body's sympathetic and parasympathetic nerves and to achieve the body's yin/yang harmony and physical and emotional balance." (Acu-Neurol Glossary™)

The class was very evenly divided between instruction, demonstration and hands-on. Dr. Zhou's two teaching assistants, Sara and Allan were extremely knowledgeable and helpful. I felt myself comparing the techniques to what we would consider normal massage lingo. Ji Fa is a "striking" technique more commonly known as Tapotement or Percussion. This included strokes like cupping, tapping and chopping. Na Fi is the "lifting" technique or Skin Rolling. Na Fa is "grasping" or kneading. The difference is where you applied the technique, to follow the meridian that would be most affected.

Acupressure is about 50% as effective as Acupuncture. The techniques Dr. Zhou developed enhanced the effectiveness by being able to feel a deeper massage with less pressure. I truly enjoyed this session and thank Dr. Zhou for adjusting his schedule to accommodate our request to watch the Superbowl!

For more information on Dr Zhou contact:

East-West Healing Arts Institute
6425 Normandy Lane
Madison, WI 53719
www.acupressureschool.com

Ethical Dimensions

"Who You Are Heals"

Offering:

Ethics as Soul Work

Weaving together

Vocation and Soul

An inspiring class that will gently guide each participant to explore the various aspects of self where life experiences have shaped individual relationship patterns. You will have an opportunity to explore practices of self-care, communication and presence, personal boundary style and your relationship with power. Together we will look into different windows of your life weaving together the following questions ~ *what parts of my-self show up in the session room, and what gives my work integrity?*

Our time together promises to re-ignite the passion and freedom to create client relationships that are clear, nourishing and heart-centered. This class offers both quiet self - reflection and group dialogue.

Co-facilitated by:

Kathy Ginn; L.M.T., NCTMB, Hakomi Skills practitioner

Leora Weitzman Ph. D.; L.M.T., NCTMB, Oblate Holy Wisdom

May 13 & 14, 2011

TIBIA Massage School, Madison, WI

10 - CE Hours

To Register call: 608-238-7378 or 608-334-8592

Welcome New Outreach Chair

My name is Amy Lempicki-McLoughlin and I have volunteered to be the new Outreach Chair for our AMTA-WI. I liked the idea of this position, as I've been a massage



therapist for nine years and before that, I was in the Event Marketing industry for over six years! The Outreach Chair position marries these two roles beautifully!

I have found success as a massage therapist by specializing in therapeutic massage for those in their vibrant years and sensitive focused touch for those in their later life stages. I am also one of ten instructors for Compassionate Touch®, a hands-on complementary approach for those in eldercare, hospice and palliative care.

I understand the concept of having too much on your plate and being completely over-committed, however, I also understand the importance of setting aside time to give and serve. It is with that heart, I have chosen the AMTA, YOU and the career that I love so much, to proudly serve.

It's my hope that you'll join me in this endeavor! We'll have a great time, I promise!

CALLING ALL MEMBERS !!

The AMTA-WI Chapter Educational Scholarship is giving our members another chance to get **Free Education**

at the August 20-21, 2011 chapter meeting in Eau Claire, WI!

1st prize is a free education seminar of either

Posturology 101

with Hannah Franke

or Aromatherapy

with Bonnie Jakson Erdman.

2nd prize is a nights stay at the conference hotel.

The topic is:

How has your work changed with continuing education?

It needs to be 250 words or less.

Deadline for entries is June 15th.

Send to Corrin at: ctburnell@gmail.com

or N10548 Velvet Beach Rd Malone, WI

53049

The winning essay will appear in the

August Connecting Hands

and on the Wisconsin AMTA website.

Education is the back bone of our work. Don't miss out on this great opportunity!!



SHARE THE GIFT OF
YOUR TOUCH

Why Compassionate Touch® training?

Compassionate Touch® is a hands-on complementary approach for those in eldercare, hospice and palliative care. It combines focused touch and sensitive massage with specialized communication skills to help enhance the quality of life for those in later life stages.

Our training empowers massage therapists and other health professionals to serve this expanding population with confidence and to celebrate the mutual benefits of this uplifting work.

Why now?

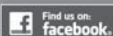
According to the American Medical Association -In 2011, America's 78 million baby boomers will begin turning 65 at a rate of one every 10 seconds. The American Massage Therapy Association states that the use of massage among those 65 and older has tripled in the past decade.

Now is the perfect time!

Attend a
Compassionate
Touch®
workshop

and get
paid for
your
passion!

NCBTMB and FL CE
Approved Provider



Visit our website for a 2011 workshop near you

417-844-8514

www.compassionate-touch.org

Meet Ronnie Artero Frederick Sports Massage Team

In the Spring of 2009, my career as a marketing and business development professional for the professional services industry came to a halt due to budget cutbacks. My position was eliminated and I wasn't sure what I was going to do to provide for my family. I managed to clear my mind and focus on what I wanted for myself. Through this exercise, I realized that this was my opportunity to seek certification in massage therapy. After 15 years, I am doing what I have always wanted to do professionally.



I graduated from Lakeside School of Massage Therapy in September 2010. While I am new to massage and the health and wellness industry, I will draw upon my drive to succeed and my leadership skills to organize member volunteers and to help build a successful Sports Massage Team.

When I committed myself to massage certification, I also committed to educate the public about the benefits of massage. I volunteered for the Sports Massage Team to do just that. My vision for this committee: I am confident that in time and with a little sweat, the AMTA Wisconsin chapter will have a stronger presence at sports-related events/fundraisers in our local markets. Further, I envision this team to be the "go to" online resource for AMTA-WI members regarding Sports Massage. The whiteboard is just waiting to be filled with ideas. We certainly welcome ideas for consideration from the greater membership. Please send your ideas to Ronnie Artero Frederick at rjartero@gmail.com.

Ronnie works full-time at The Pfister Hotel WELL Spa in Milwaukee, while working to grow her personal clientele. She donates massage certificates to area non-profit silent auctions as a way to build awareness of her practice. She and her husband, Tom, enjoy simple pleasures while raising three beautiful children - Eliana (6), Delaina (6), and Gracin (1).

AMTA-WI 2011-2012

Approved Budget

Amount

Income

Advertising	
Interest	\$5,000.00
Education	\$1,000.00
Dues	\$37,000.00
Chapter fee	\$55,000.00
Total Income	\$0.00
	\$98,000.00

Expenses

Awards Committee	
Bank Charges (Credit Card Fees)	\$500
Board Meetings	\$1,300
BOD Mileage	\$1,700
Chapter Insurance Expense	\$5,000
Chapter Voicemail	\$1,500
Delegate Allowance	\$300
Display Unit Committee	\$9,500
Education Expense	\$500
Government Relations Expense	\$57,000
Lobbyist	\$12,900
Travel	\$12,000
Consultant	\$500
Phone	\$0
Postage	\$0
Printing	\$300
Supplies	\$100
Other	\$0
Marketing	\$0
Massage Therapy Foundation	\$2,500
Membership Committee	\$1,800
MERT	\$1,500
National Convention BOD	\$300
National Conv. President	\$12,000
Newsletter Expense	\$0
Office Supplies	\$7,125
Postage&Shipping	\$200
Printing	\$100
Sports Massage Committee	\$0
Volunteer Training	\$200
Website	\$3,000
	\$2,400

Total Expenses

\$134,225.00

Total Gain (Loss)	(\$36,225.00)
Gov. Relations Gain (Loss)	(\$12,900.00)
General Fund Gain (Loss)	(\$23,325.00)



Find us on
Facebook

Welcome new members!

Hello fellow MT's! For more information on member benefits and resources to support you in your practice go to the AMTA-WI website at www.amtawi.org and the AMTA National website at www.amtamassage.org. Currently we have 1,753 members with 1,572 as active professional members, 136 students, 1 supporting member, 2 professional retired, and 42 inactive professional members.

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

Kelly	A.T.	Butler	Pewaukee
Robin		Campbell	Cedarburg
Claudia	Marjorie	Cole	Pewaukee
Laura		Coleman	Madison
Ryan	Patrick	Donnelly	Madison
Sally		Dopkins	Janesville
Laura Ann	Lee	Ellingboe	Eau Claire
Natasha	J.	Flores	Manitowoc
Eric		Forrestal	Milwaukee
Adrienne		German	Milwaukee
Teresa		Greene	Madison
Amy	L	Hacker	Seymour
Cathleen		Holm	Gresham
Patricia	Ann	Hopp	Mondovi
Rachel		Houk	Mukwonago
Holly	Kae	Kaiser	West Salem
Jennifer	Marie	Kaminski	Cudahy
Jeannie	L	Lindberg	Sparta
Christine	Marie	Lombardi	West Allis
Nicole	J	McDonald	Mineral Point
Jessica		Meidam	Milwaukee
Nicole	Marie	Mier	De Pere
Gladys		Moyo	Buffalo Grove
Cindy	Ann	Pinnow	Waukesha
Kimberly	A	Reichardt	Howards Grove
Lisa		Reidenbach	Franklin
Kris		Rowan-Roubik	La Crosse
Melinda	J	Schaefer	Milwaukee
John		Schaefer	Hales Corners
Kathy	S	Schmidt	Cambridge
Janessa	Lynn	Schmitt	Colby
Alycia		Schultz	Egg Harbor
Rachel		Sems	Milwaukee
Melissa		Siegel	Genoa City
Yelena		Somova	Mequon
Sondra Lee		Steeb-Lamb	Baraboo
Nicholas	J	Szablewski	South Milwaukee
RoseAnn		Ting	West Allis
Andrea		Watson	Waukesha
Patricia	L	Weinmann	Oconomowoc
Natalie		Whitehead	Mosinee

Connecting Hands

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Altoona, WI 54720

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Standard
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Eau Claire, WI
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Calendar

2011

April 11

BOD Meeting
7pm gotomeeting

August 19

BOD Meeting
board day

August 20 & 21

Fall Education Conference
Eau Claire

August 21, 2011

Chapter Meeting in Eau Claire

October 9

BOD Meeting
11 am Portage Comfort Suites
Budget Meeting REQUIRED

October 19-22

National Convention
Portland, OR

December 5

BOD Meeting
7pm gotomeeting

2012

March 31 - April 2

Chapter Meeting and Educational Conference
in Oconomowoc

August 24 - 26

Chapter Meeting and Educational Conference
to be determined