

Winter 2019

Different Strokes

American Massage Therapy Association, Maine Chapter Newsletter



Our winter newsletter is dedicated to Mindfulness.

*The photos in this newsletter are the property of member Antje Roitzsch, They reflect the beauty, art, serenity, caring, and mindfulness that can exist in the work we do. Read her article below.

Our Links:

- Maine Chapter Board of Director meeting minutes; <http://me.wp.amtamassage.org/board-meeting-minutes/>
- Chapter website link: <http://me.wp.amtamassage.org/>
- Chapter Facebook link: <https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>
- AMTA Maine Chapter Volunteers_2018:
<https://mail.google.com/mail/u/1/#search/adevito474%40gmail.com?projector=1>

Save these dates:

- *Annual Meeting Sunday April 7, 2019 Augusta Civic Center, Augusta Annual Meeting
- *Volunteer Orientation Meeting and Training, May 4, 2019 Unity of Greater Portland, Windham
- *2019 Fall Retreat Nov 1-3, Atlantic Oceanside, Bar Harbor
- *Sunday March 29, 2020 Ramada Hotel, Lewiston

Members ~ please ask questions, share your stories and concerns, as well as your pictures, links, material and resources with our AMTA Maine Chapter members. Please write to our Communication Team to ask for your needs to be met.

For your ease of connecting a contact sheet for board members and other volunteers is on our website at

<http://me.wp.amtamassage.org/volunteers/>

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1. Welcome!

Late winter greetings, AMTA Maine Chapter members!

Even though it has been cold outside, our chapter volunteers have overcome their desire to hibernate and have been busy on your behalf. We thank them for the photos and articles for this newsletter! It is so welcome to see what other MT's are doing in Maine. The Newsletter Team and Board of Directors wish you a warm, healthy, and mindful end of winter.

Our Education Committee has put together the annual meeting and training event in April. **Be sure to register.** They are also finishing up arrangements for our fall retreat in Bar Harbor with 3 awesome presenters this year. The topics this year will be pre- and post-event sports massage, lymphatics, motor learning, motor memory, and hip and core function. Watch for registration to open this summer.

Our Government Relations Committee (GRC) has submitted and removed a bill from the state legislature. We learned a lot about our massage law this winter and about how the legislative procedure works, and after more research we will be continuing to move forward towards our goals.

Sports Massage Team Leader Hedy is gearing up for this year's sporting events. You can sign up for the team at the annual meeting.

Alex and the membership committee are looking to expand their outreach and community building events. Alex is looking for volunteers to host "meet and greets" and "lunch and learn groups" and our first "annual picnic day".

This year we will be having a Volunteer Orientation Meeting and Training on Saturday May 4. We would appreciate all of your ideas. Bring them to the annual meeting and speak with any Board member or Committee Chair member. Please volunteer for a committee and/or run for election.

We hope you will join us as a volunteer and help us celebrate our chapter and our members.

See you at the annual meeting and elections!

Anita DeVito, Chapter President, and Kara Masters Siekman, Communications Committee Chair

2. Introduction to Elections

REGISTER AND JOIN US FOR THE 2019 AMTA ME CHAPTER ANNUAL MEETING!!

The positions that will be voted into office at this meeting are as follows:

[Financial Administrator](#)
[Board Member](#)
[Assembly of Delegates Representative](#)

[Click here](#) for more detailed information and to see the agenda for the day! Come for a class or just for lunch but be sure to attend!
Your vote matters!

Nominations will be taken from the floor on the day of the meeting. If you are interested in running for a position, detailed descriptions are available on our website. Please click on the position above to be redirected.

The new delegate must be available to attend the National Convention in Indianapolis Oct. 20-26, 2019.

The Financial Administrator must be available to attend a training at National in the Chicago area June 4-8, 2019.

Can't attend, you can still run in abstentia. Contact a board member and send a letter of intent to nominate yourself and we will put you on the ballot.

Want to know more about the board? You can read the minutes from the board meeting online at the chapter website.

Be sure to attend and make your vote count!
Or better yet, run for office!!

Take a class and receive 6 CEUs
[Register here](#)

3. Sports Team Report:

The Sports Team will be participating in many events this year!

Interested in joining the team? Any member of the ME Chapter of the AMTA can become a member of the ME Sports Massage Team. Becoming a member is simple: fill out a membership application and participate in two team sponsored events per year. Each therapist must have completed 14 hours of Sports Massage training, 6

hours classroom time and 8 hours of clinical or event work. Additionally, all members must show a current ME License and hold liability insurance.

The Maine Chapter provides a \$65 reimbursement (for your meals and transportation) for each participant at Sports Team Events.

You can speak to Hedy and sign up as a team member and as an event coordinator at the Annual Meeting April 7.

For more information contact Sports Massage Team Chair, Hedy Blauvelt (Topsham) hblauv@gmail.com

[2018_Sports_Team_application.pdf](#)



4. Maine AMTA Community Member Highlights: Illuminating Service

Even though the AMTA's 75th anniversary is over we are still requesting your “Illuminating Service” stories, your profiles, personal journeys and travels to share with our membership.

This is a section where we will post what members are doing to serve In Maine. Please include the original community service “spark”, thoughts, wishes, process, largest obstacle to overcome, progress, a magical moment, and hopes and dreams of your work or the project. Do you have a wish list? Resources needed? Who do you need to help? Volunteers? Collaborations desired? Examples: chair massage for teacher appreciation day, working with elders, gifting a session to a low-income woman, man, or family or sharing about bodywork during a career day for high school or college students. Share your BIG vision with u

5. Questions & Concerns: Member Questions Answered

Question 1: CBD Oil

<https://www.massagemag.com/marijuana-massage-5-questions-answered-32929/>

<https://www.massagemag.com/42319-marijuana-massage-cbd-products-caught-new-dea-rule-42319/>

6. Self Care:

Solutions for Chilly Winter Blues_Alex Rheault_2019 (AR: intentional

rhetoical punctuation)

As we continue into the coldest of short days and long nights, I consider what brings comfort to the body, mind and spirit, for myself and my clients I treat. January is a good time for me to set some goals, reassess habits and routines, and see what still works and what isn't working. Change is our existence, and when we engage in change deliberately, sometimes we grow in unexpected ways.

What are some of your goals and dreams for 2019. What do you feel is missing in your routine or daily experience and what would you want to add, reduce, or change. What creative, physical, spiritual, professional, or other activities would you like to try. What kind of change in the world do you want to be.

As AMTA Maine Chapter membership chair, I have been reaching out to new members, checking in to see what activities or supports our Maine Chapter folks seek and would be available for. We hope to stir up some lunch and learn meetings in addition to the Annual meeting and training April 7th in Augusta, and so much more! I enjoy connecting and networking with the Governance committee on the bill drafted this winter, which will require more action and support from us all. I am committed to my active participation at regional and national levels where I am able. Most of these do not require monumental time commitments and I encourage and welcome all members to help out in 2019. Getting involved in the AMTA Chapter helps me feel more connected and useful to others. These activities give me personal satisfaction and help me grow.

This year I want to write more and take salsa dancing once a week until I can do Flamenco classes in summer. I have signed up for a CPR and First Aid class to renew my certificate, enrolled in two more Craniosacral classes towards certification, and am creating a space for my art practice at home.

I have been making time for other friends in the community. It gets me out of the winter drag I sometimes feel. Getting out to a drawing class, having tea and a chat, scheming with a friend about her project to help others through artistic means, inspire and give me a glimpse of that human light inside us all.

My top winter self-care treatments include a hot beverage by the fire stove in loose fitting clothes and slippers or socks, under blankets with a good book (I have several going at any time), knitting, or simply listening to an uplifting record. I unplug from the devices and the world.

I make sure to drink a lot of water, stay hydrated to avoid excessive dry skin and sore muscles. I get up and out to shovel even if I don't feel like it, to get some fresh air and movement. I appreciate the fire, warmth and comfort of home even more.

I allow my cravings to lead my eating sometimes: a hot bowl of polenta with cheese and black pepper, oatmeal with raisins and fresh raspberries, thick black beans and rice with Cajun spices, a huge plate of kale chopped and sautéed in olive oil and lemon or combined with leftover rice and miso broth as a soup are among my faves. If I am feeling low, I make space for extra rest ~ a short 30-minute nap or some yoga stretches and a hot shower ~ which give me a feeling of newness. I haven't been feeling up to continuing with my 2-year Crossfit routine (2 times a week) at 6 am. I even think the early heavy workouts were a) causing me to eat more and b) robbing me of sleep.

I welcome my clients to a well-heated table adjustable for their comfort, the weight of yoga blankets, freshly washed sheets, and soothing touch with pine-infused olive oil (or fragrance-free lotion). I recently have introduced the simple techniques of Craniosacral work from the first two modules. I must take good care of my self to ensure my health and well-being are stable so I am better able to provide the best care to others. I cannot provide good treatment if I am feeling exhausted, empty, or defeated. Quiet time breathes new life where I may feel over-extended or anxious; I become steadier in my thoughts, more open, and relaxed. Grounded, I can do anything!

How are you taking care of yourself. How do you have fun or play. What are the best remedies and rituals for your well-being. As membership chair, I also welcome feedback and comments about how you want to be involved, how we can help new and long term members feel welcome and connected, involved and served by our organization and its activities. What areas of our professional practice concern you most. How would you like to participate and what are areas where you want to grow with us.

Take time out to have some winter fun!

Skiing, sledding, skating, snowshoeing, snow shoveling, ice sculpture, illuminarias, art-making, snowman and snow-woman making!

**AMTA is offering a 4.0 credit course on self-care, if you are interested:
12 Self-Care Secrets—twelve steps to integrate body, mind and spirit**

7.



8. Maine Chapter Library/Resource Room

Our lending library and resource “room” is open for business. Our collection is available for you to check out. Ruth Werner’s *Massage Therapist Guide to Pathology* is one example of the reference books that you can borrow. Contact: karenavasilbusch@gmail.com to see what is available. Future plans for member sharing of books, CD’s or VHS’s are underway!

Librarian Karen Vasil-Bush will be creating a resource room on the chapter website.

Bring any library materials you have to share to the annual meeting.

9. Upcoming Chapter Education

Mark your calendars for these upcoming events:

*Annual Meeting Sunday April 7, 2019 Augusta Civic Center, Augusta Annual Meeting * * * classes to include Intro into Dermoneuromodulation with Jason Erickson and Presence: Bringing Mindfulness to Massage with Sarah Pierce

*2018 Volunteer Orientation and Training, May 4 Unity of Greater Portland, Windham

*2019 Fall Retreat Nov 1-3, Atlantic Oceanside, Bar Harbor

*Sunday March 29, 2020 Ramada Hotel, Lewiston

Register

2019 AMTA Maine Chapter Annual Membership Meeting and Training

Sunday April 7 at the Augusta Civic Center, Augusta, Maine
located at 76 Community Drive, Augusta, ME 04330
www.augustaciviccenter.org/



About Our Presenters

This spring we have 2 presenters for you to choose from.

Jason Erickson teaching: Introduction into Dermoneuromodulation for Pain Relief (NCBTMB approved 6 CEUs)

This workshop introduces massage therapist to practical applications of modern pain science concepts based upon the Neuromeric theory of pain and the biopsychosocial model of therapy. Dermoneuromodulation (DNM) provides an updated conceptual framework for massage therapists to better understand pain and to alleviate it.

Hands-on techniques focus on gentle skin stretching to stimulate non-nociceptive sensory pathways and trigger a down regulation of pain and neural sensitization. Participants learn simple methods for addressing common problem areas around the neck, shoulders, back, hips and extremities.

About Jason

Jason Erickson co-owns and practices massage at Eagan Massage Center. He is best known for therapeutic and sports massage, with a reputation for providing pain relief, improving function, and enabling athletic performance. Many of his clients are referred by medical providers, personal trainers, and by other massage therapists. He is able to work with clothed clients as needed, using various techniques from massage, positional release, stretching, etc.

Qualifications:

- Board Certified Therapeutic Massage and Bodywork (BCTMB)
- Certified Personal Trainer (CPT)
- Certified Hot DNM Pillossage Instructor
- Certified Orthopedic Massage Therapist
- Certified Pre/Post-Natal Massage Therapist
- Certified Orthopedic Exercise Specialist (OES)
- Certified Corrective Exercise Specialist (CES)
- Certified Senior Fitness Specialist (SFS)
- Certified Partner-Assisted Stretching
- Certificate in Fascia Work
- Certified Active Isolated Stretching Therapist (2013-2017), practitioner since 2007
- Certified Circular Strength Training Instructor (2004-2010)
- Approved CE provider: NCBTMB, CE Broker (FL & GA)

Jason is an internationally recognized continuing education provider, teaching classes in pain science, pain management, dermoneuromodulation, therapeutic movement, orthopedic massage, sports massage, research literacy, and other topics. He has presented at the 2016 International Massage Therapy Research Conference (IMTRC) and the 2017 Alliance for Massage Therapy Education Congress. Jason has served as the Minnesota Chapter President (2014-2016) for the American Massage Therapy Association. He is Master of Ceremonies for the annual San Diego Pain Summit. His articles have appeared in Massage & Bodywork Magazine, Massage New Zealand Magazine, the Japanese Journal of Acupuncture and Manual Therapies, Massage Today, Massage Magazine, and other publications.

[Jason's AMTA Webpage](#)

Register

Sara Pierce teaching: Presence: Bringing Mindfulness to Massage (6 CEUs)

In this class you will develop therapeutic skills to remain in present



time awareness with our clients and ourselves. This approach is especially useful for clients who experience chronic illness or pain, PTSD, stress or anxiety and addiction recovery.

About Sara

Sara Pierce graduated from Simmons College in Boston in 1983 with a degree in Physical Therapy. Her orientation towards a more holistic approach has influenced her further training and career. With that in mind, she studied consciousness studies for 12 years; attended the Acadia School of Massage in Bar Harbor, Maine (2010) and received a Masters in Integrative Health and Healing from the Graduate Institute in Bethany, CT in 2014. Sara also has certifications in Transformative Meditation and Holistic Stress Management Instructor.

Sara currently offers services in Mount Desert, Maine; Naples, Florida; and Key Colony Beach, Florida. Classes, intensives and workshops are created wherever requested as possible. In the past these have occurred in Hawaii, Massachusetts, Florida, England, Connecticut and California. She also offers Skype and phone coaching services.

Sara is also involved in the nonprofit, Children, Families and Communities, which can be found at www.childrenfamiliescommunities.org

As I explore and discover this healing practice I offer what I have learned along the way. In this way I am a guide towards your healing. Patiently and compassionately we have the opportunity to "become more of who we truly are". How we get to these pieces is as individual as each one of us is.

I welcome the idea that all healing paths are useful and not. It's my experience that each path has offered me a window into "partial truths".

I deeply believe in the idealistic view of many paths, one destination. I'm not interested in rejecting concepts but adopting curiosity. Nor am I interested in choosing one method and rejecting all others. At a certain place all healing paths intersect, and that is my area of focus.

It is my aspiration to guide self-discovery along each individual's healing path in relationship to their body and consciousness with themselves and others.

My work is constantly evolving from learning differences in education and life; to the study of movement; to the inner experience of physical structure; to the development of children and the development of family; to the integration of physical, emotional, energetic and mental self; to the exploration of Nature and humanness; to the study and experience of the spiritual realities of love, compassion, forgiveness, All and wholeness; to the exploration of flow in many forms and dimensions; to the gifts of recovery and remembrance; to adult and adult relationship; to creating life in honor of destiny; to exploring stillness and insight of the mind. All of these "parts" or "partial truths" along a healing path are singular and universal in nature.

Register

"Body as Art"

Massaging many different bodies over the years, Deborah Cautela, Phenomenal Touch Master Practitioner and Antje Roitzsch, Phenomenal Touch Master Practitioner and Instructor, developed the sense of reverence and honor to work with all the different bodies and body types, treasuring and celebrating each and every one of them.

Both of them invited Lisa Elizabeth to collaborate with them, taking these photographs. Joining the collaboration as models were Bruce O'Donal, Jean Matlack, Dominique Gordon, Gamal Griffin.

These images inspire the sense of awe, to capture the dance between the receiver and giver of touch. The pictures show receiving tender, loving massage as large images to specific close ups, honing in on a tender moment of connection, trust and surrender. The images elicit a moment of pause, to witness the beauty of the body.



They invite a connection to our own bodies; encouraging to listen to what our own body is

saying in reaction to the photographs. Do I feel at home and comfortable in my own body? What does it take to love, honor and give thanks to our bodies? How are we holding in reverence the body we are given to embody our experiences on this earth? We are also encouraged to remember and recognize our own beauty.

The images are rooted in the practice of Phenomenal Touch™. Imagine bodywork that lets you float on the table; long flowing, three-dimensional moves and full body stretches, undulating your body like seaweed in the waves. Deeply and powerfully addressing muscle tension, yet gently nurturing the heart. This work feels like a dance between practitioner and receiver. It invites you to experience your body in a whole new way, gaining a deeper connection to yourself.

To see more images, go to:

<https://themainebeehive.wordpress.com/visual-art/body-as-art/>

Antje Roitzsch

<https://healingartsmaine.wordpress.com>

Deborah Cautela

<https://www.deborahcautela.com>



10. Other AMTA EVENTS

Alex Rheault would like to plan some kind of spring and summer “picnic” or membership gatherings that members can replicate in their area. Hope you will all send her your ideas for other gatherings we could develop this year and volunteer to host an event.

Lunch and Learn

Groups: Our chapter would like to have “Lunch and Learn” groups around the state. They could be dinner and learn or regular meet and greets. Opportunities for members to meet and discuss topics of interest and can be combined with educational trainings. If you would like help setting up a group in your area, please contact a board

member, or the membership committee. Alex Rheault is Membership Chair and can be reached at alex@alexrheault.com or 207-632-2391 ~ text friendly to share views, suggestions, needs, and concerns.

Annual Picnic Day: We envision members all over the state getting together for a picnic on the same day. Members and their family get together in small groups all over the state: some at backyard picnics, some at state parks, or beaches, where ever you like. Then at a designated time we greet each other via Skype, Facetime, Zoom and take a photo to share and honor our time together.

11. Member Training Links

12. Facebook Update

We aim to keep the page and questions as up to date as possible. We have fielded

questions from Facebook, and answered them privately and within this newsletter. If your questions have not been answered, please reach out to us again. We will do our best to answer them as soon as possible. AMTA members and member schools may post upcoming trainings on our FB page. Please submit directly to the FB Admin. We have a learning curve, so please offer constructive suggestions or volunteer if you have skills that we do not.

Chapter facebook link

<https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>

13. Website

A volunteer is needed to edit and update our website weekly or monthly. We aspire to update monthly, and try to update the website with board meeting minutes, event announcements, education registration links, and other important information.

Chapter website link: <http://me.wp.amtamassage.org/>

14. Government Relations Update ~

The last committee meeting was held Sunday Feb 24, 2019

AMTA Maine chapter, has decided not to proceed further with L.D. 330, An Act To Define Licensed Massage Therapists (LMTs) as Health Care Practitioners.

At the public hearing on our bill L,D, 330 we met opposition from other professional groups and legislators. We learned that our Massage Therapy Licensing Law is a title act and as such it can not limit peoples ability to advertise and practice massage. The law can only limit whether or not one refers to themselves as massage therapists or massage practitioners.

We discovered that much more extensive legislation is needed to define LMTs as health care practitioners. This might involve more educational requirements and more control over our practices and perhaps a multi-tiered licensing approach with clinical massage therapists being able to obtain health care practitioner licensing.

Our goal of preventing future sales taxation on LMTs was deemed as an improper use of legislation.

Hearing countervailing points of view on L.D. 330 has given us the opportunity to further consider both the goals we sought to achieve with this bill, as well as the best means of achieving those goals. We have concluded that L.D. 330 may not be the best means of achieving our goals. Instead, we have committed ourselves to an in-depth examination of our goals and methods of achieving them that will require more time than is possible within this legislative session.

For these reasons, AMTA Maine Chapter, has written to the committee and respectfully requested they give a not pass report to L.D. 330.

Our lobbyist Bob Howe had spoken with key legislators on the committee and the commissioner. The commissioner would support the bill without section 3 and if it applies only to clinical massage therapists.

Bob spoke to us about the difference between a Title Act and a Practice Act. A Title act protects the title only, one could practice massage as long as they don't call themselves massage therapists or massage practitioner. A Practice act

covers the act itself and would prohibit others doing massage without a license.

We would need to move to a practice act and use a two tier practice approach, if we want to have the ability to call ourselves health care practitioners. Clinical massage therapists would be healthcare practitioners and spa type massage practices would be licensed massage therapists.

This brings up a discussion on freedoms of practice that could be impinged by regulations under a practice act. We enjoy the freedom to practice as we wish. The more regulations, potentially more unhappy people.

The GRC will continue to explore what benefits would be to being under the Complementary Health Care Board, and whether they are open to our joining them. This Board includes acupuncturists and chiropractors.

The entire GRC meeting minutes are available on the chapter website.

Next meeting date: March 24 Sunday at 5pm.

Tarnya M Constantino, LMT

musclekneeds@aol.com

595 Bonney Rd

Sumner, Maine 04292

If you ever need to contact your state senators or legislators in the future their contact information is: CONTACT SENATORS: 3 State House Station, Augusta, 04333-0003, or 1-800-423-6900; CONTACT REPRESENTATIVES: 2 State House Station, Augusta, 04333-0002, or 1-800-423-2900.

The contact information for the Massage Therapy Licensing is: Office of Professional and Occupational Regulation 207-624-8603 Gardiner Annex 76 Northern Ave, Gardiner, ME 35 State House Station, Augusta, ME 04333
<http://www.maine.gov/pfr/professionallicensing/professions/massage/index.html>
For employment questions go to: Maine Department of Labor: 207-623-7900
45 Commerce Drive, Augusta, Maine PO Box 259, Augusta, ME 04330

15. Business Practices:

SOAP Notes

SOAP notes are an essential communication tool that emphasize professional accountability, build trust, and provide professional support in a therapeutic practice. Intake and aftercare process notes are a living record of well-being, change, and progress.

Daniel Weed developed POMR or Problem-Oriented Medical Records in the 1970's, which serves as an objective record of treatment and method for medical practitioners to communicate with one another (see: <https://www.emrsoap.com/definitions/soap/>). SOAP notes are related to POMR, but do not follow that format.

SOAP notes are a confidential, chronological document of pre-session intake, session findings and client response to a process of treatment, details, and follow up. "S" or *Subjective* refers to the client's own words about past, recent or current physical conditions, problems, and complaints. "O" or *Objective* refers to our findings while the client is in session with me. I think of my investigations throughout as sleuthing through the skin. I discover areas of tightness, tension, or pain, which may have been previously undetected, forgotten, or diminished in a client's account; these are invaluable when they are part of the record.

Observant and thorough therapists notice postural, visual, and felt clues before, during,

and after treatment. For example, how a client enters the room, stands or sits can lead to questions during intake that inform clients. We must notice eyes, skin tone, posture, breathing, demeanor, etc. Does the client arrive stressed, out of breath, pale, crooked. Can we calmly and in a neutral way engage them about what they notice in their body. SOAP notes evidence communication, capture what a client experiences and notices, how the practitioner responds with specific treatment, techniques, and follows up; the notes will track whether and how that bodywork is effective.

During the intake and aftercare process, I reflect upon the modalities I applied: achieve more range of motion, loosen knots, alleviate pain, help client with circulation, relaxation, release. In the objective section I also note why I may have selected a certain approach; (Example, neuromuscular technique on knots is often most effective at loosening adhesions, diminishing pain, and helping client's muscles relax and release.). "A" is for *assessment* and I describe some outcomes of the work, what the client notices about their body, things they were not aware of previously, during the session, and afterwards. I look at how I determined what to use, how, where, when, and why. "P" is for *Plan* and reads something like: "stretches recommended, soaking, hydration, and re-book, will follow up with PT and surgeon in a week" to capture what the client might be scheduling and what other recommendations are useful at home. I am not a doctor, and so I keep my recommendations simple. My client may request to share my notes with a practitioner or other professional, so I need to be clear, thorough, and ready.

I believe the more informed a client is and becomes, the more they are able to engage with the work and become empowered in the care of their well-being. I record what clients report about physical, emotional, and psychological conditions. I note anything they detail about current or past health regime, diet, sleep, injuries, illness, stresses, tension, pain, etc. I ask questions to encourage disclosure about disturbances, changes, sources of any trouble, or improvement they experience and benefits.

I document doctor or health practitioner visits, other routines, work and home life, creative outlets and activities that influence well-being. Progress, setbacks, and how the bodywork builds a client's awarenesses, improves well-being, and upholds positive outlook are part of the notes.

I use yellow paper to keep my notes, so I don't feel so constricted by the format. I translate what I write into the SOAP order. My foremost focus is client's subjective before and after the session, as well as what works and doesn't work. I jot down my observations on the side of my notes, which I translate to the "Observation" section. SOAP notes are essential to my practice and client relationships. I maintain essential information in an accessible ongoing document of their treatment sessions, what symptoms they arrive with, what modalities I used, what their response was and how they feel afterwards, what physical, emotional and mental experiences or "noticings" they want to track and explore. We discuss how to proceed with other treatment, follow up sessions, soaking, hydration, stretching, etc.

I actively write notes while discussing treatment before and after a session, to be able to refer to notes from previous sessions to assess improvements, options, or developments. Taking notes and talking with my client (who witnesses my care in writing things down on her behalf in a confidential, accessible document), builds trust, understanding, her sense of consistent attention, and ability to gather education and tools for her well-being.

Accurate records build trust and relationships. I write notes during initial intake before every session with new and returning clients. After the session, I follow up and write her comments, insights, and discoveries retraced from the session, and concerns. This debriefing is part of the full experience.

New and returning clients express they feel cared for when I take this time with them, paying close attention by listening. Clients are increasingly more willing to build upon the growing mutual sense of trust. Clients feel more in tune with themselves as they deconstruct subjective concerns measured against what they notice during the session. Clients grow a developing knowledge of the physical workings through layman's anatomy, feel empowered and more open to consistent attention and maintenance of their well-being during the intervals between sessions. As more of us get healthy, more

of us can influence well-being in our community.

My recent Craniosacral practice journal tracks how I incorporate CST steps I learned and practice, client's responses and insights, and specific benefits I could not convince others of without. The writing is a testimony to what works, specificity in my practice, and the fluidity of combinations to treat clients' needs.

SOAP notes are imperative to a thorough, thoughtful practice, and keep me accountable. I realize where I need to learn more, study my anatomy more deeply, consult pathology, develop a plan or strategy specific to my client's concerns, and do this always. This makes the practice a living practice of theories; I am not an expert and I am always learning, improving, becoming more in tune with the client, the methods, and the benefits. My clients and I build communication and trust, which is mutually meaningful and lasting, and sets good boundaries and support.

Alex Rheault, September 2018

Advertising Script:

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"

16. License Renewal:

It is very important to renew your license on a timely basis. It can be costly and time consuming to let it lapse. Here is the link:

<http://www.maine.gov/pfr/professionallicensing/professions/massage/renew.html>

If you have forgotten when your license needs to be renewed go to:

<https://www.pfr.maine.gov/almsonline/almquery/SearchIndividual.aspx> search for your name, then click on the result and the system will show you your renewal date.

17. Health Watch

“How does the summer harvest bring nutritional options to optimize health?”

Are you still using your summer harvest in your practice? I still have a few bulbs of garlic, as I had a bumper crop last summer from two small gardens! I love to make “Medicine Soup”, which most often includes a lot of garlic, turmeric, black pepper, with other herbs or spices. Anti-inflammatory spices are worth considering in any pot of soup.

~Kara Masters Siekman, Bethel and Islesboro

18.

19. Volunteer Opportunities

We each have a variety of skills, and we have untapped skills that we have yet to learn. If you would like to share your skills please contact any member of the board or communications team. Below are listed some opportunities. If you already know how or would like to learn to work with websites, our Communications Committee would like you to join them. We need someone to update our website once per month. Please contact Kara or Anita.



Volunteers are needed for:

*Web-site: update once per month

*Sports Team in the spring; it participates in events all around the state. Sports CEU's are required.

*Writers, photographers and artists wanted! We have many areas of communications that we are pursuing and that require your assistance. Write about yourself, brag about a service project, your community, our therapists, pose a question, or write an answer. If it interests you, it will likely interest others. Regular column needs include: Illuminating Community Service column (yours or an amta-MT friend's service project), Questions and Answers, "Ask a Therapist", Members Maine, Massage Therapy and Client Health Concerns, Photos and Artwork of the Month, and Surprise! (anything to amaze, delight, peak curiosity and learning column!)

20. Members Maine

Looking for an AMTA member paragraph from **eastern Maine** to kick off this column. Northern, Southern, Eastern, and Western Maine are so different. Members, please tell us about YOUR Maine, the history, special events, quirky little things that make your town unique. Photos encouraged!

Discounts available for members:

- VistaPrint gives all members a 25% discount on purchases.
- Massage Warehouse gives amta members 30% discounts.
- Office Depot and Office Max also offer member discounts.

21. Curiosity; Surprise!

Members, please submit your ideas for a "Surprise!" section in each newsletter—It may be curious facts about: body's systems, the brain, the heart, muscles, interesting visceral facts, massage therapy, nature, the stars, relationships, current favorite music link, or anything you think may interest or fascinate us.

22. Members Photos, Art, & Writing

We would like to feature photographs and/or artwork in each newsletter. We are open to member submissions of photographs, poetry, prose, and artwork. We cannot promise that we can share all photos or writing submitted, yet we will do our best to honor your artwork, while at the same time seeking to improve our content. Be sure to credit the artist or writer. Thank you!

23. Newsletter Deadlines, Disclaimer, Contact Newsletter

Information: submissions are due on the 15th of: February, May, August and November. The due date for our spring newsletter is **May 15, 2019**. Newsletter launch target date is the first week of: March, June, Sept, Dec. Thank you, members, who participated in this issue of the newsletter! Keep 'em coming! Photographs, art work, and articles are encouraged and welcomed from members, but we reserve the right to edit and/or refuse any submitted article, graphic, or advertisement and assume no responsibility for errors, omissions, or corrections. In addition neither the amta Maine Chapter, Different Strokes, or this Editor warrants, guarantees or endorses any opinion, product, service, or referral advertised herein, nor do we express any opinion in regard to the legality of the use of any product in connection with the practice of massage therapy. Please submit all contributions to the editor by the due date. Graphics should be in computer-friendly format preferably JPEG. Please include a SASE if you would like anything returned. Other amta chapter newsletters may use materials from ours with credit cited for the

source.

Contact for this newsletter is: Kara Masters Siekman, mastersk28@gmail.com,
Bethel and Islesboro, Maine



Thank you to **A+ all who participated in the production of this newsletter. We are very grateful to all those who volunteer their service and expertise to make this happen.**

We are going to go back into Rest and Hibernation mode for a little while longer.

See you all at the annual meeting April 7.