



Photograph - “No matter which direction you go this summer bring Joy with you.” - In Honor of Wendy Decker, this newsletter contains photos of quilts from Maine Quilts. - Anita DeVito

Our Links:

- **Chapter website link:** <http://me.wp.amtamassage.org/>
- **Chapter facebook link:**
<https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>
<https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>

Table of Contents

1. Welcome!	2
2. Introductions	3
3. Sports Team Report:	8
4. Maine AMTA Community Member Highlights: Illuminating Service	8
9. Upcoming Chapter Education	8
10. Other AMTA EVENTS	10
11. Member Training Links	10
12. Facebook Update	11
13. Website	12
14. Government Relations Update	12
15. Questions & Concerns: Member Questions Answered	13
16. License Renewal:	15
17. Health Watch	15
19. Volunteer Opportunities	16
20. Members Maine	16
21. Curiosity SURPRISE!	17
22. Members Photos, Art, & Writing	17

1. Welcome!

Greetings AMTA Maine Chapter members. The Newsletter Team and Board of Directors wish you all a pleasant summer season and hope you are thriving personally and professionally, enjoying the outdoor activities, valued days with light and warmer temperatures to explore, go on adventures, and treasure our beautiful Maine landscapes. Please send us your profiles, personal journeys and travels to share with our membership, to inspire one another, and encourage the kinds of experience that are conducive to vitality, creativity, gratitude, and connection. These all contribute to our personal wellbeing which we can bring to our work with clients, our pastimes, and the days with family and loved ones.

Many questions can be interesting to explore; here are a few: How do you integrate your outdoor activities into your practice whether you photograph, hike, or work with youth on a theatrical performance. How do your adventures with family or friends bring new insights into how our bodies need support, are restored, and increase in performance and feel. How does the summer harvest bring nutritional options to optimize health? How does the clientele you serve change during the summer, and how does your schedule open, fill, or loosen? How do temperatures, outdoor challenges from sunburn, insect bites, and other irritants to injuries from gardening, hiking, or frisbee require or influence creative and alternative approaches, delays in treatment, etc. Do you have seasonal clients? Etc.

We want to invite you to share your stories, questions, concerns, as well as pictures, links, material and resources to develop content to bring to our membership. Please write to our Communication Team to share ways our Chapter can serve your needs, interests, pathways, and development. Alex Rheault

For your ease of connecting a contact sheet for board members and other volunteers is attached.

2. Introductions

Government Relations:

Heather Lalaiberte (chair), Wendy Decker, Tarnya Constantino, Amber Howard, Tamara Stockwell, Christine Boudreau, and others.



Wendy Decker (Bath) I was introduced to massage with the body clothed, in an energy field course in 1989 taught by Denise Jasmine. I fell in love with reflexology when she taught a little foot reflexology during the course. So, I became a certified reflexologist in 1991 (Footloose School of Reflexology with Janet Stetser), a licensed massage therapist in 1993 (Downeast School of Massage), and a nationally Board certified reflexologist in 1995.

I had an office the first 10 years of my practice, in Brunswick, and have had a home office in Bath for the last 17 years. My services include relaxation massage, Physical & Emotional Harmony (PEH) massage (a combo of massage, acupressure, energy field work, & Reflexology), deep tissue and myofascial spreading, Acupressure, reflexology of the feet, hands & ears, Face Lift massage, and Facial AcuZone Reflexology. I love my work!

I have been very active in Board positions as well as on committees of the Maine Council of Reflexologists, which currently involves being the Legislative Chair and on the Website Committee. My life is well rounded with quilting projects and my love of being a grandma of 16. I like to say I am rich in grandchildren!

Recently I started a Lunch & Learn group of local LMTs. We get together from 11:30 to 2:00, once a month, with a different topic each time for demonstrations, round table discussions, and more, on massage related subjects. And I just got elected to the Reflexology Association of America Board (RAA), which is a three-year term.

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).



Wendy Decker is also a quilter and we honor her creativity by including a few quilt pictures in this newsletter.

Visit the Maine Coast Photo by Anita DeVito at Maine Quilts

Student AMTA Membership profile interview by Alex Rheault, questions in black with blue responses:



Lindsey Ann Jewett (Portland) AMTA Maine Chapter Student
Profile compiled by Alex Rheault

On a humid grey Maine summer day, I met with, Lindsey Jewett, 38, from Canton, Ohio, who lives in Portland, Maine, to talk with her about her current studies at Spa Tech and commitment to a career in massage therapy. She is enrolled in the Deep Tissue Evening Program, and graduates in March of 2019. She is a bright, charming, enthusiastic, and keen to share her thoughts with fellow AMTA Maine Chapter members. She is committed to being helpful to others.

Fun Fact: I am a mechanical engineer that travels to manufacturing plants in VT, NH, and Maine. I have been with the same company for 12 years. In my free time you can find me jogging on Portland's Back Cove Trail, in a Yoga class, or hanging out with my dog Lola that is a Shar Pei mix.

Lindsey shared with me the value she places on massage, her inspirations, what drew her to this work, some of the challenges, new awarenesses, and growing benefits of her commitment:

I always received bodywork in a spa or vacation setting; I was intrigued by it, and did some research, when I moved to Maine in 2015. I found Spa Tech, made a visit to the Westbrook location and attended an open house. They welcomed me, seemed willing to help guide me. The stars really aligned. Spa Tech offered a schedule that worked well for the travel times I manage and my work schedule.

What drew you to this work, and were any specific influences or inspirations? I have always been drawn to helping others and had that in the back of my mind as a mission. I continue to find that is an important part of what I am learning now, and I feel it will continue to build as essential to my practice.

What other activities do you engage in or interests you have that benefit or enhance your role as a bodyworker and why?



I am currently in the middle of training for Beach to Beacon race in August. I can see the inherent benefits of and connections between receiving massage and what I am learning. My awareness is opening a new world, and things are clicking. The Plantar Fasciitis I suffer from has improved and massage allows me to be more limber, and feel less tightness in muscles. A light bulb goes off that makes me aware of an area in trouble, and now, I can find a real solution. This

helps me want to learn more in the running training and in the bodywork. A better awareness of my own body and body mechanics will only enhance my bodywork in the future.

Are there particular areas of bodywork that interest you, and what are they? Going into massage as a professional practice, I was focused on medical and sports massage. Now, I am looking at Myofascial stretching and look forward to learning about other techniques. More education expands my options. I want to learn more about massage and oncology. My eyes are constantly being opened to new modalities, and how they relate to specific conditions.

What were some assumptions when entering your course of study?



Being an older student, I had to get back into the habit of studying. Nervousness around learning anatomy, which I never studied before. Anatomy had some fears attached at first, which dissipated because the instructors are patient. The more I learn, the more I am intrigued and willing to keep on studying and feel more open to the information. It has become less scary. I was concerned and felt at a disadvantage because the other students had some connection to medical information. ***I am an engineer: ask me how a piece of machinery works, but the body?***

What are two major insights you have gained since you started practicing? The biggest take away is that massage has a broad spectrum of options and techniques to address stress, anxiety, depression and other emotional and physical conditions in clients.

Drawing by Alex Rheault -Joints

I was not aware that bodywork or massage could have that big of an impact to assist in treating and even alleviate these. I have a new outlook on massage therapy and all it has to offer.

What are three major benefits you see in bodywork for the client?

Stress relief, muscle soreness from running, and general tension physical and emotional.

How do you benefit as a bodyworker from the exchange and experiences you have had?

I feel more in tune with my self, self-aware by working with peers during class and exchanging bodywork. I feel relaxed and connected when I give and receive bodywork.

What are some of the challenges being a student, name three main ones.

It has been an adjustment to go back to school, manage time, be in that academic mind-frame. I am relearning how to manage the time required to study, prepare, practice, and stay on top of homework, while working and travelling a lot.

How have you been able to overcome/confront/manage these and what do you recommend to others?

My peers and I participate in study sessions on weekends, help each other with homework, studying and practicing together. My peers are committed; we get along well and make efforts to help one another succeed.

What would you like your teachers to know about how students learn or what might be helpful to you?

There are many learning styles instructors must be able to witness and notice, which is a challenge. I personally need to “see” it more often, some students need simply to “feel” something. If instructors are able to manage all of the learning styles with patience, it benefits the whole group.

What supports do you feel you need, and how/when did you become aware of them? I feel that having a bodywork mentor would be invaluable. I would like to see a post-grad mentoring program established through educational institutions or maybe volunteer members through AMTA Maine Chapter network. Perhaps, AMTA could be more involved, send more information to new members, students, updates, welcome information, etc.

What are two highlights of your studies and practice work so far?

Learning the steps and stages of bodywork are key and the clinics go hand-in-hand, reinforcing our abilities while growing our confidence. We work with the general public, people we don't know, people we might see only once. We work with different bodies, conditions, and needs. We can become more adept and flexible using our technique toolkit. Clinics and working with the public improves our practice, enhances our awareness. I can pick up on my strengths and needs as a practitioner, so I can become more effective and sensitive.

Anything surprising during your studies?

I came into this very open-minded, willing and ready to learn something new. No obstacles or deterrent. The level of anatomy and detail has been surprising and compelling.

If you could tell a prospective student to consider as they decide whether to begin this journey? Keep an open mind is essential. If not you will be stuck. Have a willingness to be present, and don't give up on yourself.

Why is bodywork important, perhaps necessary to any health regime, and personal wellbeing, and what would you share so others become more aware of its benefits in a brief statement?

I am learning how important bodywork is. It is not merely for relaxation in a spa setting on a vacation. Bodywork can improve a quality of life for people with a variety of medical conditions. In recently learning about Myofascial, I am aware there is so much more in the weeks to come that will open my eyes. I will make more discoveries, and find more options in bodywork to assist with specific conditions.

3. Sports Team Report:

September 30 The Maine Marathon (Portland)



The Maine Marathon will be September 30 in Portland. We need 10 members to do post event massage. The time frame will be 8 am to 2 pm. Lunch will be provided. If you want to participate at this event please send an email to Hedy Blauvelt hblauv@gmail.com or Anita DeVito adevito474@gmail.com by September 1, so that we can notify to organizers.

Interested in joining the team?

Any member of the ME Chapter of the American Massage Therapy Association 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.

For more information contact: Hedy Blauvelt (Topsham) hblauv@gmail.com

[2018_Sports_Team_application.pdf](#)

4. Maine AMTA Community Member Highlights: *Illuminating Service*

This is a section where we will post what members are doing to serve In Maine.

Please include the original community service idea or “spark”, thoughts, wishes, process, largest obstacle to overcome, progress, a magical moment, and hopes and dreams of the project. Are any resources or volunteers needed? Collaborations desired? Examples: chair massage for teacher

appreciation day, working with elders, gifting a session to a low-income woman or man, or sharing about bodywork during a career day for high school or college students.

9. Upcoming Chapter Education

Maine Chapter Fall Retreat, October 19-21, Sunday River, Newry, ME.

Registration is open. Full registration, which includes hotel room, meals, and up to 15 CEUs, will close on September 19, one month before the event. After that date you may register for classes and meals and make your own hotel reservations. Please plan to sign up early.

The retreat will feature three presenters.



George Russell from New York will teach 12 CEUs on “Skull, Jaw, Ears”.

Class description: The top of the spine, jaw, and skull are major areas of pain and misalignment. This course approaches the ears, jaw and base of skull as a triangle of opportunity, wherein each area affects and can be affected by the other. Relevant anatomy will be discussed, and techniques and approaches for opening up the jaw, sinuses, neck, and skull will be taught and practiced. This is primarily a technique and discussion course, and will involve working and being worked on.

Greg Hurd from Massachusetts. will be teaching “Ethics” (3 CEUs), “Deep Tissue Massage Easily and Effectively” (6 CEUs), and “Seated Massage” (3 CEUs).

Class descriptions: **Ethics** - As Massage Therapists, we are faced with professional issues and concerns with every massage we do; with our marketing; our record keeping; and much more. In this class we will choose specific, common concerns, clarify our concerns about these issues, and then explore why and how we react. Do we understand how choices affect others? Are we clear on our intent when making decisions?



Deep Tissue Massage Easily and Effectively - It has been stated many times that massage is hard work and that several massage therapists quit after a few years because they hurt. Experienced therapists may tell new therapists, “you will hurt from doing massage; it's just part of the business”. Those who say that are wrong. The only way you will hurt from doing massage is if you have a pre-existing condition, or if you massage incorrectly. The common pains from massage are neck pain, thumb pain, wrist pain, and back soreness. Why does this happen? Why this class? What we are teaching is awareness and approach along with the mechanics specific to your body type.

Seated Massage - Covered topics include being creative in the seated massage, massaging each area of the body with several different techniques, applying depth comfortable and without pain, approaches to massage in a regular chair, and some discussion of the business side of seated massage.



Judith DeLany from Florida will be teaching a 12 CEU neuromuscular class entitled “When Good Shoulders Go Bad”. Class Description: When a joint presents with a high degree of mobility, instability is an associated factor. The shoulder is one of the most mobile joints in the body and an array of complications can result from poor habits of use, strain and trauma.

This course will explore the complex makeup of the shoulder joint and a variety of associated dysfunctions, syndromes, and surgeries. We will also look at how some habitual sport movements alter the shoulder forever. We

will consider the primary glenohumeral joint muscles that cause shoulder pain and dysfunction with detailed anatomy support. A step-by-step treatment protocol will be demonstrated (supine, side lying, prone) and a directed trade will help you to master the techniques and strategies for improving shoulder health.

Full registration includes hotel room with a roommate at the Sunday River Jordan Hotel, 5 meals, and up to 15 credit hours of continuing education for the AMTA member price of \$265, AMTA student \$200, and Non-member \$365. Other registration types are available.

Registration Link:

<https://www.regonline.com/2018annualretreat>

Important Registration Information

Full Registration (hotel, meals, and classes) Will Close on September 21.

After that date (Between Sept 22 and Oct 12) you will be able to register for meals and classes only, and you will have to make your own hotel arrangements by calling the Jordan Hotel at 800-543-2754 and giving the CL# 85u6rm to receive the AMTA discounted room rate (if they have rooms left).

Scholarships to the Our October Retreat:

There are two scholarships available for the retreat. One for a member and one for a student. Each is for a first time participant to our fall retreat. The scholarships cover registration, room and board. To apply for a scholarship please write an essay about yourself, what massage means to you, and why you want to attend the retreat. Email your essay to any member of the board. The deadline for applications has been extended to August 20th. Each scholarship winner must write up their retreat experience for inclusion in the chapter newsletter and must agree to volunteer for the chapter on a committee for at least one year.

**Annual Meeting Sunday April 7, 2019 Augusta Civic Center, Augusta
Annual Meeting Sunday March 29, 2020 Ramada Hotel, Lewiston**

10. Other AMTA EVENTS

2018 National AMTA-Convention, August 9-11

Marriott Wardman Park Hotel
2660 Woodley Rd NW
Washington, DC 20008



To check out the AMTA National Convention use this link:

<https://www.amtamassage.org/education/AMTA-National-Convention.html?src=navdropdown>

11. Member Training Links

AMTA requires 12 credits, including 2 credits in Ethics, every two years, plus Basic Life Support taught with American Heart Association curriculum.

Announcements of trainings will be posted and most up-to-date on our Facebook page and Web-site, with links to registration. Professional members and member schools are welcome to send there information on post graduate trainings they are presenting to Kara for posting. (Your other announcement will go in the general announcement section earlier in the newsletter.) Reports from trainings will be included in the newsletter. The newsletter will ultimately have links to all of these resources. We are working to streamline and link our AMTA, Maine Chapter Communication system. If you have ideas or expertise in this arena, please join us!

Craniosacral Therapy Alliance CST Education and Training Rochester, New Hampshire *Offering a complete curriculum of beginning through advanced CST training leading to CP certification*

*Upcoming Classes With Don Ash, PT, CSTA-CP
in Rochester, New Hampshire:*

September 21-23 - CST Basic Elements 1
"Rhythm and Dural Tube" 18 CEUs \$498

October 19-21 - Somato-Emotional Elements 1
"Listening to the Body" 18 CEUs \$498

October 26-28 - CST Basic Elements 2
"The Cranium" 18 CEUs \$498

*and in Dover, New Hampshire October 13-14:
The 8th Annual CST Retreat
All Levels Welcome! \$198, 12 NCBTMB CEUs*

**August 5-8 "CADD" Class at Star Island
Advanced CST Practitioners Welcome**

*We welcome all students from any
program to join our curriculum.*

Discover the difference at the CSTA!

EXPAND Your Practice With CST!

*Begin bringing CST into your
practice in just three days!*

Register or learn more at
CSTAlliance.com

 **Facebook "CSTAlliance"**
NCBTMB #451232-10 • 603-948-2820

12. Facebook Update

We have fielded questions from Facebook, and answered them privately and within this newsletter. If your questions have not been answered, please try again. We will do our best to answer them as soon as possible. The question on oils will be answered in the next newsletter.

amta members and member schools may post upcoming trainings on our FB page. Please submit directly to the FB Admin. We aim to keep the page and questions as up to date as possible. We have a learning curve, so please offer suggestions or volunteer if you have skills that we do not.

Chapter facebook link:

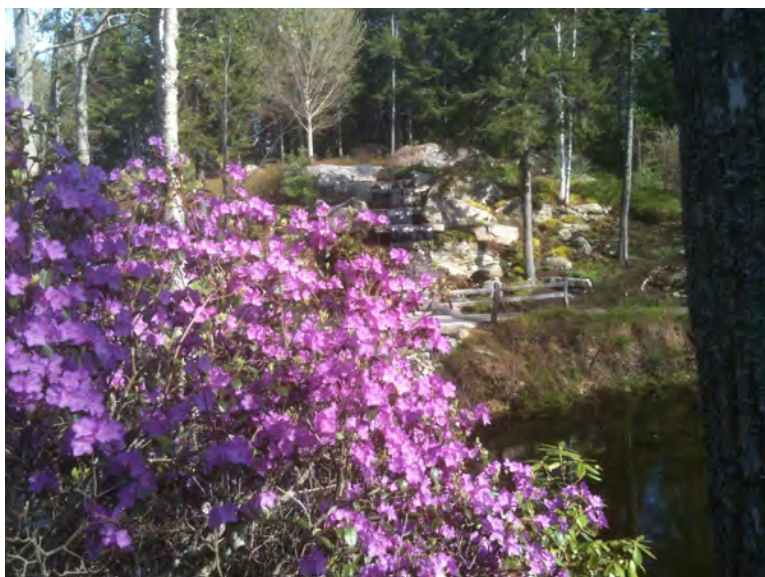
<https://www.facebook.com/AMTA-Maine-Chapter-58514009956/https://www.facebook.com/AMTA-Maine-Chapter-58514009956/>

13. Website

We try to update the website once a week with board meeting minutes, event announcements, education registration links, and other important information.

A volunteer is needed to edit our website.

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



See the beauty of Maine Photo by Anita DeVito at Maine Quilts

14. Government Relations Update

The last meeting was held Sunday July 22, 2018 at Panera Breads at 759 Turner St in Auburn. 10-12. Contact a committee member for more information. **Contact information for chapter volunteers is attached to the newsletter.**

The GRC is working to expand the definition of Massage in the state law to

including the following words: Massage, bodywork, myotherapist, body therapy, massage practitioner, massage therapist, massage therapy, massage technician (more research and discussion needed), massagist, masseur, masseuse, myotherapy, touch therapist, body work, body therapy, body therapist

The committee will be contracting with a lobbyist to assist with this and to help do research. They will also apply for a grant next year to help pay for the lobbyist.

GRC will send out a survey to all Maine massage therapists to gather information on how they would feel about (1) having continuing education required for license renewal and (2) adding a second level of licensing that would require more training for medical massage and insurance billing. Look for your survey to come in the mail, complete it, and return it to the GRC. Your opinion is important.

What the Committee Hopes to Accomplish by Wendy Decker:

We want to see the word "massage" protected in the massage law again, as well as prohibit the use of the term and its subdivisions e.g. bodywork, by those not licensed and who do not have massage within their scope of practice. We want to make massage as safe as possible for the consumer, so that they will be less likely to run into untrained massage practitioners and human trafficking. We want the law to discourage the use of the term "massage" by untrained practitioners. Once this happens at least for massage, thereby making massage less risky for those consumers who have health conditions that may be contraindicated for massage.

We want LMTs to be recognized as healthcare practitioners to prevent us from being taxed as a service in the future, and to bring our field into the health care arena, so that we are recognized as such. It would be step one of getting massage to be covered by insurance at some point in the future.

We are interested in the future development of a two-tier licensing system so that massage can eventually be covered by insurance for qualified LMTs. It makes sense that only LMTs with proper education do "medical" type massage.

We want to find out why the Massage Board was disbanded. We must explore what benefits would be to reinstate it, or see if there are benefits to being under the Complementary Health Care Board, and whether they are open to our joining them. This Board includes acupuncturists and chiropractors.

We want to help the proposed bill(s) go through the legislature by writing position papers and being present for public hearings and supporting other LMTs doing the same.

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

[Visit the Maine Mountains photo by Anita DeVito - Maine Quilts](#)

15. Questions & Concerns: Member Questions Answered

Question 1

Are we required by Maine law to keep soap notes? If a lawyer ask for notes for an insurance claim can I charge the lawyer for my time to produce the notes?

While there is no legal requirement for massage therapists to keep soap notes, it is the best practice to keep detailed and dated soap notes. Alex Rheault adds: "All medical, psychological, and other treatment practitioners, use some form of records/correspondences, and these are invaluable for the

future of our work. As a practitioner, soap notes and a journal help me consider my growth and practice, how techniques are effective, when, where, and even why. " (Alex will be doing a piece on soap notes for a future newsletter.)

The state law governing massage therapy was attached to the last newsletter and can be found on the chapter website. (see link at the top of the newsletter.)

Activities such as these are usually done as a courtesy. As a professional, you can certainly charge for your time but you may never receive payment.

If you haven't kept soap notes, then the notes you create would be from memory, and would be questionable. If you keep soap notes you simply have to copy them.

[Visit the Maine mountains - photo - Anita DeVito Maine Quilts](#)



Question 2:

Can we legally use CBD oil in massage sessions in the state of Maine? Does it make a difference if it is hemp or marijuana based?

The Maine law does not specify anything about the types of oil or lotions that may or may not be used. Then if you are using a product that is legal to have or own, you have acquired it legally, and the client is in agreement with its use, it is legal.

However, in this case the answer is **No**. At the present time, the Maine state marijuana law allows for the private ownership and usage of marijuana products. They may **not** be used in a business. So, therefore, you may not obtain them and use them at/in your place of business.

If you do a home visit to a client who has legally obtained the products, and they request their usage, then this is a gray area. In this case, you would need to decide how to act based on your business model. If one always does home visits and this is their major practice, then they may not want to use the product offered. If it is a one-time thing, then maybe, you decide.

Question 3:

I am a massage therapist in Maine and I'm looking into becoming certified in IASTM (Instrument Assisted Soft Tissue Mobilization) with Hawkgrrips, and also checking on my liability insurance options. So, I know some insurances don't cover things like cupping, but will cover IASTM treatment as long as it is within the scope of practice of massage therapy within your state. I checked with the state of Maine office of massage therapy and they told me I had to read through all the rules and laws to find an answer. Do you have any information about IASTM being within the scope of massage therapy practice in Maine?

Reading the definition in the Maine law: "Massage therapy" means a scientific or skillful manipulation of soft tissue for therapeutic or remedial purposes, specifically for improving muscle tone and circulation and promoting health and physical well-being. *The term includes, but is not limited to, manual and mechanical procedures for the purpose of treating soft tissue only*, the use of supplementary aids such as rubbing alcohol, liniments, oils, antiseptics, powders, herbal preparations, creams or lotions, procedures such as oil rubs, salt glows and hot or cold packs or other similar procedures or preparations commonly used in this practice.

According to the definition of Massage therapy in the law IASTM would be within the scope of practice.

We have asked the AMTA if this is covered by the AMTA insurance and as yet have not heard back.

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

Browntail Moth Rash (reprinted from UMaine extension service)

The browntail moth is an invasive species found only on the coast of Maine and Cape Cod. This moth is an insect of both forest and human health concern.



The browntail moth caterpillar has tiny poisonous hairs that cause dermatitis similar to poison ivy on sensitive individuals. People may develop dermatitis from direct contact with the caterpillar or indirectly from contact with airborne hairs. The hairs become airborne from either being dislodged from the living or dead caterpillar or they come from cast skins with the caterpillar molts. Most people affected by the hairs develop a localized rash that will last for a few hours up to several days. On some sensitive individuals the rash can be severe and last for several weeks.



The rash results from both a chemical reaction to a toxin in the hairs and a physical irritation as the barbed hairs become embedded in the skin. Respiratory distress from inhaling the hairs can be serious.

Caterpillars are active from April to late June. Hairs remain toxic throughout the summer but get washed into the soil and are less of a problem over time.

For some, Over-the-counter (OTC) lotions and oral antihistamines may do the trick while others prefer the direct approach of getting a prescription. For severe reactions, or if you have trouble breathing, contact your doctor to develop an immediate plan of action.

OTC Medications commonly used to temporarily relieve itching: Calamine lotion, Benadryl spray, and Hydrocortisone Cream.

Some people have reported excellent results by applying tea tree oil on the rash. Acupuncture is also an excellent way to treat skin conditions.

18. Self-Care

Each newsletter we will strive to have a particular focus on self-care. Send in your ideas to share with our members.

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 with a few minutes to spare to update our website once a week. Please contact Kara or Anita.

Volunteers are needed for our **Sports Team** as it begins to participate in events all around the state.

Writers 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:** our 75th Anniversary and our 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 from northern 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:

The owners of the Desert of Maine are offering all Maine AMTA members a 20% discount this summer.

VistaPrint gives all members a 25% discount on purchases.



Desert of Maine Coupon

Present your AMTA membership card to receive a 20% discount off the regular admission price.

Good through Oct 2018.

*Only 2 miles off I-295 Take Exit 20, Turn West to Dead End
95 Desert Rd. Freeport, Me. 04032
Tel. (207) 865-6962
<http://www.desertofmaine.com>*

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!



Photo by Alex Rheault, Creativity

Not One-Size Fits All

A reflection by Alex Rheault, LMT, July 2018

Pre-conceptions about bodywork, massage, and touch lead to misunderstandings about how and when some techniques should be administered, combined, or avoided all together. Cultural values may be slow to translate, so treatment cannot be not one-size fits all. Often social beliefs or personal squeamishness misinform how we hold space for the tremendous benefits available to us.

Last year, I took a day-long course in Thai Cupping and Scraping here in Maine with an astute and experienced practitioner of Thai Massage and other techniques. Cupping is trendy among visible athletes like swimmer Michael Phelps, who even parade the resulting red circles like trophies. Cupping is a treatment the

practitioner deems appropriate for specific conditions, and should not be offered on a menu of services like Swedish or Hot Stones treatment.

As therapists, we should always encourage clients to discuss the methodologies that best suit the condition they seek to have treated. The practitioner-client relationship is collaborative; I find spending time educating my clients during intake before each session is as important as therapeutic bodywork. I must establish, develop and maintain trust with clients, and discover how their body, condition, or needs change week-to-week, month-to-month.

I help the client relax while we talk, slowing down to listen, taking time to make good notes, and follow up after the session with client feedback, asking them to describe what they notice. This in turn becomes informative, helps them develop awareness and empowers them in their work with me. The extra time is something I offer every time I work with clients, and the listening is likely something they will treasure as well.

I refer to my work as therapeutic bodywork so clients may have open associations with the work. Techniques I utilize must be selected carefully, to serve the specific needs of an individual rather than follow standard or assumed choreography or common perception. Clients seeking deep tissue as a session soon learn that other forms of therapeutic touch may have deeper and more lasting results than simply elbows or “hard” pressure.

I remain an unconditional facilitator of touch. I work to achieve a balance between what I provide and what a client might need. I encourage clients to connect with their own inner healing. Many of us work to change the bias against massage techniques especially work that addresses energy, that seem woo-woo or out-there. I use layman’s anatomy, developing easy-to-grasp explanations and indications of the techniques we apply. I always encourage more questions during intake, the session itself, and after.



Ruggles Mine photo by Alex Rheault
routine.

Sessions with clients, continuing education, trades with colleagues, and further research are some of the ways I can routinely upgrade my ability to work, define, and challenge my limits. I remain open to the new information that comes my way daily, and try not to pigeon hole the profession, my practice, or how clients experience work.

I take time to describe differences between cupping and scraping, neuromuscular and Reiki, or Cranioscaral and traditional Swedish techniques. I help clients understand basic anatomy and how these function in the body. Cupping and scraping are very specific treatments a practitioner will suggest if the client is willing. These two in particular should be administered by a practitioner who is well-trained and familiar, and be aware that not all insurance companies cover some modalities. Clients might feel inclined “order up” something like cupping, which has become popular. My instructor advised emphatically that cupping and scraping are to be used with caution, and for treatment of specific injury, and not as some kind of all-over

Cupping and scraping should be used sparingly and applied by someone who has training, experience, and expertise. The red welts that appear are a result of the breaking of capillaries in cupping by suction and scraping by working a tool over the skin with a strong pressure. Areas that show red are considered to be releasing toxins. These treatments require a day or two of rest, as they bring a sense of wellbeing and euphoria at first, but as toxins are expelled in the blood and lymph, the body experiences more soreness, fatigue, and flu-like symptoms which vary in people.

In a training setting, I subjected myself as a willing demonstration model and paired up with other participants. This required certain levels of trust, which the instructor took seriously and made space for us to develop as a group. Our bond with a bodyworker is based on trust and grows.

I can add or offer something new to enhance a session with the *willingness of an informed client*. I always educate clients in the basic anatomy associated with a modality and indications the technique offers. I monitor process and results carefully, working with my client's needs and changes. This is how we can safely and respectfully evolve, growing a practice we could not have imagined.

23. Newsletter Deadlines, Disclaimer, Contact Information

Deadline for submissions to the next newsletter is September 1, 2018 ?

Pictures 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 Seikman,

mastersk28@gmail.com -

**Drawing by Alex
Rheault, Rest**

