



Alabama Kneads

AMTA-AL CHAPTER NEWSLETTER

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INSIDE THIS ISSUE :

From the beginning, active AMTA members had to meet certain criteria for admittance to the association. In the late 1970s, AMTA's qualifications for Massage Therapist and Registered Massage Therapist membership were toughened.

Following up on its desire to distinguish areas of professionalism, sports massage certification was established in 1985.

However, as the profession evolved and became more accepted, the association decided the sports massage team designation was no longer fulfilling its original intent. It was discontinued by the end of the 90s.

[More AMTA History](#)

2014 Annual Convention Birmingham, Alabama

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Registration for annual convention and MORE

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WESBITE CHANGES AND MEMBER SURVEYS

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AMTA-AL Chapter's mission is to advance the profession of massage therapy and educate the community on the benefits of massage therapy. We offer members opportunities to earn continuing education hours. We send members three newsletters a year and hold an annual community-building event. Members can find recent news and upcoming events on our website.

AL-CHAPTER BOARD OF DIRECTORS

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LaDonna Ward
256-962-0149

Ladonna.amta@yahoo.com

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Heather Harris
251-767-5706

hlhamta@yahoo.com

Second Vice President

Roxanne Castille
205-914-6260

castille@massageitworks.net

Third Vice President

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205-821-0911

taylorbrm2@aol.com

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256-590-6689

Kristiej.williams@gmail.com

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205-655-2193

joganics@msn.com

BOD at Large Place 1

Sharon Bryant
256-603-4596

Sharonb@hiwaay.net

BOD at Large Place 2

Paul Wolff
205-568-3108

pwollffer@yahoo.com



AMTA—Alabama Chapter Committee Chairs & Social Liaisons

Education

Krissy Warren
205-490-5211
kmwarren78@yahoo.com

Government Relations

Ron Joganic
205-655-2193
joganics@msn.com

History

Rebecca Overstreet
205-200-4130
Becca.overstreet@live.com

Newsletter

Kristie Williams
256-590-6689
Kristiej.williams@gmail.com

Event Coordinator

Cynthia Taylor
205-821-0911
taylorbrm2@aol.com

MRT Coordinator

Liz Mawhinney
205-540-2438
theinnerbliss@aol.com

SE Social Liaison

Anna Rickabaugh
334-750-6522
annasrickabaugh@yahoo.com

Membership

Heather Harris
hlhamtamassage@yahoo.com
Sharon Bryant
Sharonb@hiwaay.net

Social Media

Sharon Bryant
sharonb@hiwaay.net
David Findlayson
findlyason@aroma.com



Advertise HERE!
Or on our website!

This newsletter is published quarterly by the Alabama Chapter of the AMTA, a non-profit professional organization of licensed massage therapists and students preparing for licensure.

Alabama Kneads welcomes contributions from our readers. Information for publication must be submitted on disk or email. Copyright material must be accompanied with a release from its holder.

All advertisements must be prepaid. All advertisements must be in standard format (word, jpg or tif), emailed to the above address. Please make check payable to AMTA-AL Chapter.

Submission Deadlines

2/10, 5/10, 8/10, 11/10

The Alabama Chapter reserves the right to edit materials for clarification and where appropriate for space, accept or reject materials and assumes no responsibility for errors, omissions, corrections or modification in publication. The opinions contained in this publication do not necessarily reflect those of the staff or of this publication, AMTA or the AL Chapter.

Website: WWW.AMTA-ALCHAPTER.ORG

Email: kristiej.williams@gmail.com

Business Card	2 x 3 1/2	\$25
1/4 Page	3 1/2 x 4 1/2	\$40
1/2 Page	4 1/2 x 7 1/2	\$55
Full Page	7 1/2 x 10	\$75
Classified	25 words or less Free to AMTA members	

STATE AND NATIONAL CONTACTS

Alabama Board of Massage

2777 Zelda Road
Montgomery, Alabama 36106
(334)420-7233 or (866)873-4664
Fax (334)263-6115
www.almtbd.state.al.us

AMTA National

500 Davis Street, 9th Floor
Evanston, IL 60201
(847)864-0123
Fax (847)864-1178
<http://www.amtamassage.org>

A WORD FROM OUR CHAPTER PRESIDENT

When the world gives you lemons;
make lemonade!!

Why not have positive attitudes? Have you ever been around a Debbie Downer? If so, you know that those types of attitudes affect even the smallest of situations, making it negative to experience. I feel like, if you look and hope for the best outcome to happen, it will.

I would like to share how pleased I am to see the response from the plea email I sent in January to our members. If you didn't get it or didn't open that one, please know that when you renew your membership there is a new contribution option for the Alabama Chapter. This has been placed there because the \$20 chapter fee is no longer mandatory. I urge you; please contribute this small chapter fee that will allow us to carry on in a manner that will be productive for YOU as a member. When the AMTA National Board of Directors decided to make chapter fees an optional contribution, there were several states that couldn't imagine functioning without these fees for their chapter's budget.

I decided to let our higher power have it. I believe in people! Being an educator in our wonderful field of massage therapy, I have found that therapists who last for more than a year or two are the ones that are supposed to be in our profession. With sincerity and kindness in your heart, that's what makes therapists a special breed. Being a member allows you to see

what the AMTA stands for in the Massage Therapy World. I have personally always been extremely proud to share with others why I am part of such a wonderful association.

If you are unsure what the American Massage Therapy Association stands for, please familiarize yourself by visiting the website, www.amtamassage.org, joining the camaraderie with other therapists by attending a massage mingle in your area, or getting together a community event with other massage therapists in your town. Our state conventions and conferences are very exciting and informative; they are designed for networking, education and growth for your chapter. Join us and see how the AMTA-Alabama chapter is working hard for you.

Hope to see you in Birmingham May 2-4, 2014 for our Annual Convention. Look inside this newsletter for all the details. And please watch for, open and read your AMTA – AL Chapter emails. You don't want to miss what we're trying to share. We don't want to waste your time with unnecessary correspondence. I believe our emails are always cool and informative.

Have a FANTASTIC SPRING!!!
LaDonna Ward

Discounts on Vista Print, FREE WEBSITE, Health Care RX Discount Card, Massage Warehouse Discounts, T-Mobile Discounts and MUCH MORE!
All for just being a **Member of AMTA!** [Check it out NOW](#)



Susan G. Salvo, B. Ed., LMT, N.T.S, C.I. - Nationally Certified, State Licensed Massage Therapist, and Natural Therapeutic Specialist. In 1982, she completed a 1000 hour program at New Mexico School of Natural Therapeutics. Ms. Salvo's training includes: polarity, infant massage instructor, myotherapy, Trager, hakomi, reflexology, sports massage, craniosacral therapy, neuromuscular therapy, body mobilization techniques, spa specialist, and watsu. She has studied under many talented people including Bonnie Prudden, Ben Benjamin, David Lauterstein, Bob King, Benny Vaughn, Aaron Mattes, Ruth Werner, Maria Mathias, and Harold Dull.

She owns and operates Bodyworks Massage Therapy by Susan Salvo and Associates which she founded in Lake Charles, Louisiana in 1983. In 1987, Ms Salvo opened the Louisiana Institute of Massage Therapy in Lake Charles, which is a premiere massage school. Ms. Salvo is a charter member of the Louisiana Chapter of the American Massage Therapy Association. In 1987, she founded the Louisiana AMTA sports massage team, which is still active today.

Over the span of her career, Ms. Salvo has been honored with numerous awards. In 1989, she was honored with the American Massage Therapy Association's Member of the Year award and, in 2003, with their Lifetime Achievement Award. In 1995, Louisiana Governor Edwin W. Edwards presented Ms Salvo with the Pacesetter Award for business achievement. Later that year, she was honored with the title, Business Person of the Year by the American Business Women's Association. The following year, she received the 1996 State Small Business Person of the Year Award from Louisiana Governor Murphy J. "Mike" Foster, and the first Eagle Award for Business Achievement by the Calcasieu Parish Police Jury. In 1997 the Times of Lake Charles featured her as one of "Forty Under Forty" for outstanding achievement among local young people.

Ms. Salvo is a nationally known author, having written *Massage Therapy: Principles and Practice* and *Mosby's Guide to Pathology for the Massage Therapist*, both published by Elsevier. Ms. Salvo has participated with the National Certification Board of Therapeutic Massage and Bodywork as a member of their test item writing committee and with the Federation of State Massage Therapy Boards as a member of their standard setting team. She has contributed a chapter "Geriatric Massage" for *Modalities for Massage and Bodywork* published by Elsevier. For the text *Teaching Massage*, produced by the Associated Bodywork Massage Professionals, she contributed the chapter entitled "Teaching Massage to Students with Special Needs" published by Lippincott, Williams, and Wilkins. Salvo co-authored a chapter entitled "The Atlas of Massage" for *Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns, and Stretching* published by Elsevier. Ms Salvo is one of the featured experts interviewed in the documentary film, *History of Massage Therapy in the United States* released in 2007. Ms. Salvo has been instructing adult learners since 1983. She holds associate in history degree and a baccalaureate degree in education from McNeese State University, where she is currently working on her Master of Science degree in Educational Leadership and Instructional Technology. Ms. Salvo is the director of the Louisiana Institute of Massage Therapy. She is a well-known and talented instructor, who guest lectures at massage schools, hospitals, and universities across the country.

AMTA-AL 2014 Spring Annual Convention with Susan Salvo

Who: Everyone! (You don't have to be an AMTA member)

When: May 2nd - May 4th, 2014

Where: [Hyatt Regency Birmingham-Wynfrey Hotel](#), 1000 Riverchase Galleria, Birmingham, AL

Individual reservations need to be by April 1st to receive the Group Rate. The Group Code for reservations is : AMTA

Rooms are \$129.00/Night and can be upgraded for \$149.00

NCBTMB Approved Provider #451735-11—SUSAN SALVO— 16 CEs

COST: AMTA \$20/hr NON AMTA \$25/Hr. \$50 Deposit required to hold your classes

See pages 6-8 for schedule, class description and registration information

We will also be holding annual elections for various positions on the AMTA-AL board so if you are interested in running for a position, let us know.

The positions that will be up for election are President, 2nd Vice President, Secretary, and Board Of Director - Member at Large #2.

Please see the Requirements for Board and Delegate Positions on our website to determine if you are eligible to run for a position.

[Requirements for Board Positions](#)

Registration is first come, first served and we expect these classes to fill fast. Your registration will be reserved on receipt of a deposit or payment in full.

Schedule:

See Page 7 for Detailed Class descriptions

TMJ Massage (4 CEs)

Advanced Neuromuscular Techniques (8 CEs)

Massage for Special Populations (4 CEs)

Friday, May 2nd, 12:30pm - Check-in for TMJ Massage

Friday, May 2nd, 1 - 5pm - TMJ Massage

Friday, May 2nd, 6:30pm - Massage Mingle

Saturday, May 3rd, 7:30am - Check-in for Advanced Neuromuscular Techniques

Saturday, May 3rd, 8am - 12pm - Advanced Neuromuscular Techniques *

Saturday, May 3rd, 12pm - 2pm - Member Meeting, Luncheon (non-members are welcome!) & Elections

Saturday, May 3rd, 2pm - 6pm - Advanced Neuromuscular Techniques*

Sunday, May 4th, 7:30am - Check-in for Massage for Special Populations

Sunday, May 4th, 8am - 12am - Massage for Special Populations

* You must attend both sessions of Advanced Neuromuscular Techniques for CE credit

***Send in your deposit along with the registration form
found on Page 8***

[CLICK HERE](#) FOR ONLINE REGISTRATION!

Class Descriptions

TMJ MASSAGE – Do your clients have TMJ disorders? Statistics indicate that it affects 35 million people in the United States and 90% are women. Learn the causes, sign, symptoms, and simple yet effective techniques that can help clients become more pain-free who have this condition. Susan blends massage therapy with neuromuscular, craniosacral, and Trager with traditional massage techniques into one fantastic routine.

ADVANCED NMT-is an educational approach to massage therapy and bodywork. During the workshop, you will learn a series of passive body movements designed to interrupt your client's dysfunctional patterns. Clients report that sessions increase their range-of-motion, decrease pain, and are deeply relaxing. This work is gentle enough for children and elderly, non-invasive enough for clients struggling with psychosocial issues such as anxiety and PTSD, and ideal for clients in rehabilitation or in wellness programs. It is portable and practical, does not require special equipment, and clients can remain clothed. This method can be combined with other massage techniques or applied exclusively in a session. Based on principles of neuroplasticity and educational psychology, Susan will show you how to revolutionize your treatment protocols and improve therapeutic outcomes.

MASSAGE FOR SPECIAL POPULATIONS: PREGNANCY, ELDERLY, & CANCER PATIENTS – As therapists, we serve a diverse clientele such as individuals who are pregnant, are elderly, or who have cancer. Each population has their own unique set of treatment considerations. This course will provide you with the latest information on how to provide health assessments, screen clients for complications, and how to modify massage for special populations. Special emphasis will be placed on formulating client -centered & condition-appropriate treatment plans.

Registration for 2014 AMTA-AL Spring Convention

Please check all classes and events that you plan to attend

- _____ TMJ Massage (4 CEs) – Friday, 5/2/14 @ 1pm
_____ Massage Mingle – Friday, 5/2/14 @6:30pm
_____ Advanced Neuromuscular Massage (8 CEs) – Saturday, 5/3/14
_____ 8am-12pm and 2pm – 6pm
_____ Member Meeting, Luncheon (non-members are welcome) & Elections
_____ Massage for Special Populations (4 CEs) – Sunday, 5/4/14 8am – 12pm

Name: _____

Address: _____

Email: _____

Telephone: _____

AMTA Members	Non-AMTA Members
Total Hours: _____	Total Hours: _____
Total Due: _____ (Total Hours X \$20)	Total Due: _____ (Total Hours X \$25)
Total Paid: _____ (Deposit \$50 or Balance)	Total Paid: _____ (Deposit \$50 or Balance)
Owed: _____ (Total Due – Total Paid)	Owed: _____ (Total Due – Total Paid)

Mail this form and a check payable to AMTA-AL Chapter to

Paul Wolff
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CranioSacral Therapy 1 (CS1)

Jackson, MS	Jun 5-8, 2014
Atlanta, GA	Jul 10-13, 2014
Birmingham, AL	Aug 14-17, 2014
New Orleans, LA	Sep 18-21, 2014

CranioSacral Therapy 2 (CS2)

Tampa Bay, FL	Jun 5-8, 2014
Birmingham, AL	Aug 7-10, 2014
Lexington, KY	Sep 18-21, 2014
Atlanta, GA	Dec 4-7, 2014

SomatoEmotional Release 1 (SER1)

Austin, TX	Aug 14-17, 2014
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CranioSacral Therapy for Pediatrics 1 (CSP1)

Dallas/Ft. Worth, TX	Jul 10-13, 2014
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Additional dates and locations at Upledger.com

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International**

Have you renewed your AMTA Membership for 2014?

Refer a Friend and get \$20.00 when they sign up!

Visit www.amtamassage.org for more information

STAY CONNECTED USING OUR CHAPTER WEBSITE!



Our chapter is working hard to keep you informed! We have made

several changes to our website over the past year! There are lots of new and exciting ways to stay connected throughout our state! We would like for you to take some time as a chapter member to get familiar with our site. When new

members are added to the chapter, we recognize them on the new site. We also recognize those members who celebrate milestones with AMTA. We would like to make all of our members feel welcome and appreciated!

HOW TO NAVIGATE THROUGH THE NEW SITE

Looking for a job or looking to hire?

We now have a [JOB BANK](#) on the site!

Wanting to know what awesome CE class we are offering next? Click the [EVENTS](#) Tab

Looking for ways to volunteer in our chapter? Click the [volunteer opportunities](#) link

Want to find out about our mingles? Click the [events](#) tab

Want to ask the board questions?

Click the [contact us](#) tab



*Stay connected,
ask questions,
get informed and
be involved!
Let's all strive
to make our
chapter grow!*

[Update your information on the National Site so we can be sure you are in our system!](#)

AMTA-AL CHAPTER T-Shirts

\$15.00/EACH

CONTACT SHARON BRYANT

256-603-4596

SHARONB@HIWAAY.NET

Check your email spam
folders!

We have started a new
Email program for contacting
Members!



Alabama Board of

Massage Therapy

Check out the new site for licensee information, renewal, establishment licensing, rules and regulations, contact the board and MUCH MORE!

Alabama Board of Massage [Website!](#)

[View the State Board Calendar of Events](#)

[Download /print forms directly from the site](#)

[Review board meeting minutes!](#)

Alabama State licensing board now recognizes the MBLEX exam. [Click here](#) for more information

As of January 1, 2013 there is not a renewal of your National Certification. For more information on this, please visit the [NCBTMB](#) website.



Alabama Kneads
2024 Main Ave SW Ste A
Cullman, AL 35055

Upcoming Meetings:

**Annual Convention!
Birmingham AL May 2-4
DETAILS INSIDE!!**

August 2, 2014 Board Meeting

**November 1&2 Fall/Winter
Chapter Conference
Details TBA**