



Summer 2016

AMTA-CO Fall Educational and Meeting September 17 & 18, 2016 Community Center — Glenwood Springs

Anatomy Trains® for Manual Therapists

One short course. . . long-lasting results for you!

A revolutionary map with practical results! **Anatomy Trains®** Myofascial Meridian intensives transform your view of myofascial anatomy and expand your ability to assess postural and movement patterns, and to create lasting fascial change with your hands.

Anatomy Trains offers skills that hands-on therapists, regardless of their modality, can use to see their clients more clearly, and work more effectively.

Anatomy Trains moves beyond the familiar mechanical actions of muscles to the integrative relational connections of real-life functional movement. Use this holistic map to analyze soft-tissue patterns, and develop strategies for unwinding these patterns via fascial and myofascial work.

Course Objectives:

- Understand basic properties and connected nature of fascia in posture and movement.
- Gain a succinct and relevant introduction to the connective tissue, and fascial planes
- Be able to identify and trace the 12 fascial meridians along which movement, tension, and postural distortion travel
- Be able to BodyRead™ postural patterns based on analysis of **Anatomy Trains** lines
- Apply knowledge to construct a bodywork session appropriate to each client's pattern

Continued on Page 4

AMTA-CO Chapter Board & Committee Chairs

Message Line: 970-208-1610

President

Tami Schumacher, LMT (303) 981-4150
president@co.amtamassage.org

Secretary

Nancy Specian, LMT (720) 231-6477
secretary@co.amtamassage.org

1st Vice President / Communications

Seumas Rhea, LMT (719) 671-5284
communications@co.amtamassage.org

2nd Vice President / Membership

Jaime Smith, LMT (719) 575-9223
membership@co.amtamassage.org

3rd Vice President / Government Relations

Christen Cutter, LMT (720) 612-3857
govrelations@co.amtamassage.org

Treasurer

Shelly Cox, LMT (719) 205-7933
treasurer@co.amtamassage.org

Director of Education

Troy Lavigne, LMT (303) 995-4398
education@co.amtamassage.org

CSMT

Seumas Rhea, LMT (719) 671-5284
csmt@co.amtamassage.org

ESMT Director

Jessica Narkevitz, LMT (206) 334-5876
sportsmassage@co.amtamassage.org

AMTA-CO 2015 Delegates

Seumas Rhea, LMT	(719) 671-5284
Andy Kissick, LMT	(719) 390-1307
Val Webb, LMT	(720) 470-4808
Byron Thomas, LMT	(303) 242-6659
Nikki Schmidt, LMT	(970) 215-7027



To advertise in The Massage Therapist, newsletter of the AMTA Colorado Chapter, please refer to the website (www.co.amtamassage.org) or call 970-208-1610

www.co.amtamassage.org

<http://www.facebook.com/AMTAColorado>

To receive a printed newsletter, send an email to

info@co.amtamassage.org

and one will be mailed to you.

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I'm very excited to have been elected the Colorado AMTA President and look forward to serving you and our state. It's such a pleasure to be on our Chapter Board and know that we are doing great things in this state for our members. Please know that I'm available if you ever have any concerns or need more information regarding our chapter. Our board has many wonderful ideas and thoughts moving forward the next two years, and I hope you will take advantage of the many opportunities we provide you. Here's just a quick recap of what's been going on with the chapter lately.

Our Spring education and meeting were exceptional! Many thanks to outgoing Director of Education, Shelly Cox, and her committee for putting together such great topics and presenters. For those unable to attend, we also swore in our new officers and thanked our outgoing ones. We welcomed: Troy Lavigne, new Director of Education; Jaime Smith, new 2nd VP/ Membership Chair; Val Webb and Byron Thomas, new Delegates; and welcomed back Nancy Specian serving her second term as Secretary. And we welcome back for the second year of their terms: Seumas Rhea, 1st VP/ Communications Chair, Delegate and CSMT Director; Christen Corvington, 3rd VP/Government Relations Chair. Shortly after the meeting, Shelly Cox was appointed to Chapter Treasurer, filling the void created when I was elected President. (One person can't serve as both President and Treasurer ☺).

I do want to let you know about two resignations we received since April. The first was from Sherri Brown, Delegate and past Election Coordinator. We thank her for her service last year and wish her the best in future endeavors. Her resignation as Delegate moved Andy Kissick from Alternate to Delegate.

The second was from our Event Sports Massage Team director, Jessica Narkevitz. She is in the process of moving back to Washington and undergoing some substantial changes in her personal life too -- congratulations on her engagement! We are grateful for all Jessica has done for the team and wish her all the best as she moves back to WA. Jessica also served as one of our Delegates and her resignation moves Nikki Schmidt from Alternate to Delegate.

Our entire board is busy moving forward with plans for many different events during the rest of the year and I know that you'll enjoy reading their articles about all the things they have planned.

From the upcoming Chapter Fall Education featuring Anatomy Trains to an active Government Relations committee, to schools visits and community service volunteer opportunities, this board has opportunities for members to take advantage of in many different areas! It is going to be an amazing year and I hope you will become more involved with our wonderful Chapter! Hope to see you soon.



President's Report
Tami Schumacher, LMT



Greetings, everyone! I hope you all have been enjoying a great summer.

Since our last newsletter, I'm happy to report that we've successfully introduced two new assets to our Chapter's Communications arsenal: our Member of the Month profile and our Instagram (amtacolorado) account. If you would like to nominate someone for Member of the Month, send me an email (communications@co.amtamassage.org) containing the nominee's name and your reasons for why they should be profiled. You could see your nominee across all of our social media platforms soon!



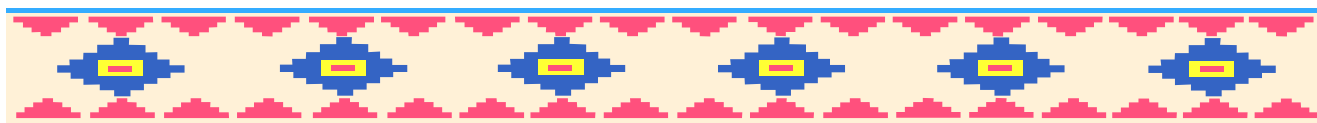
**1st VP /
Communications**
Seumas Rhea, LMT

AMTA-CO Fall Educational and Meeting, *continued*



Thadd Dudrey has been a structural body worker and massage therapist for over 15 years. He is an Advanced Board Certified Structural Integrator with both the Guild For Structural Integration and Kinesis. He is also trained in visceral/organ manipulation, neurological manipulation, functional neurology for bodywork, Spinal Reflex Analysis, Joint Mobilization, CranioSacral Therapy and advanced massage therapy. ▀

He is a Z-Health Practitioner, an instructor of Anatomy Trains for Kinesis, a teacher of the Franklin Method, a head instructor for Orthopedic Yoga teaching advanced manual muscle testing and Neuromuscular Re-Facilitation, and is a senior faculty member at the Massage Therapy Institute of Colorado where he teaches advanced studies. He also runs a busy practice in Denver and is the former head massage therapist for the Colorado Ballet.



Directions & Accommodations Community Center 100 Wulfsohn Rd. Glenwood Springs

Direction to the Community Center:

From Denver: Take I-70 West to CO-82 E in Glenwood Springs, Take exit 116 from I-70 W. Take Grant Ave. 7th St and Midland Ave. to Wulfsohn Rd. Arrive at Glenwood Springs Community Center.

From Grand Junction: Take I-70 East to Glenwood. Use exit 114 towards W. Glenwood. At the traffic circle take the 2nd exit onto Midland Ave. Turn right onto Wulfsohn Rd. . Arrive at Glenwood Springs Community Center.

Accommodations

Courtyard Glenwood Springs 970-947-1300

105 Wulfsohn Rd
Glenwood Springs, CO

Residence Inn Glenwood Springs 970-928-0900

125 Wulfsohn Rd
Glenwood Springs, CO 81601

Hotel Glenwood Springs 970-928-8188

52000 Two Rivers Plaza Rd
Glenwood Springs, CO 81601

Glenwood Springs Inn 1-800-543-5906

141 W 6th St
Glenwood Springs, CO 81601

Ramada Inn & Suites 970-945-2500

124 W 6th St
Glenwood Springs, CO 81601

Chapter Board Structure Changes

There is a saying that change is a sign of life, and our Chapter is alive!

As we begin to plan and prepare for 2017, our focus will be on some changes that will be occurring with the board structure of all AMTA chapters. In order to create a more consistent structure, all chapter boards will transition to a total of five (5) elected board members. This change will be phased in over the next two years beginning with our elections in 2017.

How will this affect our Chapter?

Our board will shift from a nine (9) person elected board to a five (5) person elected board. Positions will now include President, Secretary, Financial Administrator (formerly Treasurer) and two (2) Board Members (formerly vice presidents). The immediate past president position will be retired for all chapters.

This change will give us the opportunity to transform the volunteer opportunities in the chapter. We'll still need our valued volunteers to serve in committee chairs such as Communications, Government Relations, Education, and Western Unit. We can have as many volunteer committee leaders and members as we need depending on chapter activities and events, but we won't be tied to filling elected board positions, which has caused challenges for us in the past due to vacancies.



Immediate Past

President

Deb Hatch, LMT

Election chapter board members over the next two years will be as follows:

- 2017 election – phase one
 - Open positions for election for a two-year term: Board Member (1), Financial Administrator
 - Remaining officers (completing the second year of their terms): President (Tami Schumacher), Board Member (formerly 2nd VP) (Jaime Smith), Secretary (Nancy Specian), Director of Education (Troy Lavigne)
 - Our 2018 election – phase two
 - Open positions for election for a two-year term: President, Secretary, 1 Board Member
 - Remaining officers (elected in 2017): 1 Board Member, Financial Administrator
- Note: The titles of 1st, 2nd, 3rd VPs, Immediate Past President, Director of Education, Western Unit Chair will be removed from our Standing Rules, and Treasurer will be changed to Financial Administrator.*

While the structure and some of the titles may be changing, the focus of our Chapter remains the same: to serve members, community, and profession.

If you're interested in volunteering for the chapter in either an elected board position, committee chair, or member position, please contact Tami Schumacher at (303) 981-4150. We'll provide additional information about the roles and responsibilities of the positions as we get closer to beginning our election process.



CSMT

Seumas Rhea, LMT

CSMT: General. We would like to offer an additional CSMT Training opportunity to our membership this fall. In an effort to plan the logistics of the class, I would like to get an idea of how many of you would be interested in joining in on the camaraderie and volunteer opportunities that CSMT offers. Please email me (csmt@co.amtamassage.org) with your name and city and I will schedule the required training for the most convenient time for everyone.

CSMT: Community Outreach Division. Our CSMT Community Outreach Division has five events scheduled in various parts of the state over the next three months. Information regarding each event can be found on our Chapter website's Community Service Massage Team page (<http://co.amtamassage.org/community-service-massage-team>). **We need volunteers starting this month.** If you are a CSMT Community Outreach Team member, please check out the schedule and let me

know which event(s) you could participate in (csmt@co.amtamassage.org). ***Please Volunteer Now!!***

CSMT: Emergency Response Division. As we have discussed in previous communiqués, **all** CSMT Emergency Response Division members are now required to complete two additional training requirements per the LOA (Letter of Agreement) that National signed with the Red Cross. At this point in time, only a handful of our CSMT ER Division members have completed the necessary training requirements. This leaves us in a compromised situation should we be asked to deploy our team. If you would like to remain on our CSMT ER Division and have not yet completed the additional training requirements, please contact me (csmt@co.amtamassage.org) so we can discuss a timeline for you to complete the training and submit your certificates as required by National.

ADVERTISEMENT

<p>Fibromyalgia Scarring Surgical Trauma Allergies Soft-tissue Injuries Constipation Sinus Congestion Arthritis Stress Reduction Migraines Multiple Sclerosis Tinnitus Lymphedema Whiplash</p>	<p>Maximum client benefit with less effort.</p> <p>Manual Lymph Drainage (MLD)</p> <p>Manual Lymph Drainage (MLD) works with the lymphatic system rather than the muscular system so it requires less pressure. This technique provides huge benefits for numerous conditions by reducing associated swelling (edema), removing toxins, and improving oxygen and nutrient uptake at the cellular level. MLD benefits the immune system, expedites healing, calms the nervous system and is valuable for overall well-being. MLD can be used by itself or as an adjunct to your other techniques.</p> <p>Get certified with Klose Training.</p> <p>Yes, there are shorter MLD courses out there, but to be fully qualified, there is no short-cutting. Our 5½-day course is packed with critical information along with sufficient time to practice your strokes under the guidance of your supportive, highly-skilled and knowledgeable instructor.</p> <p>Boulder, CO September 19-24</p> <p>klosetraining.com/MLD · mld@klosetraining.com · 303-245-0333</p>
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The Fall Education course is filling up well, we currently have 28 members joining us, and we are looking forward to filling this course with more. I want to thank Shelly Cox (past education director) for putting this course together as it is easily one of the most influential and beneficial courses available to massage therapists today. We hope to see you all there.

The Spring 2017 Chapter Meeting is well on its way to being finalized and I am looking forward to introducing Nate Butryn once more as one of our teachers. The Spring Meeting will be held on April 22nd and 23rd though the location is TBD.



Education

Troy Lavigne, LMT

Thank you for electing me as your new 2nd VP/Membership Chair! I have so many ideas to implement but I'm not able to start them all at once!

My first project is getting AMTA-CO representation back into our massage schools. We've had 2 school visits, have another 2 scheduled, and I will continue talking with schools to spread the word. I have also been working on more recognition for our new members and those who have AMTA milestone anniversaries. My goal is for our members to know exactly what it means to be an AMTA member and what the benefits of membership are.



2nd VP / Membership

Jaime Smith, LMT

Hi! I am Shelly Cox, the interim Colorado AMTA Chapter Treasurer. I am responsible for monitoring the budget accounts as the chapter accounting and banking processes have been transferred to the National AMTA Office.

I am pleased to inform our membership that the Chapter Budget is right on track for the year.



Treasurer

Shelly Cox, LMT

ADDITIONAL BOARD OF DIRECTORS

Secretary

Nancy Specian, LMT



Benny Vaughn Athletic Therapy Center Open House, October 2015,

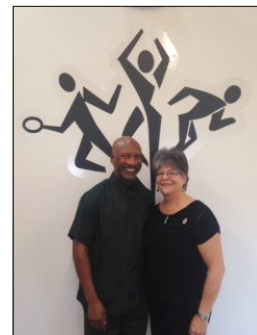
Gay A. Koopman, LMT

During the weekend of October 9-11, 2015, I was honored to be invited to the open house of the Benny Vaughn Athletic Therapy Center in Fort Worth, TX and celebration of Benny's 40 years in the massage profession.

Friday night was the open house with tours through the 10,000 sq ft state-of-the-art massage therapy and bodywork facility, designed by massage therapists FOR massage therapists. The exterior of the building is copper for a calming effect, and the interior has natural lighting and skylights for a peaceful atmosphere and great work environment. Each massage room (12x12) is equipped with hi-low tables with outlets below the table so no cords are visible and to eliminate trips/falls. The facility also has top-of-the-line washers and dryers so therapists never have to haul laundry home and back.

Saturday morning, Mr. Vaughn did a presentation on his wisdom from 40 years in the profession. Here are some highlights:

- Good massage therapy is mastering the fundamentals – it's not complex
- Never stop studying anatomy
- To give a client a great therapeutic experience, address their concerns/anticipate their needs
- If you can't sell massage through education and techniques, you can't be a great massage therapist
- Be prepared
 - Have nice pens so even writing the check feels good
 - Accept all types of payment
 - Have a nice calendar when scheduling
 - Provide water



Ethics 101

- Maintain ethical parameters at all times
- Don't try to be your client's friend – but be friendly, courteous, professional, caring
- Rules when working with athletes
 - Do not loan them money
 - Do not loan them your car
 - Do not go out to social events with athletic clients
 - Do not have sex with clients/ athletes

Dual Relationships. There are times when our friends come to us for massage. While Benny discourages being friends with clients, in this type of situation, here are some suggestions:

- Always address the client with respect (Ms., Mr., Mrs.)
- Don't let them do favors for you (buddy pass for airlines, lunch, gifts other than Christmas, etc.)



2012 ONE Concept Life Time Achievement Award Winner Benny Vaughn

<https://www.youtube.com/watch?v=20aeBRhbhS8&feature=youtu.be>

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Benny Vaughn Athletic Therapy Center Open House, *continued*

Practice Management 101

- Build/market/network/maintain
- Ask for the business (schedule the next appointment as the last one is ending)
- Be available for emergencies
- Dress professionally
- Sell as an art form
- Sell prepaid packages
- Be visible – at events, have flyers, hand out business cards, etc.

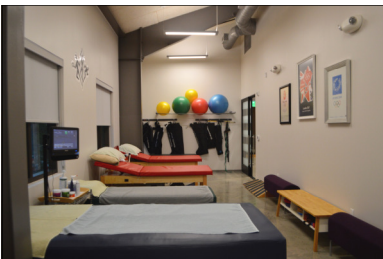
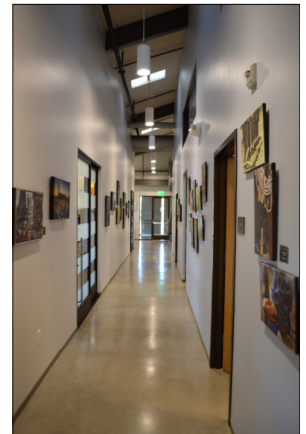


Assessment & Strategy

- Start and end with movement so client can see/feel the difference
- Groin complaints are often psoas tendinitis / stretch and work
 - Psoas work: supine is vulnerable where side lying (fetal) is safe, doesn't create reflex
- Boundaries (towel or pillow between client and therapist when touching client with parts of your body other than hands)

Benny's special guest for the weekend was his mentor and teacher from Gainesville, FL, Bruce Simer. They each shared stories about massage in the '70s: Bruce not letting Benny give up (because he saw something special in him), and about the days "before" Biotone, Bon Vital, etc. and how they created and bottled their own oils and scents. Bruce's story is a book in itself!

If you've ever attended a seminar with Benny as the presenter, you know that he captivates an audience, with his knowledge and encouragement, but also his stories. And he told some good ones -- from his beginning days of massage therapy (including how he almost didn't graduate high school because he was failing ANATOMY!), giving his first ever massage, how he learned about NOT drying sheets on high heat after using oil for the massage (think "flames"), and selling a 20 - ½ hour massage session package for \$95 (yes, that's \$4.75 per session). When he started out, he was doing 16-17 30- minute sessions A DAY!



So when you think it's tough being a massage therapist, think about the road paved for us by people like Benny. Now go and do the same for those who will follow you.

"This IS Medicine! This is not "alternative" or "complementary." I refuse to accept those labels on this powerful art and science of healing we call massage!"

— Benny Vaughn



Event Sports Massage Team

Jessica Narkevitz, LMT

This summer we kicked off the season with the Colorado Marathon in Fort Collins. It was 20 degrees and snowing, but we still had a steady flow of athletes receiving massage and warming up in our tent. We've also been working with the Mountain Swim Series again this year. We've had two events so far and will do one more in August. Each swim is in a different reservoir or lake and of varying distances. It has been an awesome season.



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The past four years I have enjoyed leading and guiding the AMTA-CO ESMT. We have had many great events and the opportunity to provide massage to athletes throughout the state. Over the past four years we have had the opportunity to work with cyclists, ultimate frisbee players, triathletes, swimmers, runners, adaptive athletes in track and field, and acrobats. We worked with twelve different events, returning to some more than once.

It is with sadness, and excitement, that I am stepping down as the director of the ESMT to take on new adventures and opportunities, and will be moving back to Washington state. I have learned a lot and been able to meet some amazing people while living in Colorado.

If you are interested in filling the position of AMTA-CO ESMT director, please contact me at jnarkevitzlmp@gmail.com or call at 719-569-5876 with questions or interest of the position.



3rd VP/Government Relations

Christen Corvington, LMT

I hope you are all surviving the summer heat!

On July 18th, DORA held the second Stakeholder Meeting since the passing of HB 1320. This meeting was titled "Stakeholder Meeting for the First Round of Rulemaking to Clarify Existing Rules and to Implement the Age Requirement in House Bill 16-1320." DORA sent out some proposed changes to the rules in the Massage Therapy Practice Act and the stakeholder meeting was to get a feel of what the community felt about their proposed changes.



There was good representation by both AMTA and ABMP along with several schools, individual massage therapists, and spa owners in person and online (via webinar). The Director of the Massage Therapy Licensing Group for DORA, Andrea Faley, was in attendance. She was interested in all the positions presented, asked questions after people testified to verify comments, and checked out other positions folks had.

The purpose of the stakeholder meetings is for DORA to get an understanding of what the massage therapy community thinks before they formally propose rules. We will continue to inform you of when these meetings are -- please participate so that your voice is heard. Written responses to proposals are always encouraged and accepted prior to the meeting, and you may show up in person or via webinar to all stakeholder meetings.

To see the ABMP and AMTA comments re: Proposed Rules for HB1320 and all written comments for the 7-18-2016 DORA stakeholder meeting, go to <http://co.amtamassage.org/government-relations>

AMTA-CO Chapter Fall Education and Meeting

September 17 & 18, 2016

Community Center

100 Wulfsohn Road , Glenwood Springs, CO 81601

SCHEDULE AND REGISTRATION FORM

Saturday, September 17, 2016

9:00a - 9:30a	Registration
9:30a - 12:30p	"Anatomy Trains"
12:45p - 1:45p	Lunch (included in registration) and Chapter meeting
2:00p—5:00pm	"Anatomy Trains", <i>continued</i>

Sunday, September 18, 2016

9:00a - 12p	"Anatomy Trains"
12:30p - 1:45p	Lunch (on your own)
2:00p—5:00pm	"Anatomy Trains", <i>continued</i>

Register at

<http://www.eventbrite.com/e/2016-fall-chapter-meeting-education-event-tickets-21370429530?aff=ebrowse>

If you prefer to register by mail, complete the bottom part and send it
with your check (payable to AMTA-CO Chapter) to:

Troy Lavigne • 1242 Grant Street • Longmont, CO 80501

Direct any questions to Troy at (303) 995-4398

\$225 Members	Before 8/15/2016	\$_____
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\$300 Members	After 8/16/2016	\$_____
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Promotion Code: _____

Total		\$_____
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For planning purposes, please indicate

_____ I am not attending classes, but will attend the lunch and meeting on Saturday, September 17.

Name: _____ Membership # _____

Address: _____ Phone # _____

City/State/Zip: _____

E-mail address: _____

AMTA Colorado Chapter

31 E Platte Avenue, Ste. 210
Colorado Springs, CO 80903



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and one will be
mailed to you.

2016 CALENDAR

September 17 and 18

Fall Education - Glenwood Springs

Meet and Greets

1st Tuesday of the Month

NW Denver Meet & Greet

2nd Wednesday of the Month

Colorado Springs Meet & Greet

*The mission of the American Massage Therapy Association is to serve AMTA members
while advancing the art, science and practice of massage therapy.*