



AMTA-CO Fall Educational and Meeting October 24, 2015 Medical Center of the Rockies — Loveland

Presenting... Foundation to Ortho-Bionomy

This workshop will cover an expansive opportunity for students to explore the broad spectrum of Ortho-Bionomy. We will be working with the body's inner understanding and self-correction. The workshop will explore the structural relationships in Extremities, Spine and Neck and move towards the Ortho-Bionomy's ability to work with Organs and Visceral. This workshop will cover a great deal of ground and allow students to discover their own relationship and what they appreciate about this powerful work and its relationship to recognizing healing from within our own brilliance.



Advanced Instructor Sheri Covey has twenty vast years of experience in Ortho-Bionomy. She was able to build to expansive practices in Crested Butte and Grand Junction. Her work has a broad understanding of the body and is able to work creatively with nearly any aspect of disorder in the body. In 2012, she founded the Rocky Mountain Ortho-Bionomy Center, the only 18-month occupational school training program of Ortho-Bionomy in the world. The program hosts a complete Practitioner Training Program in 10 weeks spread over 18 months. The Center is located in Denver and Grand Junction Colorado. She is impressed with the knowledge and the success her graduates have been able to attain in their lives. She is warm, inspiring and teaches with joy and unsurpassed humor.

Continued on Page 4

AMTA-CO Chapter Board & Committee Chairs

Message Line: 970-208-1610

President

Deb Hatch, LMT (970) 556-9277
president@amtacolorado.org

Secretary

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

1st Vice President / Communication

Seumas Rhea, LMT (719) 671-5284
1st.VP@amtacolorado.org

2nd Vice President / Membership

Shane Sale, LMT (720) 939-3585
2nd.VP@amtacolorado.org

3rd Vice President / Government Relations

Christen Cutter, LMT (720) 612-3857
3rd.VP@amtacolorado.org

Treasurer

Tami Schumacher, LMT (303) 981-4150
treasurer@amtacolorado.org

Director of Education

Shelley Cox, LMT (719) 205-7933
education@amtacolorado.org

CSMT

Seumas Rhea, LMT (719) 671-5284
seumas@saratogabodyshoppe.com

ESMT Director

Jessica Narkevitz, LMT (206) 334-5876
sports.massage@amtacolorado.org

Online Election Coordinator

Sherri Brown (719) 290-6399

Newsletter Editor

Gay A. Koopman, LMT (970) 420-0505
newsletter@amtacolorado.org

AMTA-CO 2015 Delegates

Jaime Smith, LMT	(719) 575-9223
Seumas Rhea, LMT	(719) 671-5284
Andy Kissick, LMT	(719) 390-1307
Sherri Brown, LMT	(719) 290-6399
Jessica Narkevitz, LMT	(206) 334-5876



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

www.AMTAColorado.org

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

To receive a printed newsletter, send an email to

info@amtacolorado.org

and one will be mailed to you.

Table of Contents

BOD Members, Delegates	Page 2
President	Page 3
Directions to Fall Meeting/Educational	Page 4
1st VP, CSMT	Page 6
Education	Page 7
ESMT	Page 8
HOD Results, Online Elections	Page 9
Comments about Convention 2015	Page 11
Fall Educational Registration Form	Page 12
Calendar	Page 13

I absolutely love the field of massage and feel so privileged to be a massage therapist! I am on a flight home from our AMTA 2015 National Convention in Pittsburgh, and it was amazing. I'm returning reenergized, renewed, reconnected and feeling rewarded; if you've been to a convention, you know just what I mean and if you haven't, I wholeheartedly encourage you to attend one as soon as you can.

I attended the open session of the AMTA National Board meeting. There is a fairly large change coming this year in the process related to the election of our AMTA Board of Directors. A committee will review each candidate profile/application and will present a "slate of candidates" (excluding President

Elect) to our membership for vote. This will expedite the voting process for members and a "yes" vote will elect the entire slate in one key stroke. The National Board will elect the President. Many other large professional associations utilize this process. If you would like to run for an AMTA National Board position, applications are accepted until September 15, 2015 and requirements can

be found on the AMTA National website (amtamassage.org).

Next up for me was the Chapter President's Council. This is an opportunity for all of the Chapter Presidents to meet together. The agenda topics are developed from requests by the Chapter Presidents. The information is always relevant and helpful, and the discussions and camaraderie are priceless.

The House of Delegates Meeting, Chapter Meet & Greet, a full slate of classes, host chapter tailgate party and of course the Dinner Dance filled my week nicely and there was even time for some great walks around the city—#LovePittsburg.

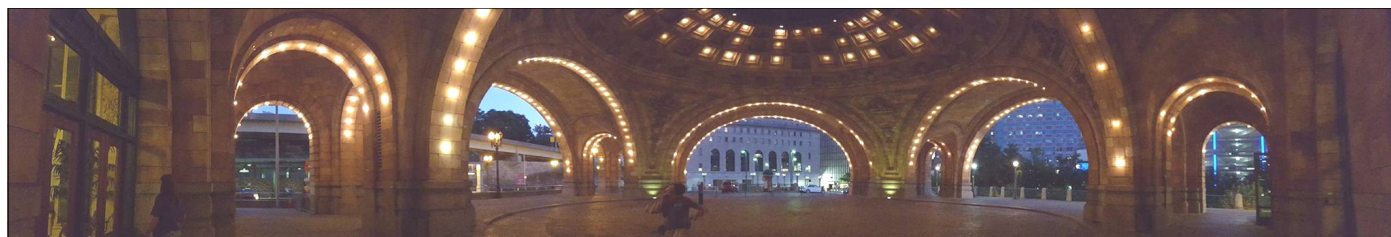
My takeaway from this experience is that our wonderful, eclectic profession is growing and I'm so grateful to be a part of it. New research projects are continually underway to provide substantiated information supporting the benefits of massage. The therapists I encountered were professional, intelligent, forward thinking and fun, AND the Colorado Delegation represented you impeccably. I hope you'll consider attending a National Convention and share your experience with me.

Our next Chapter Meeting/Education event will be in Loveland, and I would love to welcome you to my home town!



President's Report

Deb Hatch, LMT



Directions &

Accommodations

*Medical Center of the Rockies
2500 Medical Center of the
Rockies
Loveland, CO 80538*

From East & West – Take US Highway 34/Eisenhower Blvd. Turn North on Rocky Mountain Ave. At the 3rd round-about, take the first exit toward the hospital parking lot. Arrive at Medical Center of the Rockies.

From the North AND South off I-25 – Take exit 257 onto US-34 toward Loveland/ Greeley. Head West onto E US Highway 34 toward Loveland/ Estes Park. Turn North on Rocky Mountain Ave. At the 3rd round-about, take the first exit toward the hospital parking lot. Arrive at Medical Center of the Rockies.

The classroom (Long's Peak) is in the basement. There is elevator access..

Accommodations

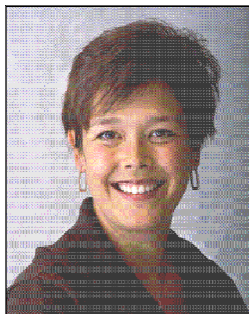
Fairfield Inn & Suites Loveland
1710 Foxtail Dr
Loveland, CO 80538
970-461-1000

Ask for the AMTA rate available till by 9-15-2015
for \$119.00 plus taxes and fees

Residence Inn Loveland
5450 McWhinney Blvd
Loveland, CO 80538
970-622-7000

Embassy Suites Loveland
4705 Clydesdale Pkwy
Loveland, CO 80538
970-593-6200

Hampton Inn Loveland
5500 Stone Creek Cir
Loveland, CO 80538
970-593-1400

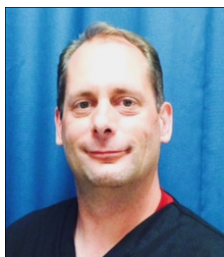


Treasurer

Tami Schumacher, LMT

As of 8/1/2015, the chapter accounting and banking processes have been transferred to the National AMTA Office. The treasurer will still be responsible for monitoring the budget accounts, which I'm pleased to inform the Chapter Budget is right on track for the year.

ADDITIONAL BOARD OF DIRECTORS



2nd VP / Membership

Shane Sale, LMT



Secretary

Nancy Specian, LMT

The Upledger Institute is endorsed by the International Alliance of Healthcare Educators.



Upledger: The Founder and the Future of *CranioSacral Therapy*



John Matthew Upledger, CEO and John E. Upledger, DO, OMM, developer of CranioSacral Therapy

When selecting a CST training source, consider these facts:

- John E. Upledger, DO, OMM, is world recognized for his development of CranioSacral Therapy
- UII offers the most diverse CST curriculum that features over 40 unique course titles
- You can attend an Upledger workshop in one of 400+ cities, in over 50 countries
- Upledger Certification programs are known, valued and respected worldwide

START TRAINING
\$100 PER MONTH

Ask about our Core-Pak Training and Certification Package
Save More Than 30% • Coursework Satisfaction Guaranteed!

Call or Click:
800-233-5880 | Upledger.com
To register, use Priority Code CO AMTA 9-15





CranioSacral Therapy 1 (CS1)
Dallas/Ft Worth, TX Nov 12 - 15, 2015
Tucson, AZ Dec 3 - 6, 2015
Denver, CO Feb 11 - 14, 2016

SomatoEmotional Release 1 (SER1)
Dallas/Ft Worth, TX Nov 12 - 15, 2015
Tucson, AZ Dec 3 - 6, 2015

CranioSacral Therapy for Pediatrics 1 (cSP1)
Denver, CO Aug 18 - 21, 2016

Ecosomatics Small Animals 1 (ESSA1)
Truth or Consequences, NM Oct 27 - 30, 2015

CST: Ecosomatics Equine 1 (ESE1)
Truth or Consequences, NM Nov 7 - 10, 2015

Adv 1 CranioSacral Therapy (ADV1)
Truth or Consequences, NM Jan 25 - 29, 2016

Additional dates and locations at Upledger.com



D'AMBROGIO Institute

Perfectly balance your skills with an integrative approach to manual therapies.

Total Body Balancing 1 (TBB1)
Chicago, IL Nov 5-8, 2015
Dallas/Ft Worth, TX Jan 21-24, 2016

Muscle Balancing: Lower Quadrant (MBLQ)
Portland, OR Oct 23-25, 2015

Joint Balancing: Upper Quadrant (JBUQ)
Denver, CO Mar 4-6, 2016

Total Body Energetics 1 (TBE1)
Palm Beach, FL Dec 17-20, 2015

Additional dates & locations at DAmbrogio.com



Kerry D'Ambrogio, DOM, AP, PT, DO-MTP is a physical therapist, osteopath, board-certified acupuncture physician, and author of the textbook "Positional Release." Leveraging his expertise, Dr. D'Ambrogio partners thorough evaluation with integrated Eastern and Western techniques to unlock perplexing pain issues for patients.



REGISTER TODAY!
800-311-9204
DAmbrogioInstitute.com

NEW OFFER!
Inquire About DVD Home Study & Core-Pak Special Pricing.

The D'Ambrogio Institute is endorsed by the International Alliance of Healthcare Educators.



Volume 36, Issue 3

The Massage Therapist — AMTA-CO Chapter

Like us on Facebook

5

Welcome to Fall!!

I attended the AMTA National Massage Therapy Convention in Pittsburgh, PA with several of the Colorado BOD and Delegates. In the leadership classes, it is very interesting to find out that a lot of chapters are dealing with bullying and passive aggressive behaviors. I learned some ways to deal with those behaviors, and learned different avenues we, as a board, can take when transitions happen on the AMTA Chapter BOD. Lastly at leadership training, I learned everything could be found on the Intranet or HUB. (Oh and our chapter president, Deb, made the "Daily" paper for presenting at the leadership training- GO DEB!!)

I attended the opening session and keynote speaker. Congratulations to Kim Chatterley and Judith DeLany on your well-deserved awards! Oh, and then there was Scott Hamilton -- what a treat! I have watched him ice skate many, many times. He was a great speaker! He definitely is a fighter and a true inspiration. And YES, massage therapy helped him after surgery to do back flips again!

I attended Oncology Rehab and Working with Physicians. I am so happy to see we, massage therapists, are slowly getting recognized that we too can help during the whole treatment of cancer. It will take several more years, but doctors and insurance are catching up. I learned doctors have too much on their plate to seek out LMTs. These doctors learned a lot while preparing for their presentation and informed us on how to inform them of services massage therapists can provide. I now see the doctor's point of view.

I attended Thai Massage for the Table and came back with several new "tools" for my toolbox. I finished up classes by taking CPR. It is always good to refresh the mind with lifesaving procedures.

I networked with both new members and those I have known for years. I explored the Exhibit Hall where I saw new products and services available to the massage therapist. I also received a little sample of Sherri Covey's Ortho-Bionomy technique. It is effective and super light work, both to give and receive. It will be an awesome class to take in October in Loveland.



Education

Shelly Cox, LMT

Upcoming events:

- 10-23-2015** 4p—7p The Board of Directors meeting with dinner to follow. Check amtacolorado.org for location or contact a Colorado Board member.
- 10-24-2015** 7:45a—9a As board members, we have many talents. Christen Cutter will be the instructor for a yoga class before education. I hope you will join her. What a great way to start a day of education!
- 10-24-2015** 9:30a—5p This is our Chapter education event with a lunch chapter meeting. It will be in Loveland, CO at the Medical Center of the Rockies. The presenter is Sheri Covey from Rocky Mountain Ortho-Bionomy Center. She will present "Working Through the Systems".
- 10-24-2015** 5p Enjoy appetizers with the Colorado AMTA Chapter Board of Directors and Delegates! This will give you an opportunity to meet and get to know your BOD and Delegates. And it's a great way to end a day of education!!



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

Greetings from your Colorado Chapter Communications Committee!

Is That a Songbird I Hear? No, it's just the Colorado Chapter's new Twitter account! We have expanded our social media presence to include this active and engaging platform. Be sure to check us out - and follow us on Twitter via @coamta



Online Elections Update. We are pleased to announce that Sherri Brown has been appointed as our Chapter's Online Election Coordinator. In this role, Sherri will be instrumental in helping our Chapter get set up for our first-ever Chapter Online Elections next spring. You can stay updated on these activities by visiting our web site, Facebook, & Twitter accounts, as well as by reading upcoming Chapter Membership emails.

Web Site Update. As mentioned in our Membership emails, we have been working with National on our new web site. The migration to the new platform has begun, so it shouldn't be too much longer before our "new and improved" site is ready for public consumption. Make sure your inbox accepts the Membership emails as updates on the progress of this initiative will be provided within those notes (as well as our other social media platforms).

Communications Committee Contact Info. We'd love to hear from you! Send any feedback or questions to me via seumas@saratogabodyshoppe.com

CSMT

Seumas Rhea, LMT

Community Service Massage Team

Would you like to become more involved in your local community or even in other communities across Colorado? Then join us as the CSMT gears up again this year! For those of you who are not familiar with us, we are a volunteer team with two divisions. Community Outreach provides massage at events to raise money for non-profits and other organizations. Emergency Response provides massage during emergencies for first and second responders.

Community Outreach Division

The Community Outreach Division is in *dire* need of volunteers for the following events:

- Saturday, September 12, 2015: 9/11 Heroes Run, Colorado Springs
- Saturday, September 26, 2015: Southern Colorado Aids Project / A Walk in the Garden, Garden of the Gods, Colorado Springs
- Sunday, October 4, 2015: Douglas County Search & Rescue "Call Your Bluff Fun Run", Lone Tree

For more information, be sure to check the CSMT page on our Chapter's web site. Anyone interested in volunteering for any of these worthwhile events should email Seumas Rhea.

Emergency Response Division

Thus far, 2015 has been a great year in that we have not had to activate our Emergency Response Division. However, keep in mind that in order to serve on the team once it is activated, team members are asked to participate in at least two CSMT Community Outreach events per year.

Continued on page 10



Event Sports Massage Team

Jessica Narkevitz, LMT

The team was able to have a few new events in the past two months. We had the opportunity to do massage for a new series this year, the Mountain Swim Series. We provided massage at Carter Lake for a 3-mile swim race and at Chatfield Reservoir for a multiple distance swim race. We had two therapists at each event and were able to introduce a handful of athletes to the benefits of massage.

We also had the opportunity to work with a team from Minnesota at the USA Ultimate Frisbee Masters National Championships in Aurora. Unfortunately, the team did not make it to the championship, but it was a wonderful weekend of competition. We were able to provide massage for three days during the championship. It was a great learning experience for us about the game of ultimate and providing multiple day massage.

We are always looking for new therapists. If you are interested in joining the AMTA Event Sports Massage Team, please contact me at 719-569-5876.



ADVERTISEMENT



KinesioTaping 1&2

The KinesioTaping Method is particularly useful in the massage community as it is a soft tissue modality. It has the unique ability to maintain the work our hands have done for an extended period of time and help our patients remain pain free. This course is being taught by Troy Lavigne, LMT/CKTI, a massage therapist for the past 11 years & KinesioTape user for the past 6. His involvement in both communities allows for a massage based approach to this modality.

To sign up please go to: www.troylavigne.com/workshops/

To register contact Troy Lavigne LMT/CKTI 303.995.4398 - troylavigne@me.com





Head Delegate
Jaime Smith, LMT

HOUSE OF DELEGATES RESULTS—Convention 2015

To read the full results, including the FOR and AGAINST comments, please refer to the Chapter website: www.amtacolorado.org

POSITION STATEMENTS

BURN SCARS

It is the position of the AMTA that massage therapy may assist in the rehabilitation of burn scars. — **Vote not passed**

PORTABILITY

It is the position of the AMTA that regulations in statute and/or rules, should provide options for portability of credentials, which can be used to help meet the licensing, certification, or registration requirements of massage therapists across the United States. — **Vote passed**

RECOMMENDATIONS

HUMAN TRAFFICKING

The House of Delegates recommend to the National Board of Directors that a work group or operations committee be established to research and recommend a plan that the AMTA can use to develop support material and create a guide for working with Homeland Security, the Human Trafficking Task Force, and other organizations working on human trafficking. — **Vote passed**

COMPLIMENTARY CEUs

The House of Delegates recommends that the National Board of Directors offer complimentary online CE for members. — **Vote not passed**

MEDIA ED KIT

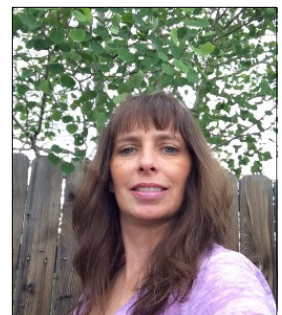
The House of Delegates recommends to the National Board of Directors that the Board commission the creation of a model journal/media education kit for chapter use. — **Vote passed**

ONLINE ELECTIONS COMING IN SPRING 2016



We are excited to announce the appointment of our first Online Election Coordinator, Sherri Brown. We are now accepting nominations for this election and members are encouraged to self-nominate.

In addition to the positions listed, we are also accepting nominations for our Chapter Awards to recognize some of the amazing members in CO: Meritorious, Humanitarian and Special Recognition! Please email info@amtacolorado.org to receive your candidate profile or award nomination form to complete.



CSMT, continued from pg 7
Seumas Rhea, LMT

General Information

To volunteer with us, you need to have gone through our Basic Training which will then give you the option of being in either or both divisions.

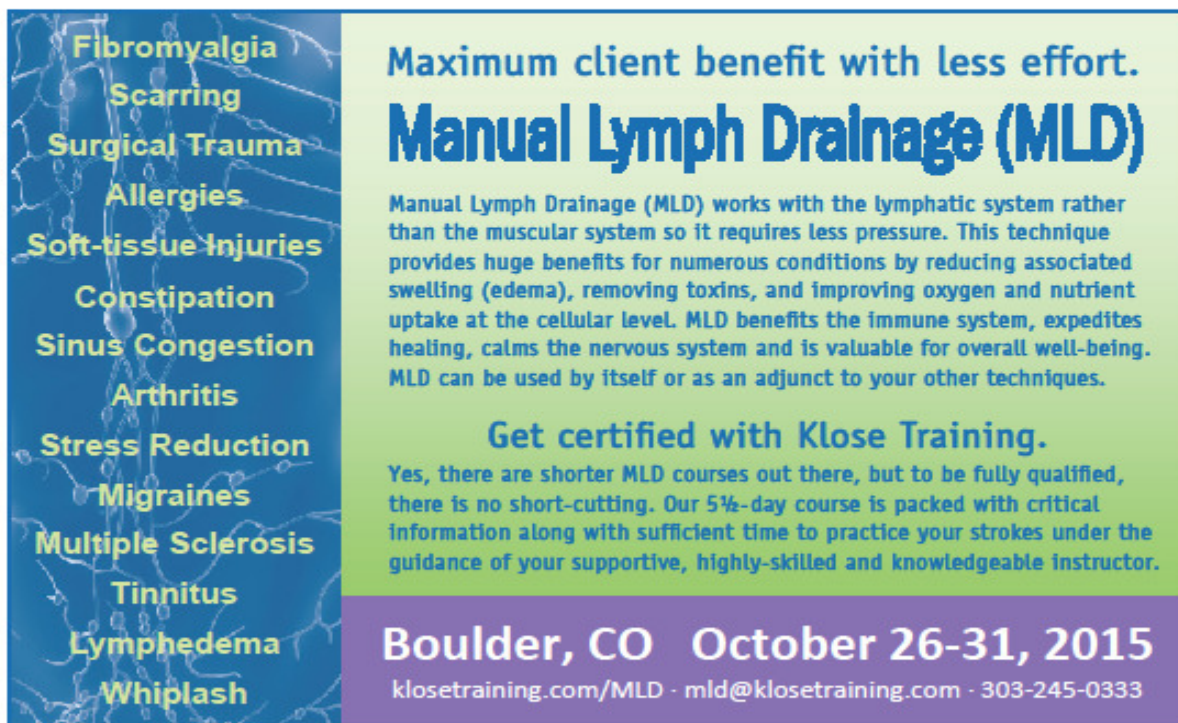
We are still actively encouraging existing CSMT members to register with us on the Colorado Volunteer Mobilizer (<https://covolunteers.state.co.us>). The CVM system is an online database of eligible, credentialed medical and health professionals who can be activated as volunteers at emergency/disaster sites within our state. Working to get the CSMT recognized as an official group on the CVM has given us greater credibility and accessibility with responder groups, and will increase the likelihood of us being activated, especially via one of the local Medical Reserve Corps (MRC).

Emergency Response Division Note. Watch your inbox for information regarding the new training requirements from National for our Emergency Response Division members! Let us know if you have any questions and thank you for your support in making a difference in our Colorado communities!

CSMT Contact Information:

Seumas Rhea (seumas@saratogabodyshoppe.com)

ADVERTISEMENT



Fibromyalgia
Scarring
Surgical Trauma
Allergies
Soft-tissue Injuries
Constipation
Sinus Congestion
Arthritis
Stress Reduction
Migraines
Multiple Sclerosis
Tinnitus
Lymphedema
Whiplash

Maximum client benefit with less effort.
Manual Lymph Drainage (MLD)

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.

Get certified with Klose Training.
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.

Boulder, CO October 26-31, 2015
klosetraining.com/MLD · mld@klosetraining.com · 303-245-0333

2015 AMTA NATIONAL CONVENTION COMMENTS

“This year’s event was held in Pittsburgh which has a beautiful riverfront area where three rivers meet; Ohio, Allegheny and Monongahela River. Pittsburgh has many bridges over the river and has the honor of having more bridges than any city including Venice. A river cruise is a must where you can enjoy views of Pirate baseball stadium, the Steelers football Heinz stadium by the riverfront and much more.” *Andy Kissick*



“This year’s National Convention seemed to be focused around cancer and how massage can help relieve the side effects of those undergoing cancer treatments.

“Our opening session was exciting and inspiring with the keynote speaker, Scott Hamilton, inspiring us to keep doing what we are doing because he saw the benefits of massage therapy while he was going through cancer treatments as well as receiving regular massage as an athlete. I was moved and reminded of why I am a massage therapist when Scott, while choking back tears said “Thank You” to all of us. Just a plain and simple thank you for what we do.

“A lot of the classes this year revolved around massage and the medical community. I took several of these classes such as: Working with Physicians: A Massage Therapists Guide; Talking to Your Clients About Skin Cancer; The Closing Session: The Power of Touch: Cancer+ Massage.

“The closing session was also moving and inspiring. The first speaker (an oncologist) told us about all the research done on the benefits of therapeutic massage with cancer patients. The second speaker was a cancer patient herself and described her battle and how massage helped her depression and pain.” *Jaime Smith*

“My first class was a lecture class on Oncology Massage: Identifying Edema vs. Lymphedema taught by Carmen Thompson, which was quite enlightening and has inspired me to learn more about this modality. The class I took on bacteria and infections with Dr. Annie Morien was a good reminder on how important hand washing WITH SOAP is and also how to keep infection out of the clinic. I left the class with the heebie jeebies, but it is, of course, always a good reminder on cleanliness!” *Christen Cutter*



“Opening ceremonies speaker was Scott Hamilton, the ice skater. I skated with Scott in the ‘80s at the Broadmoor World arena. I remember always looking up to him and now after all these years I still look up to him knowing all of the hurdles he has overcome in his life.

“In the afternoon I took the class Working with Physicians: A massage therapist guide. It was great to see that some doctors are starting to look at us as partners to help patients.” *Sherri Brown*

“Coming back and working on my clients this past week, I have been able to apply every one of the techniques I learned last week, from Whitney Lowe’s Active Engagement Technique to Ben Benjamin’s neck work. I was even able to apply what was talked about in the seminars and apply the opening and closing speakers’ words.

“All the classes and speakers and people reenergized my practice and gave me a new passion for what we do. If you have never attended a national convention, I highly recommend to start saving now!” *Jessica Narkevitz*



AMTA-CO Chapter Fall Education and Meeting

October 24, 2015

Medical Center of the Rockies

2500 Medical Center of the Rockies, Loveland, CO 80538

SCHEDULE AND REGISTRATION FORM

Saturday, October 24, 2015

7:45-9am	Complimentary Yoga Class, <i>Christen Cutter</i>
9:00a - 9:30a	Registration
9:30a - 12:30p	"Working Through the Systems"
12:45p – 1:45p	Lunch (included in registration) and Chapter meeting
2:00p—5:00pm	"Working Through the Systems", <i>continued</i>

To register, complete the bottom part and send it with your check to:

Tami Schumacher, AMTA-CO Chapter Treasurer,

14221 E Evans Ave #208, Aurora, CO 80014

Note: Online registration also available at www.amtacolorado.org.

Each class cost	\$50 Members	Before 10-10-2015	\$ _____
	\$80 Non-members	Before 10-10-2015	\$ _____
	\$75 Members	After 10-10-2015	\$ _____
	\$100 Non-members	After 10-10-2015	\$ _____
	Total		\$ _____

For planning purposes, please indicate

☐ I am not attending classes, but will attend the lunch and meeting on Saturday, October 24.

☐ I will be attending the appetizer social at 5 pm (after class).

Name: _____ Membership # _____

Address: _____ Phone # _____

City/State/Zip: _____

E-mail address: _____

**Note: Membership number must be used to receive member rate.*

AMTA Colorado Chapter

Tami Schumacher
14221 E Evans Ave #208
Aurora, CO 80014



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

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

To receive a printed
newsletter, send an email to

info@amtacolorado.org

and one will be
mailed to you.

2015 CALENDAR

October 24

Fall Education - Loveland

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.*