

Fall 2016 VOL. 25 NO. 3

Idaho In Touch

A Publication of the American Massage Therapy Association Idaho Chapter

TO SUPPORT OUR MEMBERS AND PROMOTE
THE HIGHEST PROFESSIONAL STANDARDS

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Message from the President



Fall is slowly making it's way into our lovely state. The evenings are finally starting to cool. There is a hint of yellow in the leaves.

Having four distinct seasons is one of the many reasons I love living in Idaho. Even though I am not ready to send my kiddo back to school, I do like the idea that our lives will have a bit more structure. As I was filling in my calendar with his football games and school holidays, I noticed my work schedule is populated with names of massage clients that I didn't get to see during the summer. One client is coming in the day after she returns from a 3-month coast to coast cycling adventure. Another is returning after months of caring for her terminally ill mother who recently passed. I feel honored that a visit to my massage studio is a priority in their lives now that they've accomplished those monumental tasks.

As I update my own honey-do list, I am reminded of all the tasks I thought I'd have plenty of time to accomplish over the summer. Yet when I had time to do them, I chose instead to sit and be entertained by my chickens, watch

movies with my son, or just sit...

At the top of my to-do list is to renew my AMTA membership. I really like how our association has made it easier to renew with payment plan options. I really like all the discounts available to us through our membership.

"I am thankful to have you as my people." And I really like having "my people." As a sole proprietor, I don't have other massage peeps to chat

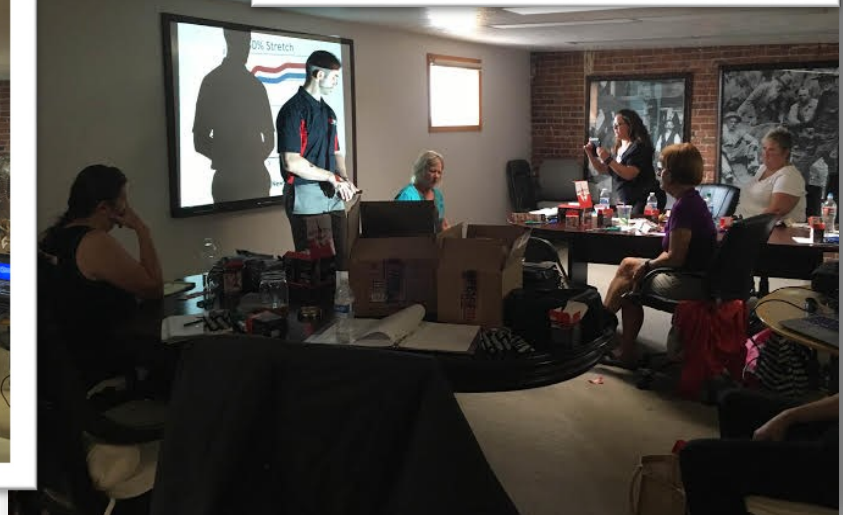
with on my lunch break. I don't have a co-worker with whom I can complain about my slave-driver of a boss. Through our association and our chapter, I have people. People that get me. People that are savvy and intelligent and supportive. I am thankful to have you as my people. And with fall right around the corner, it means that I get to hang out with you soon! Whether you are coming to our fall workshop in September or joining us in Milwaukee in October, I get to see you and chat with you and be with my people.

Thank you for being my people.

-Becky Olinger, President

Fall Education Event 2016

Ethics with
Courtney Peterson
& Rock Tape Taping Class



Stress And You: Recognizing The Signs And Battling Back

ARTICLE ON KRISTINMCGEE.COM

BY KRISTEN MCGEE

Stress is a universal problem. You hear people saying they feel stressed on a daily basis. But what exactly is stress, how does it affect you, and how can you learn to cope?

What exactly is stress? Stress is hard to define. It's often described as a feeling of being [under pressure](#). You might feel like you've got too much to do and no time to do it. You may feel like everyone's getting at you. It may be a case of feeling like you're wading in sludge or chasing your tail. Stress affects your mental health, but it also triggers an emotional response. Stress can also cause physical side-effects; and stress can make life difficult. Even the simplest tasks can become infinitely more complex when you're feeling stressed.

The most common triggers There are many possible causes of stress. Most commonly, stress is a reaction to life events or pressures in day to day life. Work is a common trigger for stress. Approaching deadlines, long days, and the risk of unemployment can all contribute to stress. Relationships can also make life stressful. The way you interact with others can affect your emotions. If you've had an argument with your partner or fallen out with a close friend, this is bound to make you feel uneasy. Relationship breakdown and divorce can result in stress. Not being with somebody may not just make you feel lonely or lost, you may also start to worry about the future. Will you find somebody again? Will you end up on your own? Will you ever be able to enjoy a healthy and happy relationship?

Financial worries are a very common cause of stress. Most of us have been through a time when payday can't come soon enough. If you're feeling the pinch, this can cause panic. How are you going to pay your bills or afford your rent? Getting into debt can contribute to sleepless nights and constant feelings of anxiety.

Other possible causes may include moving home, changing job or planning a wedding. These may be positive changes in your life, but they can also be demanding. There's so much to do in a short space of time, and this can trigger stress.

How to recognize the signs of stress Stress affects us all differently. Some people thrive when they're under pressure. Others crumble. The severity of stress also varies. Most of us usually bounce back after a period of mild stress without any real problems. Severe stress can be a totally different story.

The implications of stress are far-reaching. You may notice both physical and mental signs and symptoms. If you're able to spot the warning signs, this may help you to cope better. If you're prone to stress, the sooner you can identify triggers, the better.

Common physical signs of stress include disturbed sleep patterns and insomnia. You may also experience changes in appetite, and loss of concentration. Your heart rate may also increase, and you may start sweating when you feel stressed. A bout of stress can also result in headaches and dizziness. Psychological signs include [feeling anxious](#) or irritable and suffering from low self-esteem. Stress can also increase the

Learning to battle back: methods that may help Stress is something we can usually conquer if we have the right support and employ suitable [coping techniques](#). Everyone is different, and what works for one person may not be an effective solution for another. Here are some methods and activities you may find beneficial if you start to feel stressed.

Meditation Meditation is a relaxation technique, which helps some people to overcome stress and anxiety. It helps to refocus your mind and make you feel calm and under control. Some people meditate to music while others go to guided sessions. You can meditate alone or with others. Some use crystals, others prefer to wear or hold a [mala beads necklace](#). If you've never tried meditation before, it may be helpful. You can find details about local sessions or guided meditation you can do at home online.

Exercise Exercising is one of the most effective [remedies for stress](#). Some people choose activities that are designed to relax them. But others find more intensive, aggressive sports more beneficial. Pursuits like yoga and Pilates are great if you want to feel calm and bring your anxiety levels down after a

hectic day. Activities like boxing, martial arts or a hardcore gym workout may be better if you want to channel anger or burn excess energy.

Time management It may sound obvious, but learning to manage your time can help to [reduce stress](#). Many people get stressed when they feel like they've got too much going on. Planning ahead, using a diary, and sharing your workload can all help to keep stress at bay.

Creative activities [Creative activities](#) encourage you to concentrate on something different. Many people also find that it's helpful to express themselves in a different way. Painting a picture, writing a song or doing amateur dramatics can give you an outlet. These kinds of hobbies can also provide a much-needed distraction when things are getting you down at work or home.

Taking a break Sometimes, even the most diligent and determined people need a break. Have you been working long days? Can you remember when you last had a day off? Do you spend all your time looking after others, but tend to neglect yourself? Often, when you're run down, a break can do the power of good. Even an afternoon off can help you to rest and recover and leave you feeling refreshed. If you can, take a little longer. Go and visit friends and family or take a vacation. Go camping in the great outdoors for the weekend or enjoy a week-long beach holiday.

If stress is an issue for you, it's time to tackle it. All of us are susceptible to stress. But there are ways of coping. Try and work out why you feel stressed, and learn to identify triggers. When you're under pressure, take steps to nip the problem in the bud. If you're really struggling, and nothing works, seek advice from your doctor.



Kristin McGee is a leading yoga and Pilates instructor and healthy lifestyle expert based in New York City. She is an ACE certified personal trainer who regularly trains celebrity clients in New York and Los Angeles. She serves as Health's contributing fitness editor and is frequently seen on national TV. Her latest in a large collection of fitness DVDs is YogaSlim. Follow her on Twitter @KristinMcGee and like her page on Facebook.

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Chubbuck
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Boise
Pocatello
Ashton
Pocatello
Hailey
Meridian
Meridian
Lewiston
Meridian
Boise
Malad City
Oldtown
Boise
Boise
Kellogg
Caldwell
Mountain Home

WELCOME NEW MEMBERS

VOLUNTEER!

Get Involved as a
volunteer for the AMTA
Idaho Chapter! There
are many benefits and
opportunities for
professional growth.
Please see [page 15](#) for
available positions
and details.

WELCOME! THANK YOU FOR JOINING THE AMTA-IDAHO CHAPTER

LOOK FOR YOUR CHAPTER
VOLUNTEERS ON THE AMTA-ID
OFFICER ROSTER ([PAGE 15](#)) AND
CONTACT THEM WITH ANY
QUESTIONS YOU MAY HAVE.

Legislative Report

From May 23, 2016

Submitted by Becky Olinger, Government Relations Liaison

Ms. Cory gave the legislative report. She reminded the Board that law change proposals would need to be submitted by August 1, and any proposed rule changes would need to be submitted by the third week of August to the Governor's Office for the 2017 Legislature.

Ms. Cory said that the number of complaints went up by about 34% from last year, and asked the Board to consider this when discussing fees.

Ms. Chatburn gave a brief update of HB 519. This bill, which passed in the 2016 Legislature, allows a student to participate in a tuition credit program with the school, creates the ability to decide the fees for a provisional and permit and a temporary license, and allows the Board to write rules for a provisional permit and temporary license. Idaho Code 54-4002, the definitions, previously stated that students were not allowed to receive any form of compensation prior to licensure. In HB 519, the definition of compensation was changed to reflect that a student working within the school's student clinic in a tuition work off credit program could do so. The Board still needs to determine whether the student will require a provisional permit while participating in this program.

Mr. Ellsworth explained to the Board the difference between a temporary license and a permit. A temporary license is typically issued to someone who may have met all the requirements for licensure and is pending Board review. This type of applicant may have an employment opportunity pending. A provisional permit is generally issued to a person who is still completing some of the requirements for full licensure; for example the applicant is participating in the tuition credit program or waiting to take the exam. A provisional permit holder would be required to work under the direction of a supervisor.

Ms. Cory discussed the registration of schools. The schools currently register with the Idaho State Board of Education. The school's curriculum is not reviewed by the Board and some do not adhere to the Idaho Board of Massage Therapy's educational requirement of Rule 600. Ms. Traci Bent with the Idaho State Board of Education addressed the Board. Her agency is requesting that the Board consider taking over the regulation of massage therapy schools. Ms. Bent was asked if there were minimum educational requirements that a school had to meet, if the SBOE would want to continue to regulate the registration of massage therapy schools. Ms. Bent stated her department does not feel the massage therapy schools should remain under the regulation of the SBOE. Mr. Matt Freeman also addressed the Board, discussing SBOE's current approval process of massage therapy schools, noting that massage therapy schools are the only schools the SBOE registers where the profession has a separate governing body.

Ms. Nickel noted that if the Board handled the registration of schools, a school could apply with the Board to have its curriculum reviewed and approved by the Board. By becoming a Board approved curriculum school, a student could be assured they will receive the appropriate training in accordance with the Board's licensure laws and rules.

When the Board is reviewing applications for licensure, it will know that school's curriculum has been approved, and that may speed up application approval.

Ms. King made a motion to authorize a sub-committee to be formed. This committee will consist of Ms. King, Mr. Weston, school owners who have volunteered, and the Idaho State Board of Education, to further study the matter. The purpose of the committee is to draft rules regarding the tuition credit program, and to discuss the regulation of massage therapy schools. It was seconded by Ms. Karren. Motion carried. Ms. Nickel informed the sub-committee members that anything presented by the Board would be required to be complete by August 1st.

Mr. Ellsworth explained the difference between registration and licensure. Registration means that the applicant provided certain information, and the applicant becomes registered. Licensure indicates that specific qualifying criteria were provided, and evaluated, it implies a certain level of qualifications that registration may not imply. Mr. Ellsworth also stated that if schools are registered with the Board instead of licensed, the Board may be limited in its authority to place requirements on the schools.

Ms. Hall presented to the Board several fee reduction options. The Board discussed the suggested changes. Mr. Toryanski presented to the Board draft changes to Rule 250 to reduce fees and add a provisional permit and a temporary license. Mr. Toryanski also provided to the Board the proposed verbiage adding Rule 320, defining a provisional permit, and Rule 330, defining a temporary license. Mr. Toryanski informed the Board that he also updated Rule 300.04 to remove the grandfather licensure requirements. Mr. Toryanski will update the proposed rules and present them at the next meeting.

CERTIFICATE OF PROFESSIONAL EDUCATION FORM

Ms. King requested the Board discuss this form and its availability for use by schools. It was determined that the form would no longer be applicable once the provisional permit or temporary license is implemented by the Board.

FEDERATION OF STATE MASSAGE THERAPY BOARDS

The Board discussed its membership with FSMTB. The Board chose to remain members. Ms. Chatburn made a motion to approve the payment of the annual membership fee of \$1365.20. It was seconded by Ms. King. Motion carried.

ITEC

Mr. Weston informed the Board that he did not have anything to report about for ITEC. The Board requested that Ms. Sally Hacking be invited to visit with them at a future meeting.

CONTINUING EDUCATION COURSE APPROVAL LETTER

The Board discussed the process of requiring that a CE provider application form be submitted for all requests to approve CE. The Board has asked individuals who have submitted CE for audit or reinstatement to fill out the CE approval forms. The Board reviewed a letter Ms. Anderson drafted to assist individuals with this process. The Board made their suggested changes and authorized Ms. Anderson to use the letter.

**SAVE
THE
DATE**

Location will be
announced soon!



**2017 Idaho State
Convention**
April 21-23, 2017
Instructors will be...
**Nathan Nordstrom
&
Eric
Stephenson**



Contact Kylie Dunder for details
208-705-0725
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Upcoming **EVENTS**

AMTA 2017 Idaho State Convention: April 20th to 23rd, 2017
Northern Idaho





2nd VP and ECC
Donna Hoffman



President
Becky Olinger



**2nd VP and
ECC Committee**
Deserae Johnson



Marketing Chair
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Note: See next page for
contact information.

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www.id.amtamassage.org

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