

# intouch

Newsletter of the **American Massage Therapy Association® New York Chapter** • Spring 2017

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## Yes there *IS* such thing as a free lunch!

BY PAT COLLINS

...and breakfast and a couple of dinners when you register for the AMTA-NY Chapter convention. A full registration covers many of your weekend meals and that's just one of the many benefits of coming to convention! The Friday luncheon includes the annual membership meeting where you will meet the candidates for the board of directors as well as candidates for NY delegates! (Voting will take place from Friday and Saturday and will be announced at the dinner-dance on Saturday evening).

If you want to be a delegate and represent the New York Chapter in Pasadena, California, please visit [amtanewyork.org/election-central-2017](http://amtanewyork.org/election-central-2017) and see what it takes! If you have some extra time to volunteer and want an expense-paid trip to national convention in Pasadena, we need you!

Dr. Kathleen Doyle from the NY Office of the Professions will also be a key speaker at the business-meeting luncheon. And remember – this special luncheon is **FREE to members!** We do need you to RSVP if you're coming though. Please register for convention, or if you're only coming to lunch, please call the Chapter Office at (585) 582-6208.

The Saturday night dinner dance is one of the highlights of the convention weekend! We have a great DJ coming and a lovely dinner planned for you! Come dance the night away with us!

And don't forget that we have over 20 exhibitors for your browsing and shopping pleasure. Learn what's new on the market and stock up on your favorites. The exhibit hall is also **FREE** to members! (and is also included in your full convention registration.)

*The Saturday night  
dinner dance is one of  
the highlights of the  
convention weekend!*

Food and exhibitors – that's only the tip of the weekend's iceberg! The real reason to come to convention is the incredible opportunity to take classes from the fantastic lineup of presenters. Learn Lymph Balancing from Kerry D'Ambrogio! Prolong your career and make a deeper connection with your clients by taking the weekend course "Healing from the Core" founded by Suzanne Scurlock-Durana and taught for us by Lori Chinitz. Take your practice to the next level with Joe Muscolino's Thoracic Spine and Ribcage classes and every therapist's favorite "Treating the Psoas!" We all have clients who are suffering from migraines and Kelly Lott will be here to teach us how to effectively treat them! She will also be teaching pregnancy and post-partum classes as well as every client's favorite: Facial Massage.

You probably read Susan Salvo's textbooks in massage school. Superstar Susan is going to be here in person to teach you about Cardiovascular & Neurological Diseases, Pharmacology as well as ethics, research, and business. While the business class isn't eligible for New York State continuing ed credits, it's worth your while to rocket the growth of your business, gain clients and increase your earnings!



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

continued

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AMTA-NY reserves the right to accept or reject materials. Submissions may be edited for length or clarification. We assume no responsibility for errors, omissions, corrections, or modifications in publication. The opinions contained in this newsletter do not necessarily reflect those of the New York Chapter.

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## Ad Prices

Full page	\$350	Business Card	\$100
Half page	\$250	Classified Ad	\$50
Quarter page	\$200		

## Deadlines

Fall: September 1  
Winter/Spring: March 1  
Summer: June 1

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## From the President's Desk

BY EUGENE WOOD

### AN INDUSTRY SNAPSHOT

When I first started volunteering for AMTA in 2007, I had just finished massage school and was waiting to take my license exam. I was asked if I would like to volunteer at our annual convention in White Plains. It sounded exciting and a chance to learn more about this new life I was entering. I was just beginning to work as a massage therapist under a limited permit.

So much has changed in our profession over the last ten years. I wanted to share a snapshot of our industry with you in order to give you some perspective of where we are today. Every year, AMTA publishes an annual massage profession research report. This report covers four major topics: Consumers of Massage Therapy, The Massage Therapy Profession, Health Care and the Massage Profession, and Training and Education of Massage Therapists. I want to share some of the findings that are detailed in this report.

As with most change, some of it is good and some of it is not so good. We are seeing an increase of illegal establishments popping up all over the place and we are seeing municipalities and local jurisdictions trying to encroach on our ability to practice massage. Public perception of our industry (being respected/recognized as health care professionals) remains our biggest challenge. On the bright side, consumer use of massage has increased in the past year, which means we are working more hours per week and earning more money. The reasons consumers are coming to us has also changed. Only 25% of consumers consider massage to be a form of pampering. Most consumers are now coming to us for medical, health and wellness purposes. More consumers are talking to their health care providers about massage and those providers are increasingly recommending massage to their patients, especially physicians, chiropractors, and physical therapists.

The number of massage therapists has increased 33%, our gross annual income has risen from \$23,835 in 2013 to \$24,519 in 2015. In 2014, clients paid an average of \$67.65 for a one-hour massage. Those therapists that work out of their home charge the least with an average of \$60.49 per one hour massage, whereas those therapists that go to people's home made the most money, an average of \$72.55. We see an average of 45 clients a month.

I hope this helps you gain some perspective and get a feeling of where you fall within this broad spectrum. For me, it gave me hope about our profession and offered me some guidance as I contemplate some changes that I plan to make in the new year.

I look forward to seeing you at convention in April!



Eugene Wood  
President, AMTA-NY Chapter

## Yes there *IS* such thing as a free lunch!

continued

Have you always wanted to learn Positional Release – a gentle technique to really help your clients? Lee Albert will be here to guide you!

Eric Stephenson, the dynamic, world-renowned presenter, is coming back here to his home state to teach his new course “Advanced Techniques for Head and Neck.” In addition, he is also presenting “Deep Tissue Techniques to Enliven Your Practice” and his famous “Where it is, It Ain’t – Lower Back” class. If you haven’t been in any of Eric’s classes, you’re missing out!!

George Russell is back by popular demand to teach “Spinning the Hip” – a must-learn if you have clients with hip, low back, knee or ankle issues!

And David Lobenstine presents: Pour Don’t Push: How to Massage with Greater Depth and Ease, which is sure to be a career saver for all hardworking massage therapists!

FOOD, FRIENDS, FUN and FANTASTIC LEARNING! It’s all here in Tarrytown on April 7-9! See your old friends and meet new! Shop, shop, shop! Learn ways to increase your income, improve your productivity, improve client connections and outcomes and make more money!! It doesn’t get any better than this! See you at convention!



Pat Collins  
Education Chair



### STRETCH-GROW-THRIVE

The AMTA NY-Chapter Convention 2017 is the place to be! With great classes and quality presenters, there is opportunity for massage therapists to learn new techniques for expanding their therapeutic offerings to clients. The Vendor Marketplace will prove to be an adventurous place to discover what’s new in the massage profession. An amazing DJ is lined up for the Dinner Dance where you can dance the night away. The fun-filled weekend will be rejuvenating to the body, mind, and spirit. We look forward to seeing you there!

*Linda Toomey, LMT*



Linda Toomey, LMT  
Convention Committee Chair, AMTA-NY 3rd VP

## Letter from the Treasurer

BY AMY BATTILLANA-MEYER

We are close to ending the April 15th tax deadline and spring is fast approaching (I can smell it in the air). Besides cleaning and airing out my house in the spring, I find it a great time to take a look at certain business aspects of my massage practice; evaluate what worked and what areas may need more attention for the next year. I also like to set small goals for myself, whether they are financial and saving goals, trying to gain an extra client a month, volunteering my time doing chair massage or

table massage, or sitting down for an hour a week to review and refresh my knowledge of all those muscles in the human body.

I’ll share with you a helpful tip I started doing 14 years ago when I first began my massage career. This pertains to this time of year when you are getting a lot of requests to redeem those “holiday gift certificates”. I created a specific “gift certificate” savings account. All monies earned from selling any gift certificate were deposited into that designated account. When

people redeem the gift certificate, I then in turn, pay myself! Sure, at the time, it seems easy to collect and spend the money earned from each purchase of a gift certificate. But what happens if you get a few gift certificate massages in a day or week? This way you ensure getting paid after each and every massage you do.

Whatever tip or trick you want to bring with you in the upcoming year, keep in mind that in your business, there are always things

that can use improvement and spring is the best time to refresh and regroup. Good Luck.



Amy  
Battillana-Meyer  
Treasurer

# Healing From the Core: A Journey Home to Ourselves

BY SUZANNE SCURLOCK-DURANA, CST-D, CMT



*will be presented by*  
**Certified Instructor**  
**Lori Chinitz, PT, CST**  
**at the 2017 AMTA NY**  
**Annual Convention**

For nearly 30 years, I have taught and practiced skills and techniques designed to help people live their lives from a more embodied, steady, energized place, in a world that is increasingly challenging. This body of knowledge – concepts and practices – is now a full curriculum called Healing From the Core, which teaches people – therapists in particular – how to be more fully present at all times both professionally and personally.

Living and successfully practicing bodywork in today's world places many energy demands on us. As therapists we strive to maintain strong, healthy therapeutic relationships in our work. As human beings we also seek to have more depth and connection in our personal lives. Yet burnout is often the outcome if we do not first hold a healing space for ourselves.

## Consider the following cases:

**Jim, Massage Therapist:** Jim comes home from a full day at the spa after doing a number of back-to-back massages. He started the day tired, didn't take time for lunch, and forgot to pay attention to his body dynamics while working. When he gets home he collapses on the sofa, his back aching, too exhausted to make something healthy to eat. He spends the evening mindlessly watching TV and munching on junk food. He wakes up the next morning even more exhausted than he was the night before and wonders why he dreads going to a job he used to love.

**Dorothy, CranioSacral Therapist:** Dorothy starts the day feeling well, but after working on Tyrone, a client with severe, chronic pain from whiplash, she notices that her own neck is aching and that her range of motion is reduced – problems she didn't have before the session. It takes her many hours to release the aching and stop thinking about the awful situation Tyrone is facing in his life.

**Mariana, Deep-Tissue Bodyworker:** Mariana's client, Lisa, has made only sporadic progress dealing with ongoing hip-and-knee pain resulting from a skiing accident. Mariana finds her sessions with Lisa running long because she wants Lisa to be pain-free at the end of every session. Despite years of training and experience treating similar problems, Mariana worries that Lisa's lack of progress is due to her own failings as a practitioner. She wears herself out doing more and more with less and less confidence, and begins to dread seeing Lisa's name on her schedule. The very thought of working on her makes Mariana tired.

**Lucas, Massage Therapist:** Lucas' long-term client, Frank, comes in for his regular session two weeks after his son was killed in a drunk-driving accident. As the hands-on session gets underway, Frank's eyes fill up as his grief quietly surfaces. Sensing Frank's anguish, Lucas imagines what it would be like to lose his own son. He feels his heart clutch, then quickly tamps down the feeling so he can be there for his client. Frank, sensing Lucas' discomfort, stops crying and sinks back into a shutdown place. The rest of the session is uncomfortable for both of them. After the session, they avoid eye contact – and Frank leaves, feeling he can never let his guard down with Lucas again.

## SO, WHAT IS IT THAT THESE STORIES HAVE IN COMMON?

They represent common dilemmas faced by bodyworkers in today's massage-therapy world. I first became aware of these types of problems in 1983, as a new massage school graduate, and my understanding has deepened during my 27 years teaching CranioSacral Therapy and SomatoEmotional Release for the Upledger Institute. In my role as colleague, teacher and mentor, I've seen these and similar scenarios play out again and again, both in my work with new practitioners and in my consultations with advanced bodyworkers who long ago mastered their manual skills.

It's become increasingly clear to me that the outcome of any given therapeutic bodywork session is significantly influenced by the therapist's ability to hold a strong, healing presence. This unspoken, unseen connection between therapist and client occurs in every therapeutic bodywork session. Making the most of this connection means learning how to remain grounded, connected and fully present in the face of whatever comes up.

This can be daunting, emotional work. It means being empathetic without taking on the client's pain. It means facilitating a healing process without inadvertently violating the client's boundaries or losing your own. In short, it means learning how to be in touch with and nurturing of yourself, so that your presence can catalyze and nurture the healing process of others.

## THE IMPORTANCE OF "PUTTING YOUR OWN OXYGEN MASK ON FIRST"

To be therapeutically effective as a bodyworker, your energetic bank account needs to stay in the black. Yet I'd say that eight out of 10 bodyworkers give their energy away as soon as they get it, because they love helping people. And in their enthusiasm to help, they fall into the habit of paying attention to other people's needs before their own.

In the short run, you can get away with that. But when you continue to give from a depleted core, without replenishing yourself, burnout is sure to follow. In order to maintain a steady, healing presence for your clients, you need to recognize when your reserves are low and develop healthy ways to nourish yourself.

That's where a paradigm shift comes in. Rather than putting your clients' needs first, you need to initially focus on your own self-care. Learning to build and maintain your own store of healthy inner resources has to become your first priority. It's much like oxygen masks on airplanes. As flight attendants always remind us, "You have to make sure your own mask is securely fastened before helping the person beside you."

Healing From the Core teaches you the steps to putting on your own oxygen mask first. Let's take a moment to look more fully at the reasons *why* developing a stronger, more stable therapeutic presence is essential to you and your clients.





# Government Relations Update

BY NICK BODKIN

## BENEFITS OF PRESENCE

Developing a reliable therapeutic presence is one of the greatest gifts you can give yourself and your clients. The benefits to both parties in the healing partnership are profound and wide-ranging.

When you are more grounded and present, clients can relax more quickly. It is easier to let go of tension and soften in the presence of someone who is energetically full and steady. Clients feel that their deeper needs are being sensed and taken into account, whether they are consciously aware of this or not. They feel it when you meet them with your touch, connecting to their tissue fully, and this creates the safety and permission necessary for deep relaxation and healing.

As you become more aware of what nurtures and feeds you in a healthy way, you will become more stable and grounded, and will be more able to accurately honor your client's internal pace of relaxation and healing. It becomes less and less likely that you will push them or miss important cues from them. This enables clients to trust their own healing processes and more fully release places that are tight and restricted. Deeper release means more profound healing, a positive outcome for both of you.

Learning to embody a steady, strong therapeutic presence significantly increases your ability to feel what's going on with your clients. This energetic connection becomes a palpable, rich resource for you, a reliable source of information that can help guide your work, moment by moment, appreciably increasing your effectiveness.

Developing greater therapeutic presence is also a potent antidote to burnout. As you learn to nourish yourself with healthy resources, you won't get depleted when you hold a healing space for another. You will no longer pick up the pain, grief or toxic feelings that are often released in the healing process, because there's no place for them to be absorbed – it would be like trying to put more water into a glass that's already full. So instead of unconsciously absorbing the pain your clients may be discharging, you walk away from sessions feeling energized, intact and whole.

Finally, your confidence in yourself as a healing presence will increase as you embody these skills in your practice. Bodywork practitioners who apply the principles of holding a strong therapeutic presence develop a deep trust in their feelings, skills, intuition and wisdom. Practicing the principles of therapeutic presence takes patience and ongoing commitment, but it is well worth the effort. Our work is richest when we can be in each moment with our clients, in a space of caring and compassion that enables us to receive as well as give to them in every session. As an added bonus, the ability to become a container for someone else's healing brings us into a deeper state of grace and resonance. Everyone receives from this equation. In this paradigm, to give is indeed to receive.

At this year's AMTA NY Convention, my good friend and colleague Lori Chinitz will be sharing these valuable skills via the Healing From the Core multi-day session, April 6-9. Completing this 24 CEH session meets the same prerequisite for moving into Advanced Healing From the Core curriculum as the entry-level course Full Body Presence: Grounding & Healthy Boundaries. Come join Lori for 4 days transformative days learning this proven process for filling your energy reservoir and tapping into your deepest internal guidance system.

## THE TOWN OF GREENBURGH

The Mission Statement of the AMTA is "To serve AMTA members while advancing the art, science and practice of massage therapy." AMTA-NY Chapter's Board is dedicated to this mission. Over the last two years, we have been challenging the Town of Greenburgh's local legislation that negatively impacts the profession of massage therapy. The town put into place a local law, as well as zoning laws, that require use variances and a special license to practice massage therapy in the Town of Greenburgh. We are concerned about this as it has the potential to set a precedent that would have a ripple effect throughout the State of New York. While AMTA-NY strongly opposes the illegal practice of massage therapy, we are not willing to compromise our rights and credibility as a licensed and regulated profession to do so.

Working together with a current AMTA member in the town of Greenburgh, the AMTA-NY Chapter, on behalf of our members, filed a challenge to this legislation in an effort to preserve the rights of all our members in New York State. This effort has required the use of chapter fund reserves. These funds are generated by your membership fee and chapter contribution donations and are used to serve our mission.

In November 2016, we received the judgment from Judge Blackwood, A.J.S.C. The Judge did render an unfavorable decision in our case. Based on our legal teams' review, we feel that there are many details that were not addressed in the judge's decision; therefore, the AMTA-NY Board voted to pursue an appeal of the judge's decision. The judge did note that our challenge is warranted. A win in the Town of Greenburgh will set a legal standard in New York precedent that would help prevent other municipalities from implementing similar laws across the state, and it should help overturn other similar laws that are already on the books.

# Delegate Report

BY JAZ PITTER

## OUR NEW YORK REPRESENTATIVES AT THE AMTA NATIONAL CONVENTION



Delegates play very important roles by representing the New York membership

at the National Convention. Delegates represent the opinion of our New York members during the House of Delegates. In addition we are afforded the opportunity to meet fellow delegates and AMTA members from other states.

Although some of the duties of a Delegate require attendance at scheduled meetings, the review of AMTA proposed Position Statements and Recommendations that reflect the stance on important massage therapy issues, polling the membership, and report submissions, it also has its perks. Delegates have the opportunity to travel to the National Convention and take classes that enhance their skills and provide continuing education credits. Qualified convention expenses are reimbursed.

Delegates are elected for a 2-year term. If you have the desire to lead, and are an AMTA-NY Chapter professional member in good standing, you are encouraged to run for Delegate or Alternate Delegate at the New York Convention, April 7th – 9th at the Tarrytown Doubletree. Elected Delegates will attend the National Convention in Pasadena, California in September.

Applications must be received on or before March 31st.



BY SUSAN SALVO

Research has changed the way we practice and

the way we do business. More than ever before, we look to scientific investigations to guide our decisions in our treatment rooms and in how we spend our marketing time and marketing dollars. And that is the way it should be. Susan Salvo has spent her professional career keeping abreast of research findings and she loves to share what she has learned at professional conferences and conventions across the country.

Susan has over 35 years of professional experience as a massage therapist, a teacher, a school owner, author, researcher, and an investor. Drawing on this experience in her business class, Susan will examine the statistics from the American Massage Therapy research report on massage therapists and massage therapy client's demographics,

and current employment opportunities within the massage therapy profession. She will discuss strategies for marketing based on technique specialization and strategies for income diversification. Then she will explain the best ways to promote your practice based on market research, principles of personal service, use of digital technologies, and "tried and true" word of mouth to promote yourself as a skilled and compassionate professional. Lastly, Susan will share with you her approaches for building financial security based on five simple principles.

Susan's research class will open up the world of scientific exploration in a way that makes you eager to become a consumer of research and will likely stimulate your interest to become actively involved in current and future investigations. You will learn about the studies important to the profession and how to use research findings to guide your professional practice

including areas on which to focus, how much pressure to use, and how much time to spend to achieve a specific therapeutic outcome. She will share stories about what she has learned as an author of scholarly reports and as a research scientist. Which studies should you pay attention to? How do you determine if what you are reading is a reliable? How do investigators reduce their own bias when conducting experiments?

Bring your questions, your thoughts, and your ideas to share during class or at breakout sessions. Any question is welcome – from "What is the current research on the therapeutic use of ice?" to "What is going on with the toxin debate?" A favorite of past attendees, the question and answer session is sure to validate some ideas and challenge others. You will leave with new ideas and concrete ways to have a healthier and more effective professional practice.

# Hands & Hearts **Massage for Veterans**

BY NICOLE MILLER



Four years ago my supervisor at Crouse Hospital encouraged me to visit Clear Path for Veterans to discover how our program could help their efforts supporting U.S. Veterans and their families as they transition back to civilian life. After exploring their program and meeting with staff, I learned they had a wellness initiative embracing Integrative Modalities including massage therapy, acupuncture, and yoga. They valued the philosophies of the Functional Medical Model, the importance of the Patient-Centered Care Model, and the methods of Integrative Wellness Model. They needed more IM services consistently, especially the most requested service massage therapy. When exploring why they struggled to develop the massage therapy program, it became clear they needed therapists who were specially trained to work with Veterans and the therapists

needed more training to boost their confidence and skills.

Hence, the start of the Crouse Hospital Caring Hands & Hearts Massage for Veterans CE class. This foundational class offers 28 hours of CE's to NYS massage therapists including 12 hours of clinical experience, offering an authentic learning experience. Veteran visitors to our clinic include women and men with diverse military experiences representing all branches of the armed forces, spanning decades of service during times of peace and times of conflict.

Veteran Lyndon Clark, formerly of the U.S. Army, depends on visits to clinic to help him cope with PTSD caused by his experiences during Vietnam's Tet Offensive. When reflecting about massage therapy he explains "That night I sleep like a baby." Seemingly simple, this outcome is critical to Lyndy who has a history of active dreams, acting out the memories of his combat experiences as witnessed several times by his wife

perpetuating stress for both of them. Also important is the pain reduction another Veteran guest experiences, years after a back injury sustained while hiking 12 miles in basic training carrying an 80-pound sack while preparing for the mountains of Afghanistan. Or, the compassion a Veteran feels after feeling emotionally isolated from family and friends.

Providing authentic learning experiences while providing community health services is a privilege we respect entirely. We also respect the continued community outreach of our students Carol Schneider, Cindy Hawks, Carolyn Henn, Christine Harris, Lisa Kozma, Azura Kelly, and many more who provide Veteran services beyond the classroom. Their benevolence and volunteerism further inspire our program.

Currently we are hosting our 9th rotation of the main class and now offer additional classes such as Invisible Service Wounds.

Students can attend one, some, or all of the classes in our 80-hour Massage for Veterans curriculum, culminating with a corresponding NCBTMB Specialty Exam. We are especially thankful for our partners in education, AMTA-NY who host orthopedic and gross anatomy classes in the program. I find it fitting that Crouse, AMTA-NY, and NCBTMB work together to serve our students and Veteran clients just as our military branches work together to serve us.

For more information about our program please visit **[crouse.org/services/integrative-medicine/massage-veterans/](http://crouse.org/services/integrative-medicine/massage-veterans/)**. Class schedules and an online registration are available at **[crouse.enrollware.com/dualcalendar](http://crouse.enrollware.com/dualcalendar)**.

Nicole Miller, M.S., L.M.T., is the creator of Crouse Hospital's Massage for Veterans program and coordinator of Crouse's massage and physical therapy continuing education programs.

## Non VA **Care Program**

BY CAROL SCHNEIDER, LMT



The VA has conducted clinical studies in pain management and found that Massage Therapy

has resulted in decreased opioid usage, increased ROM and decreased depression. As a result, veterans who are being treated by VA Providers have the option of selecting massage therapy as treatment in their plan for pain management.

If the Veteran has tried massage therapy and they have found it to be beneficial in pain management then they need to speak with their VA provider to submit their

request to the Chief of Staff. Then the Chief of Staff and the VA provider determine how many massage therapy sessions they will allow for pain management for the veteran. The VA Care in the Community Coordinator then assigns the veteran to a LMT in the NON VA Care program and notifies both the veteran and the LMT on the number of allotted sessions for which the VA will pay. The LMT schedules sessions with the veteran and then submits SOAP Notes and Red Form (VA issued) for direct deposit payment. In order to participate in the program, the LMT should first notify their VA Hospital that they are interested

in becoming a Non VA Care provider for massage therapy and complete and submit forms the VA sends. A background check will ensue and if qualified, the LMT will receive a letter of notification. It is a good practice to then follow up with your regional VA Care in the Community Coordinator and notify them that you're available to work with veterans.

It has been my experience that veterans are assigned an average of 20 one hour massage sessions within a 6 month time frame. The LMT and veteran schedule the time and place for their sessions. After the allotted sessions have been completed, the veteran may

reapply for more. If more sessions are not funded then they may pay out of pocket. The veterans are very grateful and some have had life changing experiences. As a LMT, I am very grateful to live in a land of freedom and to provide service to those who do their part to help ensure our freedom.

The Syracuse VA Care in the Community Coordinator is Mia Ibrahim-Lester, Syracuse VA Medical Center, MSA

Non VA Care Office  
VA Care in the Community  
Coordinator

**P:** (315) 425-4332



# CSMT Corner

BY SAMANTHA PAIGE-GRAEBER, LMT, CSMT CHAIR

## AMTA New York Chapter Honored to Receive the Teddi Award



*Camp Good Days And Special Times September 10th, 2016*

*Front: L to R: Beth Bergmann, Christine Bailor-Goodlander, Team Leader, Phil Wackerfuss Back: Melanie Olivieri and Rebecca Haskins*

February 6th was just another ordinary day until I opened an email from Tamara Federico, the Event Coordinator for Camp Good Days and Special Times!! I was stunned by the contents ... AMTA-NY's Community Service Massage Team (CSMT) had been nominated and is being awarded their Teddi Award on April 7th, 2017 at their "A Night of Gratitude" event.

Every year, The Teddi Award is given to individuals and groups who have gone above and beyond in helping Camp Good Days and Special Times to fulfill their mission. Camp Good Days and Special Times, Inc. is not-for-profit organization dedicated to improving the quality of life for children, adults and families whose lives have been touched by cancer and other life challenges. All of the programs and services provided by Camp Good Days are offered free of charge for the participants, which is only possible through the

generosity of so many individuals and organizations and the success of our many special fundraising events. The Community Service Massage Team has been supporting the Camp for seven years.

I would like to acknowledge all the Team Members who have earned this award: *Christine Bailor-Goodlander (current Camp Good Days Team Leader) Beth Bergmann, Jodi Chase Palymyra, Jane DiBiase, Tracey Fleischauer, Rebecca Haskins, Melanie Olivieri, Carol Page, TC Pelletier, Linda Toomey, Phil Wackerfuss, Lucille Wagner, Ginny Weisel*

### **This award is for you!**

It is through the commitment you made and what you give, not just of yourself but also of your time, energy and talents. THANK YOU!

Carol Page was the CSMT member who brought Camp Good Days to the attention of the CSMT in 2010.

If you have a people-oriented non-profit organization that touches your heart and would like to support them, please contact me by email [ladystar44@icloud.com](mailto:ladystar44@icloud.com) or call (845) 519 4112.

Becoming a CSMT member isn't difficult and being a member isn't demanding. I invite you to go to our website [amtanewyork.org](http://amtanewyork.org) and click on the Volunteer Tab to learn about CSMT and find the CSMT member application.

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# CSMT Events Calendar Spring 2017

## APRIL

### Annual Brain Tumor Caregiver Training Workshop

**DATE:** Saturday, April 1st

**TIME:**

Event: 8:30 am – 3:30 pm

Team: 10 am – 3 pm

**LOCATION:**

Colgate Rochester Crozer Divinity  
1100 South Goodman Avenue,  
Rochester, NY 14620

**CONTACT:**

Rebecca Haskins, LMT, team leader

**E:** rebecca@rebeccahaskins.com

**C:** (585) 230-6115

### NYFF Spring Event

**DATE:** Tuesday, April 11th

**TIME:** 8:30 am – 2 pm

**LOCATION:** NY Hospital,  
525 East 68th Street,  
NYC, NY 10021

**CONTACT:**

Eve Bucca, LMT, team leader

**E:** erbucca@aol.com

**C:** (914) 907-5411



*Long Island National Brain Tumor Walk L to R: Yvette Thomas, Diana Guerin, Event Coordinator, Alexandria Nichols and Jasmin Pitter, Team Leader*

39 Messages were provided and the National Brain Tumor Society raised \$196,944.31 surpassing their goal of \$165,000.

## MAY

### Camp Good Days Supportive Spouse

**DATE:** Saturday May 20th

**TIME:** 10 am – Noon & 2 – 5 pm  
Lunch included

**LOCATION:** Camp Good Days and  
Special Times 58 West Lake Road,  
Branchport, NY 14418

**CONTACT:** Christine Bailor-  
Goodlander, LMT, team leader

**E:** cbgrnltm@roadrunner.com

**C:** (716) 432-8312

### Living Healthy With Lupus

**DATE:** Saturday, May 13th

**TIME:**

Event: 11 am - 3 pm

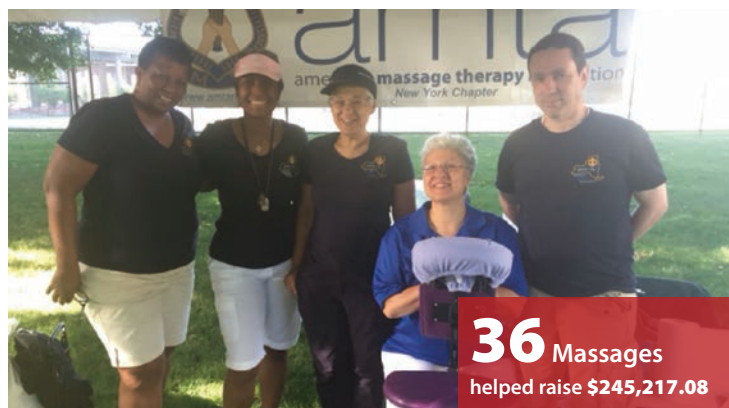
Team: meet at 10:15 am

**LOCATION:** Hospital for Special  
Surgery, 535 East 70th Street,  
2nd Floor Conference Room,  
NYC, NY 10021

**CONTACT:** Samantha Paige-  
Graeber, LMT, team leader

**E:** ladystar44@icloud.com

**C:** (845) 519-4112



*NYC Brain Tumor Walk – Randall's Island L to R: Donna Webb, Team Leader, Lle-Ann McKenzie, Nayda Maymi, Patricia Wilcox and David DeLucia*

36 Messages were provided to participants – National Brain Tumor Society Raised \$245,217.08

## JUNE

### National Brain Tumor Society NYC Brain Tumor Walk

**DATE:** Saturday, June 24th

**TIME:**

Event: 8am – Noon

Team: arrival time TBD

**LOCATION:** Randall's Island, (GPS)  
20 Randall's Island Park, NY 10035

**CONTACT:** David Delucia

**E:** david.delucia@gmail.com

**C:** (718) 680-1641

*Touch the body  
Calm the mind  
heal the spirit*



## SEPTEMBER

### LI Brain Tumor Walk

**DATE:** Saturday, September 16th

**TIME:**

Event: 9am – 1pm

Team: arrival time TBD

**LOCATION:** Jones Beach Field 5  
Parking lot for Joan's Beach  
Theatre, 1000 Ocean Parkway,  
Wantagh, NY 11793

**NEEDED:** TEAM LEADER.

**CONTACT:** Samantha Paige-  
Graeber, LMT

**E:** ladystar44@icloud.com

**C:** (845) 519-4112

## OCTOBER

### Camp Good Days Women's Wellness

**DATE:** Saturday, October 21st

**TIME:** 10 am – Noon & 2 – 5 pm  
Lunch included

**LOCATION:** Camp Good Days  
and Special Times 58 West Lake  
Road, Branchport, NY 14418

**CONTACT:** Christine Bailor-  
Goodlander, LMT, team leader

**E:** cbgrnltm@roadrunner.com

**C:** (716) 432-8312

# Lobby Day 2017

BY NICK BODKIN, LMT

## LOBBY DAY PARTICIPANTS NEEDED – MAY 8-9 ALBANY, NY

We are looking for members who would like to participate in this year's Lobby Day. Learn more about state government and how AMTA-NY advocates for Licensed Massage Therapists! You will have the opportunity to meet with NYS Senate and Assembly members to educate them about our profession and to discuss AMTA-NY legislative agenda items. Being involved with your chapter helps ensure your voice is heard by lawmakers in Albany!

We will be lobbying on Tuesday, May 9th for worker's compensation reimbursement (S.406 Robach/A.xxxx Woerner – number pending) as well as bills that will help in the fight against illegal practice (S.2488 LaValle/A.4433 Thiele). You can look up the bills here: [nyassembly.gov/leg/](http://nyassembly.gov/leg/)

If you are traveling from outside of the Albany area, room accommodations are available for the evening of May 8th. We will meet for a group breakfast and an overview of our agenda and the "how-to's" of lobbying on Tuesday morning, May 9th prior to our meetings at the Capitol.

To register, visit our chapter website at [amtanewyork.org](http://amtanewyork.org) or call the chapter office.

I look forward to seeing you in Albany!



Nick Bodkin, LMT  
AMTA-NY 1st Vice President  
Government Relations Committee Chair

## Keep Track of all CE Credits in One Place

The AMTA National website has a great tool to allow you to "self-report" all courses you take anywhere! To do so, simply log in to [www.amta.org](http://www.amta.org) click on "Update Education Credentials". This tool allows you to put all credits that you have taken anywhere all in one place!

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[allison@orthomassage.net](mailto:allison@orthomassage.net)

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Hartford, CT Sep 21 - 24, 2017  
Ithica, NY Dec 12 - 14, 2017

### CRANIOSACRAL THERAPY 2 (CS2)

Fairfield, NJ Apr 20 - 23, 2017  
New York, NY May 11 - 14, 2017

### SOMATOEMOTIONAL RELEASE 1 (SER1)

Fairfield, NJ Sep 21 - 24, 2017

### SOMATOEMOTIONAL RELEASE 2 (SER2)

Ottawa, ON Mar 23 - 26, 2017  
Monsey, NY May 14 - 17, 2017  
Hartford, CT Sep 21 - 24, 2017

### ADV 1 CRANIOSACRAL THERAPY (ADV1)

Burlington, VT Jun 5 - 9, 2017



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Additional dates/locations:

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## AMTA New York Chapter

167 Chamberlain Road,  
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## 2017 Unit Classes

Date	Class Name	Instructor	CEH's	Place
May 6	Hip in Relation to Knee and Low Back	Dr. George Russell	8	Chelsea Studios, NYC
May 20	Gross Anatomy Lab Lecture – Lower Body	Kelly Meyers, Dr. Norton Berg	8	Crouse Hospital, Syracuse
May 21	Clinical Massage for Veterans 2	Lauren Felice	8	Crouse Hospital, Syracuse
May 20-21	Introduction to Oncology Massage	D. Verina, F. Newsome	14	CATA, NYC
May 21	In and Out of Bounds-Ethics, Morality and Law	Christine Bailor-Goodlander	3	Emerson Education Annex, Williamsville
May 21	Posture and Positioning: Protect our Body; Treat your Client-	Christine Bailor-Goodlander	6	Emerson Education Annex, Williamsville
June 3	Introduction to LokuLomi	Nicole Morris	8	ROC City Wellness, Rochester
Sept 9-10	Integrated Approach to Positional Release Therapy	Lee Albert	13	Center for Natural Wellness School of Massage Therapy, Albany
Sept 30	The Jaws, Ears, and Base of Skull: Triad of Opportunity	Dr. George Russell	8	Chelsea Studios, NYC
Oct 13-16	Introduction to Thailand Traditional Massage	Yaron Gal Carmel	20	Marriott Residence Inn, Plainview
Oct 15	Forearm Massage: Work Smarter Not Harder	Shari Auth, LMT	8	Emerson Education Annex, Williamsville
Oct 21-22	Introduction to Oncology Massage	D. Verina, F. Newsome	14	Wantagh American Legion, Wantagh
Oct 21	Functional Anatomy and Treatment: Low Back and Hips	Dr. George Russell	8	Johnson City Senior Center
Oct 22	Functional Anatomy and Treatment: Foot and Ankle	Dr. George Russell	8	Crouse Hospital, Syracuse
Oct 23	Functional Anatomy and Treatment: The Knees	Dr. George Russell	8	ROC City Wellness, Rochester
Nov 4	Gross Anatomy Lab Lecture – Upper Body	Kelly Meyers, Dr Eric Berg	8	Crouse Hospital, Syracuse
Nov 4	Introduction to Craniosacral Therapy	Lisa Satalino	8	Knights of Columbus Hall, Tupper Lake
Nov 5	Clinical Massage for Veterans 1	Lauren Felice	8	Crouse Hospital, Syracuse

## Online CEH's

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