

intouch

Newsletter of the **American Massage Therapy Association® New York Chapter** • Fall 2018

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BY NICOLE MILLER, L.M.T., M.S.

Did you know that 90% of an iceberg's mass is below the surface?

When he shared his story, I could feel myself attempting to conceal my utter disbelief. This could not be the same Lyndy who charmed all of us in our veteran's clinic. The Lyndy we knew was a 'teddy bear' of a guy, perpetually laughing and smiling with a sparkle in his eye. He was gracious and polite, and from a traditional perspective, what you would expect from someone of an "older generation." During Clinic we knew he lived with cancer. We knew he was a physically active guy. We knew he was a Vietnam veteran and a combat veteran at that. On that day, Lyndy shared his story with a local reporter while I observed. It was a rare moment for a massage therapist and instructor; one that allowed me to truly 'in-take' a client's history, providing me full access to his experiences. On that day I learned that all of the things we knew about Lyndy before the interview were the tip of the iceberg.

During the interview he detailed his experiences as a veteran. He recalled fighting during the Tet Offensive, at one point for days straight. At the end of the fighting, when the combat died down, he and his bunker mate laughed uncontrollably. With his duty complete he made his way back to the States and attended Kent State University. While in a class

there, a fellow student learned he was a Vietnam vet and spat in his face while the professor laughed. The Lyndy that described the story to the reporter was not the same Lyndy I knew. His lips were puckered and his teeth clenched when he recalled that moment. His eyes squinted with anger. He explained "I can still see that kid's face, and oh how I wanted to [beat] him."

Just as quickly as the story began it ended and Lyndy was back to 'normal'. He then smiled and spoke about coming back home to the Syracuse area, marrying and raising a family. He built a successful business here and had a great life. After he retired and nearly four decades after his service, his dreams began, except these were not typical dreams. They were active dreams, ones when he re-engaged with his combat experience by acting it out. Sometimes his wife was 'caught in the crossfire' as he tried protecting her. She described seeing him sitting up in bed with his elbows flexed and fingers extended while he uttered 'tat, tat, tat, tat...'; emulating rapid gun fire. During this time, he lost valuable sleep as a cancer patient.

He told his 'doc at the VA' and learned he had PTSD, also known as Post-Traumatic Stress Disorder. For four decades Lyndy led a 'normal' life with no major presentation of PTSD symptoms. Upon a major transition in life, retirement, his symptoms surfaced. They were the tip of his iceberg. If you are astonished by his story, I can relate.



The mission of the
**american massage
therapy association®**

is to serve AMTA
members while
advancing the art,
science and practice
of massage therapy.

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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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Students in our program have been introduced to his story and have learned about corresponding content including impressive terms such as compounded trauma, compartmentalization, anxiety arousal symptoms, PTSD (or as our program now uses PTSI), adaptation methods, therapeutic communication techniques, and the list grows. We introduce medical terms, expose them to research, equip them with therapeutic professional practices, and model adaptations/treatment methods. Then, when launched into clinic they are sometimes disappointed because they do not hear the stories Lyndy described that day. The veteran seems like every other client. I am often asked "How do we help them?". We support Lyndy and others who've experienced TLE's (traumatic life events), by supporting ourselves with solid learning, listening well, and being flexible in both our approach and practice.

I tell massage therapists who work with veterans, similar to basic training in the military, you must be ready for anything, everything and nothing. You must be ready for anything because as Lyndy's story demonstrates, Invisible Service Wounds are deep, and can have a profound impact decades later. You must be ready for everything with proper training, hopefully veteran-specific training, because veterans have diverse biopsychosocial health care needs. Lyndy, for example, is a former combat veteran, living with cancer who lives an active life-style. Lastly, you must be ready for nothing because like Lyndy, many do not share the depth of their history or experiences. Many veterans have lived with their own family for years, slept next to their life partner every night, and haven't shared about their combat experiences. We can assume they may not share with us either and often what we learn is figuratively the tip of an iceberg.

When asked "Why massage?", Lyndy replied candidly with a rasp in his voice and a smile on his face, "Aww, because it helps me sleep like a baby." Seemingly simple, that treatment outcome is essential to Lyndy and his wife. His current treatment plan designed by the VA staff includes goals to reduce stress and promote improved sleep, outcomes that can be supported by massage therapy. Our main treatment goal is designed to complement his VA care plan by using methods that reduce stress and promote sleep while engaging professional skills that accommodate his TLE history. By doing so we hope his 'iceberg' drifts steadily and uneventfully through his remaining life transitions while he continues to smile and laugh perpetually.



Nicole Miller, L.M.T., M.S. is the creator of the Caring Hands and Hearts Massage for Veterans program at Crouse Health in Syracuse, NY. The hospital-based education program provides continuing education instruction to massage therapists and allied health professionals. It includes experiential learning opportunities through a Veteran's clinic program at Clear Path for Veterans in Chittenango, NY. For the past five years the clinic program has provided 814 pro-bono services to Veterans, U.S. Active Duty, and Canadian Active Duty personnel. The program is grateful for our partners in education including AMTA-NY who foster the expansion of massage therapy in the medical community. The information in this article was permitted for publication by the named Veteran and is intended for educational purposes.

President's Corner

BY NICHOLAS BODKIN, LMT

Following the 2018 AMTA National Conference, I have a renewed purpose and some fresh ideas. In my daily work routine it's easy for me to stagnate, but taking the time to network and learn from a wonderful community of therapists from around the country is always rewarding for me. That's my favorite thing about convention.

This year was no different. The underlying theme of this year's convention was research and advocacy for the profession. I am truly passionate about promoting the benefits of massage and its integration into healthcare. It is an exciting time for our profession and its' advancement on many levels. AMTA is now working with a lobbyist at the national level for the inclusion of Massage Therapy as a complementary alternative care provider in Medicaid. The Massage Therapy Foundation, along with many other organizations, is researching the impact of massage therapy on a number of health conditions. This research is confirming what many of us already knew: that massage therapists play an important role in helping people who suffer from pain and many other conditions. In a profession such as ours, there are numerous modalities we can practice, and each of those has a different impact on the body or on a condition. As LMT's it is our responsibility to

be properly educated in the modalities that we practice. Understanding how to communicate with doctors, other health care providers, and our customers about the benefits of massage therapy is essential in establishing credibility within the healthcare system.

Your AMTA-NY chapter is committed to offering educational opportunities on research and a wide variety of classes, through our regional workshops and classes at our annual NY Chapter Convention. Through education and awareness, we will be prepared to answer the call for highly trained professionals who know how to treat a variety of medical dysfunctions. We are offering many continuing education classes this fall, and mark your calendars now for our annual AMTA-NY convention in Tarrytown, NY April 12-14, 2019!

Thank you for your continued membership and for supporting our efforts to elevate the standards of our great profession through the art, science and practice of Massage Therapy!



Sincerely,

Nicholas Bodkin, LMT
AMTA-NY Chapter President

National Convention 2018

BY DONALD GOODALE, LMT, AMTA NY BOARD MEMBER



AMTA-NY Chapter Attendees at National Convention

The 75th AMTA 2018 National Convention was held in Washington DC in August. New York State had 36 attendees. Bert Jacobs, the "Life is Good" brand CEO and co-founder was the keynote speaker for opening day with an inspirational message of how positivity can change your life. And what a great weekend it was. CEU's were gained by those attending the hands-on courses & lectures provided by AMTA, and the closing ceremony focused on massage benefits to veterans with a roster of speakers including vets and service providers. Nicole Miller, our cover article author, was one of those speakers.

Take some time to peruse the photographs of the weekend on AMTA's national website, amtamassage.org, and save the date for October 24-26, 2019 in Indianapolis.

Free Resources from the Massage Therapy Foundation

BY KYLE HIERHOLZER, LMT BCTMB CPT CR CMCP, SECRETARY, AMTA-NY CHAPTER



AMTA-NY was the proud recipient of the Trustees Circle Award from the Massage Therapy Foundation at this year's National Convention. Our Chapter donated more than \$5000 in support of the Massage Therapy Foundation.

The Massage Therapy Foundation and the American Massage Therapy Association share a commitment to advance the massage therapy profession through promoting scientific research and evidence-informed practice. Although our organizations are separate, we collaborate to fulfill the mission of the Massage Therapy Foundation: to advance the knowledge and practice of massage therapy by supporting scientific research, education, and community service.

Goals of the Massage Therapy Foundation:

1. Advance research on therapeutic massage and bodywork.
2. Foster massage therapy initiatives that serve populations in need.
3. Promote research literacy and capacity in the profession.
4. Support the evidence-informed practice of therapeutic massage and bodywork based upon available research, client factors, and practitioner experience and judgment.
5. Fortify the Foundation's financial resources and organizational effectiveness.

Infographics is one of the resources provided by the foundation that make evidence-based research accessible to all levels of understanding. These easy to read graphics explore a new way to present research articles and case reports in engaging visual shorthand. As practitioners we can share them with friends, colleagues, physicians, and clients! Take a look and start sharing them today! Or post them in your office.

<http://massagetherapyfoundation.org/massage-research/research-infographics/>



The Impact of Massage Therapy on Function in Pain Populations: A Systematic Review and Meta-Analysis of RCTs

Crawford et al.

Problem:

Pain is multi-dimensional and may be best treated with a holistic, biopsychosocial approach that addresses functional outcomes as well as pain

2 million Americans abused or were dependent on prescription opioids in 2014

180,000 deaths from overdoses from 1999-2015

Findings:

Evidence strongly supports massage therapy compared to no treatment for pain management

Massage therapy compares well with other interventions to manage pain

Massage therapy may be beneficial for improving several functional outcomes, including anxiety and health-related quality of life

Research Question:

What is the state of the science regarding the impact of massage therapy on function for those experiencing pain?

Application:

The opioid crisis has made finding non-pharmacological approaches to pain management a high priority

Massage therapy is a low-risk, potentially effective intervention for people living with pain

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4925170/>

www.massagetherapyfoundation.org

Example of an infographic



Online CEH's

Did you know you can complete all of your NYS required CEH's through online approved providers? AMTA is an approved provider of NYS and offers more than 50 online classes. Classes are in a variety of subjects and are as low as \$15 per credit hour.

For more information visit: www.amtamassage.org/courses

National Convention 2018, Assembly of Delegates Update

BY MELANIE R. OLIVIERI, RN, LMT, BCTMB, AMTA NY BOARD MEMBER, DELEGATE



I was honored to be a NYS delegate this year at the AMTA National Convention in Washington DC. It has been an exciting couple of years with the former House of Delegates undergoing some changes. Now known as the Assembly of Delegates, it is a meeting of state delegates from all over the country, a meeting of massage therapists that take time out of their busy schedules to review and discuss topics in the hopes of further substantiating the art, science and practice of massage therapy. Working together in the hopes of being able to provide the medical community with the information it needs to see us as the health care professionals that we are.

This year there were some changes to the process and the discussions revolved around the proposed position statements. Those proposals were:

1. It is the position of the American Massage Therapy Association that massage therapy may help reduce pain associated with osteoarthritis of the knee
2. It is the position of the American Massage Therapy Association that massage therapy may be beneficial for pediatric populations within a hospital setting.

After small group discussions and open floor comments, both of these statements were voted on and approved to be forwarded to a research workgroup. While the statement wording may change depending on the workgroup findings, the hope is for these position statements to be adopted by the AMTA so that we as massage therapists can say "Here is the research. Yes, massage therapy is beneficial, and here is why."

Over the next year we will continue to solidify the new processes within the Assembly of Delegates and we will follow the progress of the position statements. If you can make it to next year's National Convention in Indianapolis you are welcome to come early and observe the delegate meeting. And don't forget our NYS convention is April 12-14, 2019 in Tarrytown, where elections will be held for the next available delegate seat. Hope to see you there!



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New York Chapter

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New York State Delegates, AMTA

National Convention

Donald Goodale (2018 – 2019)

Lindsay Bodkin (2017 – 2018)

Frank Casucci (2017 – 2018)

Melanie Olivieri (2017 – 2018)

Do You Have an NPI Number?

BY LINDSAY BODKIN, LMT, GOVERNMENT RELATIONS CHAIR

I know many of us think, "I don't accept insurance, so why should I apply for a National Provider Identifier number?" At least, that is what I thought prior to taking the "Massage Policy, Research, and Advocacy: How You Can Get Involved" course at the AMTA National Convention in Washington, DC in August.

However, having a NPI Number is the only way for the Federal Government to recognize the number of Massage Therapists there are in the US. Why do we want the Federal Government to know we exist? So we can lobby more on a Federal level for our profession! We work so closely with our lobbyist at our State level, but it is equally important to lobby on the federal level; especially, as we are trying to evoke more change regarding massage therapy's role as an integral part of integrative care and pain management (please see the recent publication at www.amtamassage.org/healthcare). You can easily apply online at <https://nppes.cms.hhs.gov/#/>

It is FREE and your personal NPI number remains the same even if you change states. This is one simple step you can take to get involved.

Member Highlight

BY LINDSAY BODKIN, LMT



Boston Marathon 2018

After 5 ½ months of training, fundraising, and trying to find the perfect sneaker, I did it! I ran (and finished) the Boston Marathon! The weather was some of the worst Boston had ever seen on race day. We had frigid temperatures, sleet, freezing rain and wind gusts up to 35 mph pushing us backward. Our shoes were muddy and wet before the race even began. To me, those circumstances made finishing that much more rewarding! The best part, though, was that I raised \$13,411 for the Massage Therapy Foundation! As a team, we raised \$64,789! Thank you so much to all of you who supported me through this journey, and thank you to those of you who helped bring more awareness by contributing toward research for our profession.

Massage is amazing! I had my weekly Monday massage sessions, and I only had difficulty walking down the stairs the day after the marathon; I felt no other limitations, and was back to normal 24 hours later! I should also note that prior to training for this, my longest race was an 8K through a vineyard...because at that point the only way someone was going to convince me to run was by promising me a glass of wine at the finish! The Massage Therapy Foundation chooses 4 people each year via an application process to run as a charity runner in the Boston Marathon. If you are interested, contact the MTF and apply! It is an incredible experience, and it is so rewarding attaining a goal that helps our profession in the process.

Follow Your Pathway to Success

Discover Upledger CranioSacral Therapy...

"Great experience. As a massage instructor and having been the director of a massage school, I appreciated how well all aspects of this workshop came together - admin and curriculum."
— Natalie K., LMT

*John E. Upledger, DO, OMM,
developer of
CranioSacral Therapy*

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The CSMT Corner

BY SAMANTHA PAIGE-GRAEBER, LMT, CSMT CHAIR



Why I Love the Community Service Massage Team (CSMT)...

When I was asked to Chair the Community Service Outreach (CSO) Committee 11 years ago, I couldn't say no. At that time the Emergency Response Team (ERT) was not developed, and it was an opportunity to help organize a team that would educate the public, give something back to their communities and a platform for members to promote their business. CSO also gave the members a safe venue to meet other like-minded therapists since much of the work we do is solitary.

It's eleven years later and I still love being a member of what is now called Community Service Massage Team (CSMT). Over the years I have developed wonderful relationships with event coordinators and team members. CSMT has been working some of the events for 8 to 10 years. Each year, our participation allows us the opportunity to touch people's lives and plant seeds for health. The look on a clients' face and their words of gratitude touch deeply. Working alongside fellow therapists is an opportunity to learn about them and to trade ideas. It also gives us a chance to get out of the "office." The opportunity to give and receive is never ending.

If the above resonates on some level, I would like to invite you to go to amtanewyork.org, click on CSMT to learn more and to possibly become a member.

Education Corner

BY PAT COLLINS, LMT, EDUCATION CHAIR



Back-to-school has already begun! Memories turn to riding yellow busses, raking some orange leaves and running down the street with backpacks. But in AMTA-NY world it means the kickoff of our fall and winter series of continuing education classes!

Our spring and summer offerings were well received. Based on the sold-out attendance almost every time, we will offer several more Cupping classes to accommodate the enthusiastic response and heavy registrations. Before we are finished (in 2019), the first level of Cupping will have been offered in every "education zone" in NY state. We hope that you can get to one before we introduce the second level of Cupping instruction in May, 2019 in Albany.

Our fall and winter offerings cover a whole gamut of topics from orthopedics to energy work and a lot in between! Hopefully you'll find one that you'll love!

We are actively booking our 2019 classes and will have a full 2019 schedule posted in December. We take every member's suggestions seriously so if there is a subject you'd like us to consider offering, let us know. While we can't accommodate every suggestion, we do our very best to make our members happy. Just send us an email at office@amta-ny.org and we will look into it.

And your thought for the day:

"Teachers open the door, but you must enter by yourself."

- Chinese Proverb

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Mastery
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**2019 AMTA-NY
Annual Convention
April 12-24, 2019**

Tarrytown, NY

See you there!



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AMTA National Office

www.amtamassage.org

NYS Education Department Office of the Professions

www.op.nysed.gov/prof/mt

Massage Therapy Journal

www.amtamassage.org/journal/home.html

Massage & Bodywork Magazine

www.massagemag.com

Massage Today

www.massagetoday.com

MASSAGE THERAPY FOUNDATION

www.massagetherapyfoundation.org

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www.youtube.com/amtamassage

*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.