

intouch

Newsletter of the **American Massage Therapy Association® New York Chapter** • Summer 2019

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FORGET ABOUT THE MUSCLES – Focus on the Nerves

BY DAVID M. LOBENSTINE, LMT



I have worked with hundreds of LMTs in my continuing education courses and have found that nearly all of us have something in common: we are so focused on the musculature that we tend to ignore *the system that controls the musculature!* Ignoring the nervous system makes our sessions less effective for the client and more painful for us. But there is a simple solution: massage with the nervous system in mind.

“The most important piece of information that we need to understand and promote is that the change in tension levels in the body is something caused by changes in the nervous system, not by changes in soft tissues... The belief, however, is that muscles relax more with more pressure. The truth is, muscles relax more when the nervous system tells them to.”

—David Lauterstein author of *The Deep Massage Book*

There are many different aspects of the nervous system: central and peripheral, sensory and motor divisions, etc. But the part that is most relevant for us (and sometimes ignored by us) is the *autonomic nervous system*.

That system, you'll remember, consists of two halves: the *parasympathetic branch*—“rest and digest”—and the *sympathetic branch*—“fight or flight.” These two halves are constantly at work trying to maintain homeostasis within the body,

and responding to every shift in our environment.

It is easier to understand the *somatic nervous system*, because it is what we use every time we send a text or open a door or give a massage. But it is the autonomic nervous system that tells all of the *other* muscles in our body what to do and when to do it. These other muscles are “non-skeletal”—our smooth muscles, our cardiac muscle, and our glands. They are not ones that we think about much, because unlike our pecs or abs, we can't see them. We don't think about these muscles because we can't exert conscious control over them. You can't tell your small intestine when to contract and when to rest. You can't tell your heart to speed up or slow down, the way that you can tell your biceps to flex or extend.

But it is this vast realm, governed by the autonomic nervous system, that determines what a massage feels like. It is the autonomic nervous system that shapes how we unconsciously react to every situation. At every moment, our autonomic nervous system is deciding whether the body should relax, or if it should prepare for conflict. And that decision spills over into the rest of your body. When your sympathetic nervous system is on high alert, not only does the heart beat a little faster and breathing gets a little shallow, but chances are the muscles of your neck and shoulders, and maybe your inner thighs, start to clench ever so slightly. Obviously, this is not what



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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FORGET ABOUT THE MUSCLES – Focus on the Nerves

continued



we want for the client who is lying on our table. We want the client to relax, not to guard.

Typically, we assume that the way to make a client relax is to press into the client's muscles—as if it is merely the manual effort of pressing the muscles that makes them relax, the way that pressing on an air mattress makes it deflate. But this approach—pushing the muscles = relaxing the body—is false. Or at the very least, is a terrible

simplification. The muscles that therapists spend so much time working on are not doing anything on their own, and they are not determining how we feel. Our skeletal muscles are merely the way that our nervous system manifests itself. Our muscles merely convey what is going on in our nervous system. So if you'd like to make a real difference for your clients, focus less on digging into their rhomboids as hard as you can, and focus more on working with their nervous system.

The autonomic nervous system is not rational. It is instinctual. If a client walks into your treatment room and is not comfortable, the sympathetic branch will go on high alert. This self-protective instinct will tell the muscles to guard, to be wary. Similarly, during a session, if you deeply sink into a client's tissue too quickly, you risk triggering that same protective instinct. If the client's brain senses a threat, the client's body will immediately go on alert, and thus diminish the therapeutic possibilities of the session. This situation is only exacerbated if that client has had any past trauma which has primed the sympathetic system to react to potential risks.

So what's the solution? We need to work *with* the autonomic nervous system—both our client's and our own. We need to acknowledge its instinctual, non-rational power. No matter how talented we are as therapists, we can't force anyone to relax. In fact, the more we tell our clients "Relax!" or "Take a deep breath!"—or the harder we dig down into a tight spot—the less likely it is that they will be able to actually change. Instead, we need to create the conditions where the client feels safe and secure, where their "rest and digest" instinct can predominate. In other words, we need to create a session in which ease comes more easily.

The way we can create that possibility for our clients, is by first creating that possibility for ourselves. We need to pay attention to ourselves and feel calm and at ease in our own body and brain and breath. Then, our every moment of contact, both verbal and physical, can convey that sense of ease.

As you work, become aware of the possibility for a slow effortless breath. Become aware of how you can lean with your body weight to create each stroke, rather than push with muscular effort. You can still work as deep and intensely (or as light and gently) as the client needs. But the key is to think of *facilitating* whatever change the client is ready for, rather than *forcing* or *fixing* your client.

This shift is simple, but not easy. The idea of massaging the nervous system can feel disorienting. But the rewards are vast. If you massage with a greater awareness of your own body, you will make your client more aware of—and more comfortable in—their own body.

David M. Lobenstine, LMT, has his own private practice in New York City, and teaches continuing education classes both in person and online. Massaging with the nervous system is explored in his signature CE class, *Pour Don't Push*, available both in person and online. See www.bodybrainbreath.com to learn more about learning with him.

Message from the President

BY NICHOLAS BODKIN, LMT, AMTA-NY CHAPTER PRESIDENT



I hope this edition of InTouch finds you well! I am writing this message on the heels of returning from the AMTA National June Meeting. The annual meeting is a chance for the state presidents to come together and learn how we can better serve our members. This year, we were joined by our chapter financial administrators and government relations committee chairs. In addition, we were joined by special guest, Sarah Thomas, the first female official in the NFL. Her message of team building and helping one another succeed was inspirational.

As therapists we often need to be inspired. Spending time with other like-minded professionals can help us grow as professionals. Programs such as mentorship, local continuing education, volunteer events (CSMT), and our state convention are a few opportunities where you can develop professional connections. Please visit our chapter website calendar to view the list of our upcoming events. Mark your calendars for our State Convention in Saratoga May 1-3, 2020! I encourage all of you to be more active in our chapter, let's come together and inspire each other!

Education Corner

BY PAT COLLINS, LMT, EDUCATION CHAIR

SELF-CARE FOR SUMMER!



Summer is typically a time that your AMTA-NY chapter takes a break from offering continuing education classes. The reason is that we all get busy with our summer season, which is too short, and the classes don't fill up as well as the spring and fall classes do.

An exception: this summer is the July Cupping 1 class in the Southern Tier – register at www.amtany.org. After that all our in-person classes are in the fall.

Summer is the perfect time to focus on yourself. "You can't pour from an empty pitcher" as they say, so there's no better time than the present to

rest, relax and rejuvenate. If you need immediate Continuing Ed credits for your New York license/registration renewal, think about one of the five online Self-Care courses at www.amtamassage.org. People have also been asking about insurance billing and there's a new online class on that at www.amtamassage.org.

New York State allows all of your continuing education to be online as long as it's from a New York Sponsored provider like AMTA. Of course, as massage therapists, we are "hands-on" type people! AMTA-New York Chapter will be back in the fall with many hands-on classes for you! They're listed on www.amtany.org. Hope to see you at one!



Mastery of Massage

BY LINDA TOOMEY, LMT, CONVENTION COMMITTEE CHAIR



The 2019 AMTA-NY Chapter Annual Convention was a success! The 2019 Convention was held on April 12 - 14 at the DoubleTree by Hilton in Tarrytown, New York. Massage

therapists participated in a fun-filled weekend that was rejuvenating. With an offering of great classes and quality presenters, massage therapists went away with new techniques and excellent class experiences. The Vendor Marketplace was filled to capacity with 18 vendors that offered a variety of massage therapy merchandise and services. On Friday, the Annual Business Meeting Luncheon conducted the NY-Chapter business for the year. Chapter officers were elected, and delegates were nominated. The keynote address was given by Christopher Deery, AMTA National President, who encouraged volunteerism within the organization. Moreover, Deery expressed appreciation to members and for being active in the NY-Chapter. Rebecca Marino, AMTA-NY Lobbyist, addressed the members regarding non-pharmacological pain care treatment legislation.

Among the highlights of the 2019 Convention was connecting with friends and associates at the Dinner Dance Banquet & Awards Ceremony. Time was spent to present NY-Chapter awards, conduct convention gift giveaways, and administer the Oath of Office to the newly-elected officers and delegate. With an amazing DJ, the dance floor was filled throughout evening.



CONVENTION 2019



CONGRATULATIONS TO THE 2019 ELECTION WINNERS:

- **Financial Administrator (2-year term):** Pat Collins
- **Board Member (2-year term):** Donald Goodale
- **Delegate (2-year term):** TC Pelletier

CONGRATULATIONS TO THE 2019 SCHOLARSHIP AWARD WINNERS:

- **First Place:** Nadia Briones, Finger Lakes School of Massage (\$1000 award)
- **Second Place:** Olivia Hartvig, Pacific College of Oriental Medicine (\$600 award)
- **Third Place:** Cassidy Mountain, Finger Lakes Community College (\$400 award)

CONGRATULATIONS TO THE CHAPTER 2019 AWARD RECIPIENTS:

- **Meritorious Award:** Nicole Miller
- **Government Relations:** Lindsay Bodkin
- **President's Award:** Edward Pacyna
- **Humanitarian Award:** Samantha Paige-Graeber

Congratulations to all the 2019 Convention Gifts winners! Much appreciation to our 2019 vendors who donated the drawing prizes with a total value of \$3496.00. A special thank you to the 2019 Convention Event Sponsors: The Upledger Institute International and Massage Envy. We are grateful to all the volunteers who helped to make it happen and to everyone who came.

Join us for the AMTA-NY Annual Convention on May 1 - 3, 2020, at the Saratoga Hilton in Saratoga Springs, New York. Attending a convention is a great way to bring together massage therapy professionals for education, networking, and pure fun! Hope to see you there!

2019 Scholarships

BY MELANIE R. OLIVIERI RN, LMT, AMTA NY BOD, SCHOLARSHIP CHAIR

I was honored to be the Chair for our Scholarship Essay contest again this year. We had submissions from all the possible categories and our judges had a very hard time picking just three winners from all the entries. Our winners submitted well written, thoughtful essays. They did the research where necessary and gave us source references when used. And maybe most importantly they wrote from their hearts. It is obvious that we are lucky to have a very passionate group of student massage therapists getting ready to work in this ever growing field of massage therapy.

If you will be a student in 2020 please watch for the information on next year's contest coming early in the year - you could be next year's winner. If you are interested in being a judge for next year's contest please reach out to me via the AMTA NY office.

Thank you to all the students who entered the contest this year. You are all winners in my book and all of us at AMTA wish you all the best in your careers.

1ST PLACE SCHOLARSHIP ESSAY WINNER

BY NADIA BRIONES

The human body is absolutely and fundamentally remarkable. Somewhere along the way, this knowledge has been lost. It has become the familiar norm to live in numb neglect of our bodies, when in fact, our bodies are our most powerful ally. When we stop trudging up stream driven by the force of self-hatred, we realize the water is flowing the opposite direction for a reason. There is so much power in riding with the current and letting self-love propel us forward instead of constantly being weighed down by hatred and resentment. I dream of a world where it is encouraged to relentlessly love and care for our bodies, where self-care is celebrated, where we wake up every day and feel empowered because we know we are doing right by our bodies, and where it is known and acknowledged just how remarkable and miraculous the human body is. In this world, we would learn to trust our natural instincts and intuition, to respect our boundaries and those of others, to step aside and let our bodies talk when they are urging us to listen, and become unstoppable forces of authentic body respect, both toward ourselves as well as toward each other.

Massage as a form of physical touch has a unique power to wake people up to their bodies. As a future practitioner, I am humbled and excited to use that power one day to be a force of body love and respect in this world. Through bodywork, it is my goal to be a resource of physical healing. I intend to uphold standards of body respect and celebration of the human form, and to empower people to be that much more effective in their bodies and thus, their lives. The urge to improve oneself can contort into the comfortable numbness of comparing oneself to others, feeling inadequate, and developing a toxic self-image. As a healer, I intend to use my perspective of the current societal pitfalls and help to mend this broken system, to reteach my clients how to listen to their inner wisdom, to help them remember just how remarkable their bodies

are, and to show them the infinite possibilities that become available to them when they stop fighting against their most powerful ally.

Being in tune with our bodies means a higher level of connection with others, and with the world around us. There is no telling the powerful impact this could have on how our society functions. The disconnect amidst our culture exists in our bodies, our minds, and our souls. This broken relationship needs to be mended carefully and tenderly in each of these places. The good news is that the future is bright. Our culture is hungry for a solution to this chronic imbalance. Through massage as well as an increased collective awareness of the miraculous human body, countless aspects of healthcare, quality of life, and human interaction will be positively impacted. I cannot wait to join my LMT predecessors in changing the world.

2ND PLACE SCHOLARSHIP ESSAY WINNER

BY OLIVIA HARTVIG

My work as a full-spectrum doula specifically providing bereavement services to marginalized communities shapes my view of the future as an aspiring massage therapist. Although there is a fair amount of research on the benefits of grief massage and pregnancy massage, there is close to none that combines the two. "Pregnancy loss" is used throughout this paper as an umbrella term for any circumstance wherein the pregnant person does not birth a living child or in the case of adoption, either by choice or forced separation. Instances of pregnancy loss may include abortion, ectopic pregnancy, miscarriage, or stillbirth. Although each situation is due for their own research as they are completely different experiences they all share an outcome of immense grief for the birther and family/unit. Grief is an added journey to the likelihood of postpartum depression (PPD) experienced after birth. PPD is experienced on many levels as the body changes and reorients itself and life changes within the family. It is important that grief and PPD are distinguished from one another as they can happen simultaneously and therefore need to be addressed differently. Today's high rates of maternal and infant mortality calls for sources of support who have both the compassion and awareness of a doula as well as the knowledge of a licensed massage therapist.

Sometimes receiving the healing benefits of touch may be too difficult after such a traumatic loss. How may this be different if the patient knows there is someone out there who has the language and knowledge to support them? If the patient wants to express their grief through tears or words, it is important that the massage therapist knows how to respond compassionately and hold space in that time. The risk of shutting a patient down out of discomfort or fear while they grieve, or on the other hand getting too involved can cause more detriment to the person's pain on all levels. Staying within the scope of practice as a massage therapist requires a level of preparation and expertise in an ability to draw boundaries.

Methods and techniques may include using gentle and slow touch and aim to calm the sympathetic and parasympathetic nervous systems. During an intake session targeted towards soothing grief, the massage therapist may facilitate the patient to tune in to an area of that is holding



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the most stress or tension. However when taking physical changes from a recent birth into account challenges arise in this approach. For instance, what if some areas of the patient's body that hold the most tension are still too sensitive to touch or are considered local contraindications?

I would like to use the scholarship award to further my trainings in supporting people through pregnancy loss as a doula in combination with my work becoming a massage therapist. I hope that sharing this vision with other pregnancy massage therapists may lead to us to find more benefits and ease in people's lives in their healing processes.

3RD PLACE SCHOLARSHIP ESSAY WINNER

BY CASSIDY MOUNTAIN

Volunteer work and outreach projects can be extremely beneficial to those involved. I have found that they are not only advantageous to those who are helping, but just as much to those who are volunteering. Here at FLCC, I am the treasurer of our massage club. Every semester we are required to do an act of community service with five or more members. Hannick Hall is located in Newark, New York. It is a Substance Abuse Rehabilitation Program and provides housing for women who are recovering from their addiction. It is also open to women who are victims of domestic violence or who are pregnant/postpartum. One of our club members, and one of my close friends is a former graduate of the substance abuse program. This year, we decided a major way to give back to our community was to volunteer at Hannick Hall.

It was never actually stated, however, before we arrived at Hannick I believe everyone was a tad apprehensive. After all, most of us had never been to a place like this before. However, after we did our volunteer work our group, myself included, were ecstatic, felt wonderful and were so grateful that we chose to go here. These women were hurting, all with their own stories and traumas they have experienced. They were so appreciative that we came and we thought of them. I admired their strength and resiliency. I had not expected to feel this light and overcome by feelings of gratitude and happiness. This helped to reassure me I was going into the right field. I began to have more faith in the fact that we are doing much more than body work.

Being able to help others and get the feeling I felt after we went to Hannick Hall is something you cannot find in every profession. We are lucky to be able to experience this as a massage therapist or volunteering at any sort of event. It is also remarkable to be able to support people in the process of healing themselves. This experience motivated me to learn more so I could help people in different ways, because we got a taste of how rewarding it can be.

It was a unanimous decision in our club to return to Hannick Hall this semester. I also presume we will be bringing even more volunteers. I believe volunteer work when one is a working therapist is important as well. People who may not have knowledge about the benefits of massage or are struggling financially are often those who need it the most. Volunteer work and outreach programs can bring these ideas of self-healing, trust, and restoration to the surface for these individuals.

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New York State Delegates, AMTA National Convention

Donald Goodale (2018 – 2019)
TC Pelletier (2019 – 2020)

COMMITTEE CHAIRS

Awards Committee

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Community Service/Sports Massage Team Chair

TC Pelletier

Education Committee

Pat Collins

Government Relations Committee

Lindsay Bodkin

Membership Committee

Larry Rockwell

Communication Committee

Donald Goodale

Convention Committee

Linda Toomey

Scholarship Committee

Melanie Olivieri

Award Win

BY KIM CORPUS, LMT, AWARDS CHAIR

This years awards were given to recognize and honor AMTA members that have advocated, supported, and contributed to the advancement of the profession of massage.

2019 SPORTS ACHIEVER AWARD

Was given to a former professional athlete, who was a center midfielder for Chiang Mai Football Club in Thailand, playing gave him special insight into helping the athletes he works with now to prevent and/or recover from injuries. His personal experience with sports injury, training, and recovery, coupled with their unique path to Sports Massage, makes him an asset to athletes.

He worked with the AHL Rochester Americans hockey team, after only two seasons in Rochester, he was promoted to the NHL Buffalo Sabres and currently works and travels with the team. He is a remarkable Sports Massage Therapist and what is most exceptional about him is his unwavering humility for massage and tireless pursuit of knowledge. His knowledge and ability to assess what the athlete needs and then apply a wide variety of massage techniques accordingly has been key to his success with the Sabres. When asked about this individual the Sabres said he was, "hard working, dedicated to the player, the cause and the team, ...a true professional who goes above and beyond, ...a respected team player who is devoted to putting the players need 1st."

It was with great honor we awarded this year's Sport Massage Achiever Award to **Brett Crompton, LMT.**

2019 GOVERNMENT RELATIONS AWARD

Was given to an individual who has served as a delegate with our chapter, is passionate about Government Relations, and cares about the direction of Massage Therapy both at the state level and at the national level. Her passion to help the membership understand and stay informed of practices that directly affect the personal and professional liability of the members to practice massage, has time and time again been her top priority! She works with our lobbyist in NY to set up our legislative agenda and their diligence and dedication to follow through is something the chapter and members of NY have come to respect. She constantly supports massage therapy by raising money and awareness on behalf of the Massage Therapy Foundation and through running the Boston Marathon.

Her passion for Government Relations has benefited the chapter in many ways! She possesses skills to be very factual and legally focused... not surprising since she has a degree in philosophy and criminal justice. She is not afraid to ask the tough questions, make the call, have a conversation with whomever she needs to get answers and advocate on behalf of Massage Therapy. Even speaking with Dr. Doyle and/or national on issues like the use of CBD oil or fighting illegal practice in our state! She does this all while being a business owner, educator, and amazing mother of 3 boys. Even with her many commitments she is still diligent in her role as government relations chair.

It is with great honor we awarded this years Government Relations Award to **Lindsay Bodkin, LMT.**

2019 HUMANITARIAN AWARD

This year's Humanitarian award was given to an individual who's name is synonymous with CSMT. She has given hundreds of hours of time between volunteering, meetings, and massage.

It has been 11 years since she helped create the Emergency Response Team (ERT) and at the same time, she worked on the Memorandum of Agreement with the American Red Cross. She fought hard to get the CSMT started for the AMTA. She is very passionate about what they do and cares about others.

She helped set up the Emergency Response Team (ERT) training protocol that teaches LMTs about offering massage in support of first responders in catastrophic events. She teaches ERT as well.

Her presence was always felt with committee chair reports and meetings during chapter board meetings. She would bring different events to the board for approval because she knew how the participants would be impacted by massage. She worked tirelessly to educate others, raise the public's perception of massage, get AMTA out in front of the public and raise money for charities. Charities like the NY Firefighters Burn Center, the MS Walk, Camp Good Days and Special Times, Living with Lupus, Brain Tumor Caregiver Workshop, Family Fun Night to benefit Ronald McDonald House, and the NYC Brain Tumor Walk.

We were honored to give this year's humanitarian award to **Samantha Paige-Graeber, LMT.**

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2019 MERITORIOUS AWARD

The person who received this award volunteers and gives on all levels, whether it is within their community, state, at a government or national level. Whether it is providing massage for events, to individuals, in an integrative clinical program, mentoring, or donating their time to educate others in order to help massage therapists gain the knowledge and skills needed to be confident to serve special populations needing massage. When we asked how many volunteer hours they have given we were given comments like.... "Over the last 3- 5 years the hours they have volunteered,...if we had to estimate the hours it would be hundreds if not thousands of hours, ...one even said it is endless and nonstop...!" One Dr. wrote....,"they have brought great enthusiasm and ideas to our program along with endless energy; they strive to bring together appropriate integrative medicine therapists using evidenced based research..." Their dedication to continually give to the clients, co-workers, the profession, family, and to society as a whole is unmeasurable!"

Another shared, "They are a champion for the profession and holds the highest standards in all the amazing work they do. Their care and compassion for serving others continually shines through in all that they do. They work tirelessly to better educate, to care, and bring a sense of community through their work.They give so much to others and remain humble and kind through it all. Their work on a national level provides others the opportunity to continue to elevate the profession of massage therapy in the healthcare arena, the community, and for those who need it most. They have been instrumental in building a vision of care around massage therapy for multiple special populations including vets, pregnant women, bariatric, cancer and substance abuse patients as well as promoting excellence in the profession of massage therapy.

The biggest understanding of the impact this person has had in volunteering, giving, and being so dedicated, came from the Program Director for the defense and veterans center for integrative pain management, Col. Dr. Trip Buckenmaier,... "It has been a struggle to bring integrative health modalities to military medicine. Her efforts have stimulated a practical demand from the military patient population that is helping our system move in the right direction. Her leadership, time donated, and/or provided by her in this area has been a blessing to many.

It is with great honor we presented the 2019 Meritorious Award to **Nicole Miller, LMT.**

CSMT Corner

BY TC PELLETTIER, LMT, CSMT CHAIR



The New York CSMT and Sports Massage teams have been busy this year! Our members have volunteered at six different events so far, from Rochester to New York City. We are expecting to attend several more before the year is out. Our members have donated their skills to fire fighters, athletes, caregivers and cancer patients.

As massage therapists, we are fortunate enough to see how the simple gift of touch can affect those we work with. As volunteers, we can see what a difference a few moments of our time and attention can make to someone's day. I invite all our AMTA members to consider sharing in this experience with us by joining the



Community Service Massage Team and the Sports Massage Team. Volunteering offers the opportunity to network with other massage therapists and educate people in your community about the benefits of our work.

Please check out our Events Calendar for upcoming opportunities to volunteer in your region of New York State. If you would like to volunteer to either massage at an event or to be a Team Leader for your fellow therapists, please contact TC Pelletier at csmt@amta-ny.org.



Lobby Day 2019

BY LINDSAY BODKIN, LMT, GOVERNMENT RELATIONS CHAIR

We had an extremely successful Lobby Day presence this year! Thank you to the 13 of you who made the trek to Albany! We were able to split into three groups and meet with 22 legislators! Several of these Senators and Assembly members are new, so they were hearing our positions for the first time. I know many of you, who have been following our process for several years, have become less than optimistic in regard to a triumphant outcome for the Worker's Compensation bill. However, due to the vast changeover, we gained strong support from our legislators. In fact, shortly after Lobby Day, the Worker's Comp bill passed in the Senate 56-4! Last year, it did not come remotely close to passing. Assemblywoman Carrie Woerner is still supporting



the Worker's Comp bill and it passed with flying colors last year; we are hopeful that the same will occur this year.

We are also working in conjunction with other Title 8 professions to create a Conservative Treatment to Opioids bill where health care practitioners must discuss non-opioid treatment alternatives, which would include massage therapy, with their patients. We believe this bill would help progress our profession in a positive direction.

As always, we continue to work diligently in combating illegal practice within our profession. Remember, you can report illegal practices at <http://ny.wp.amtamassage.org/report-an-unlicensed-therapistpractice/>.

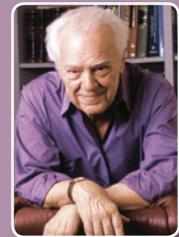
Follow Your Pathway to Success Discover Upledger CranioSacral Therapy...

"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

Upcoming Classes:

CRANIOSACRAL THERAPY 1 (CS1)	
Hartford, CT	Oct 10-13, 2019
Rochester, NY	Dec 5-8, 2019
Philadelphia, PA	Jan 9-12, 2020
Albany, NY	Mar 12-15, 2020
White Plains, NY	May 28-31, 2020
CRANIOSACRAL THERAPY 2 (CS2)	
Albany, NY	Mar 12-15, 2020
NJ Shore, NJ	Apr 23-26, 2020
White Plains, NY	May 14-17, 2020
SOMATOEMOTIONAL RELEASE 1 (SER1)	
White Plains, NY	May 28-31, 2020
DEVELOPING AND DEEPENING CST PRESENCE (DDCSP)	
Hartford, CT	Nov 7-10, 2019
CST APPLICATIONS FOR CONCEPTION, PREGNANCY AND BIRTHING (CCPB1)	
Hartford, CT	Mar 26-29, 2020



John E. Upledger, DO, OMM,
developer of
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Additional dates/locations:

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- DIANA B., MASSAGE THERAPIST OF THE YEAR

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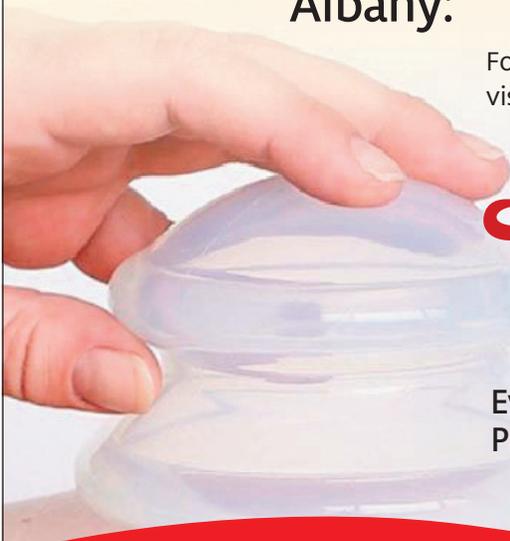
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