



# California Currents

NEWSLETTER FOR THE CALIFORNIA CHAPTER OF THE AMERICAN MASSAGE THERAPY ASSOCIATION SUMMER 2019

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## President's Message

Today was officially the first day of school in the town I live in. With that comes changes in schedules and commutes. Thankfully I am personally able to roll with the changes due to the flexibility of being a massage therapist. I'm very blessed to have a career that is flexible and understanding.



We've had a few educational events, a big part of those have been to assist Jen Hartley with the 2019 World Burn Conference in Anaheim. Jen leads teams of therapists giving the power of touch to burn survivor attendees. Please read her article and volunteer. (page 3)

Conference is just right around the corner and we do have a date and location. Saturday, March 14<sup>th</sup> is the day we will have our annual business meeting and education conference in Santa Ana at the Double Tree. Save the date as we would love to see you there. (page 23)

I hope you enjoy this issue as Michael Roberson has put in much hard work put together a quality newsletter that is worth reading. As always look for eblasts with information on news and events. Also keep an eye out for updates from our Facebook page.

I'm going to get back to my laundry. I hope you all enjoy the rest of your summer.

*John Lambert, CMT #278*





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Change Makers:  
**A Burn Survivor's Story and Mission**

**By Jen Hartley,**



*Image 1 Jen at 15months old*

**On May 30<sup>th</sup>, 1973**, I was 15 months old when my 17yr old first-time mom was giving me a bath in the kitchen sink of our rental house in Jacksonville, FL. Our neighbor came over and told my mom that she had an emergency phone call. In a moment of bad judgement, she left me alone in the sink while she ran next door to answer the call. In her absence, I accidentally bumped the hot water faucet. It was later discovered that the hot water faucet was set on 180 degrees. At that temperature, the skin literally fell from the lower 56% of my body.

I was rushed to Wolfson Children's Hospital in Jacksonville, FL where my parents were told to tell me goodbye because I would not live through the night. I had a great grandmother that believed in the power of prayer and dropped to her knees in the waiting room and prayed healing over me and I do believe that's why I am here today. I was then transferred to the Shriners Burn Institute in Galveston, TX. The doctors then told my family that I would never walk; that I would be in a wheelchair my entire life. I was walking 3 months later, so I always knew that I was supposed to work in the burn survivor community.

In 2003, I was walking on my burn unit in Augusta, GA when I saw my favorite nurse hunched over charting. To be nice, I walked over and started rubbing her shoulders, to which she responded, "wow, you have great hands. Have you ever thought about being a massage therapist?" I was the very first recipient of the Flicker of Hope Burn Survivor scholarship. I knew right then that I wanted to work at the Joseph M. Still Burn Center in Augusta, GA...I wasn't expecting the wild ride that my career choice has taken, but I wasn't prepared for the emotional toll that massage school would take on me.

I went to work as a clinic director for my massage school while I was waiting for a job to be created at the burn unit. While working as a clinic director, a massage therapist from the spa above us came down requesting me because they thought they

*(Jen's story continues on page 4)*



Burn Scar Massage Therapy is taught by Jen Hartley, a Nationally Certified Massage Therapist and a burn survivor herself. Jen has been a burn survivor for over 43 years and is one of only two instructors in the country that teach this modality. Jen was scalded by hot water at 15 months old and has third degree burns over the lower 56% of her body.

Burn Scar Massage Therapy offer's the following learning criteria: Learn to identify varying degrees of burns and the body systems they affect. Learn various psychological and emotional issues faced by burn survivors that can potentially lead to an "emotional release" during massage. Learn the positive indications as well as the negative contraindications posed by massaging burn survivors. Learn the proper burn scar massage protocol to treat the various degrees of burns in the different stages of recovery.

Jen can be reach at [hwcmessage2004@gmail.com](mailto:hwcmessage2004@gmail.com) for more information about upcoming workshops.

*(Jen's story continued from page 3)*

had a burn survivor upstairs. I was confused since I didn't work in the spa, but I went anyway. In the waiting room was a young woman with a burn scar that covered about 5% of her upper left arm and she was crying. I looked around and there were three therapists peeking from behind a column staring at this poor woman instead of tending to her. I was appalled, but it was about to get worse. I approached the young woman and ask her if she was a burn survivor and through her tears, she said, "Yes, how did you know?" I pulled up my pants leg so she could see the scars on my body and responded with, "because, I'm one too." She crumpled against me and said, "Please tell me that you're my new therapist." "No, sweetheart, I don't work for the spa, but can you tell me why you're so upset?" She began to tell me that she had been burned in a house fire the year prior and someone had given her a gift certificate for this particular spa and when she came in her therapist took one look at her arm and quite heartlessly said, "We don't have anyone here to help you."

I had never been so angry. As the story progressed, she told me that today was the first day she had left her house or worn a short sleeve shirt since her accident. When you live with trauma, just leaving the house is a big deal. I knew then that there needed to be a basic beginner class for massage therapists to get over any fear of working with someone with scar tissue. It would be my chance to educate not only massage therapists, but also provide a form of pain free therapy for burn survivors. I never dreamed that the class would not only take me across the country, but also around the world to work with survivors with other countries.

We have now trained over 1500 massage therapists in the US, Canada, Nicaragua and South Africa. Since 2017, Handle with Care Burn Scar Massage TEAM has been part of the Wellness Center at the Phoenix Society's World Burn Congress and 2019 is no exception. World Burn Congress is the largest burn survivor support conference in the world. At the first WBC there were 30 attendees, now over 30 years later, we top out at 1500 from over 8 countries. Handle with Care Massage TEAM helps integrate the latest modalities and techniques to

help the physical and emotional healing of burn survivors and World Burn Congress is considered a "safe space" for survivors to experience new options in self-care. At the 2017 WBC in Dallas, TX, our team of 25 therapists provided 387 chair massage sessions. During the 2018 WBC in Grand Rapids, MI, our TEAM of 13 therapists per day provided 625 chair massage chairs AND tables. Members of our TEAM will be doing breakout sessions on Tibetan Singing Bowls, MLD, a caregiver burn scar class and an Avazzia therapy demonstration by Dr. Antoine Chevalier. Dr. Chevalier has been the White House massage therapists for over 18 years. We would love to add you to our TEAM.

*(Jen's story continues on page 5)*



*Image 2—Chris xx and Jen Hartley, co-teachers at Burn Scar Training workshops*

*(Jen's story continued from page 4)* Many therapists don't understand the impact scar tissue has on the body or how deep into the body scar tissue goes or how many different directions internal scar tissue can travel from the actual wound site. When you are observing the scar on someone's body no matter how large or small, you are only seeing 20% of that scar tissue. The other 80% is under the surface and can go all the way down to the bone, pushing down on underlying muscles, nerve endings and bony prominences. If someone is burned to their muscle, a massage therapist must first know how to properly access scar tissue and know the precautions or contraindications with working with each scar type and it varies from survivor to survivor and this applies to any scar, not just burns. Also, if you hurt scar tissue, you aren't just causing a new pain trauma but also a new emotional trauma as well. Trauma clients don't want additional trauma whether physical or psychological. Our class helps compassionate massage therapists build their confidence to work with a clientele that may feel dejected by society and I believe me that when I say that if you have a client who is a survivor of any type of trauma and they trust you enough to come to you repeatedly for a massage...take that as the compliment it is to you and the level of compassion and empathy that they feel from you and the safe space you created.

Our TEAM members have gone on to work for burn units and burn foundations, adult burn retreats, young adult retreats, children's burn camps and even an Itty-Bitty burn camp in Arizona where the survivors are all 5 and under. Our TEAM has work at the APROQUEN Burn Hospital in Managua Nicaragua where we were able to be part of their burn clinic for two weeks. The survivors would see their doctor, their physical therapists and then end with a massage session with us. We were allowed to scrub up and join the doctors during a skin graft and splinting by the physical therapists. We devoted most of our off time to work at a local mission camp in exchange for our food. Lodging and transportation to and from the hospital. We ended with two days at an off the beaten path surf village that were just huts on a beach, no electricity, just Gilligan Island type huts. They are always looking for more therapists who would like the experience of working in a foreign country.

In 2011 we traveled to Johannesburg, South Africa to work with an organization called, The Children of Fire. This organization is a school for blind, burned and/or HIV/Aids survivors, all under the age of 18. Many are also orphans. We spent two weeks visiting the squatter camps where many of the children had been injured because of the below poverty conditions. We worked with  
*(Jen's story concludes on page 6)*



*Chris and Jen working on a burn survivor*



Chris and Jen in Drakensburg, South Africa

(Jen's story concludes from page 5) gunshot survivors up in the Drakensburg mountains with the Isibani community and met the King of the Emmaus people and heard the story of his son passing from Aids and showed us the fresh mound of dirt in from of his home. Afterwards, he asked us to join him for tea as we were welcomed to be part of his tribe and family. We spent days at one of the three burn units in Johannesburg, going into wards reminiscent of the wards you see in old war movies. Seeing survivors of fires, scalds and acid attacks; working hard to provide massage to the infant burn survivors on the pediatric wards. We received a new sense of purpose in our massage careers. We met

Dorah, the most severe burn case we had ever encountered, 100% burn injury, missing both hands and her face was disfigured with a prosthetic nose and both eye sockets void of eyeballs and mentally challenged. She was terrified at first when her caregivers brought her in the room and placed her on the mat on the floor that was being used to massage since our massage tables were lost on the trip by the airlines. She was terrified by the strange accents she was hearing. Chris and I did our best to put her at ease with out touch. Chris began to sing over her as we massaged her tight scar tissue and her breathing relaxed and she began to sing back to Chris. It was a precious moment that I was honored to have witnessed. I believe three spirits were uplifted and renewed in that sparse room in south Africa.



Working with a child in Nicaragua

This is the difference we can make in the lives of our clients. When we help others that society may deem as “untouchable” we can have the opportunity to change lives. To not only help with pain management in the physical sense but in the emotional aspect as well. For someone to fear touch out of a horrific accident or worse yet, an attack by someone else; that can be crippling to the body and the mind; so to reach out to have someone, a stranger in the beginning, to touch the areas that remind them of what they experienced, from the onset of their injury, through recovery and rehab to ending up on your massage table or chair-that's a journey and one that should never be taken lightly.



Pediatric Center in Phoenix, Arizona



**2019 BURN SCAR MASSAGE  
COST: \$210 FOR 8 CEU'S  
TIME: 8:30AM-5:30PM**

**SATURDAY, AUGUST 17<sup>TH</sup>-STUDIO CITY, CA  
SATURDAY, SEPTEMBER 7<sup>TH</sup>-SAN JOSE, CA\*  
SUNDAY, SEPTEMBER 8<sup>TH</sup>-SAN JOSE, CA\*  
SATURDAY, SEPTEMBER 14<sup>TH</sup>-TBA  
SUNDAY, SEPTEMBER 15<sup>TH</sup>-TBA  
SATURDAY, SEPTEMBER 21<sup>ST</sup>-TBA  
SUNDAY, SEPTEMBER 22<sup>ND</sup>-TBA  
SATURDAY, SEPTEMBER 28<sup>TH</sup>-TBA**

*The 2019 World Burn Congress event will be in Anaheim, CA October 2<sup>nd</sup>-5<sup>th</sup>, 2019. This is the largest burn survivor event in the world. Take our class and join our team in Anaheim.*

**706-831-2889**

**To register go to**

**[www.handlewithcaremassage.com/education](http://www.handlewithcaremassage.com/education)**

**\*AMTA sponsored classes, please contact  
AMTA-CA  
[ca.wp.amtamassage.org](http://ca.wp.amtamassage.org)  
[info@amta-ca.org](mailto:info@amta-ca.org)**

Over 2 million people are burned in the US every year. This includes our service men and women coming back from serving our country. Handle with Care's Burn Scar Massage Therapy CEU Classes are taught by burn survivors who understand the journey from this type of devastating injury to booking a massage appointment—come be a positive part of that journey... Texas has 5 top rated burn centers as well as several burn foundations

# Community Outreach Events

Here are some of the upcoming Community Outreach Events which our members are participating in. If you would like to participate, please reach out to the contact person as soon as possible. Through these events, not only are we promoting massage and educating the public, we are also changing the lives we touch. If there are other events that need to be posted, please let us know at [info@amta-ca.org](mailto:info@amta-ca.org).

## **FRIDAY, August 30**

### **Camp Pendleton Family Day**

Del Mar Beach, San Diego

Michael Roberson

949.292.9207

[HandsOnOC@aol.com](mailto:HandsOnOC@aol.com)

This is the 12<sup>th</sup> annual event with some 2,000+ Marines and their families from 3<sup>rd</sup> Track. **Arrive on base by 10 am** and you will be off base by 5pm. Bring your tables and supplies. You will be working on the beach, on top of platforms, with a great view of the festivities and the ocean. Other community organizations will be participating with free food, fun, games, music, and more. This is a great event celebrating "FAMILY". **\*\* Please commit to Michel as soon as possible if you are planning to participate. This event requires your contact information ahead of time for access on base.\*\***

## **Saturday, September 7 Best Buddies Challenge Hearst Castle**

San Simeon

Cynthia Sykes

781.588.0864

[cynsykes46@gmail.com](mailto:cynsykes46@gmail.com)

(She lives in MA, 3hrs ahead of CA time, DO NOT CALL AFTER 7PM)

This is the 11th year we have participated in this event. We will be providing post massage to the athletes completing 100 miles (or less). Volunteers are guaranteed 1 nights shared room accommodations, carpooling stipend, T-shirt, door prizes, free food and SWAG bag. All of this and a great location near Hearst Castle, on the coastline.

## **Saturday, September 15 SuperFrog IRONMAN**

Imperial Beach, San Diego

Kevin Whitfield

858.668.9710

[resettherapyfitness@gmail.com](mailto:resettherapyfitness@gmail.com)

This IRONMAN® is one that allow members of the military to qualify for the World's Championship and has about 75% military participation. We will be providing post-event massages to those athletes and service men/women on the Boardwalk of Imperial Beach. Parking is provided to early arrivals. Arrive by 8am – Done by 5pm. Food, T-shirt, music and ocean view are there for all of us to enjoy.

## **October 2-6**

### **Phoenix Society World Burn Congress**

\*you do not have to volunteer every day

Anaheim Hilton, Anaheim

Jen Hartley

706.831.2889

[hwcmassage2004@gmail.com](mailto:hwcmassage2004@gmail.com)

The world's largest gathering of the burn community will return to Anaheim, CA this October! Join Phoenix Society in sunny California for the 31st Annual Phoenix World Burn Congress (WBC). This life-changing experience will fill you with inspiration as you serve the burn community. Volunteers are vital to the success of the Congress. Without you, we could not provide the supportive community and tools that burn survivors need to thrive. **IF you have completed any of the Burn Scar Training Workshops, you are eligible to participate.**

## Putting Yourself on the Priority List

MTJ, Siobhan Lally, June 7, 2018

As a massage therapist, you dedicate countless hours to caring for your clients. From relieving stress to recovering from injury, your clients depend on you for a variety of reasons—and sometimes demand a lot of your time and energy. When your work involves taking care of someone else on some level, making sure you're also taking care of yourself is especially important—but also sometimes difficult.

But, consistently letting yourself drop to the bottom of your priority list can negatively impact all aspects of your life, from your work to your personal relationships.

Self-care, however, isn't a one-size-fits-all endeavor: only you can figure out exactly what works for you in terms of self-care. Marcie Stern, a leadership development coach and motivational speaker from Marcie Stern & Associates in Homewood, Illinois, talks about self-care this way with her clients: "We each have our own needs, various work/life demands and own definition of what self-care looks and feels like," she says. "I encourage everyone to define self-care for themselves, especially in the areas of mental, emotional and physical self-care."

### Find Your Definition of Self-Care

When Stern worked in hospital administration, she saw a lot of health care workers who were very good at caring for others but not so good at caring for themselves. "This always baffled and saddened me, because you can only give so much, and if you aren't taking care of your own needs, then you can't do your job effectively," she says.

Where to start?

The goal is to find a good balance between your professional and personal lives, and one place to start is by taking the time to really pay attention to your own needs. For Stern, assessing your needs, perhaps specifically in terms of self-care, is to thoughtfully consider your values. "It's critical for people to know what their core values are and then align their decisions of how they choose to spend their time and energy with those core values," she explains. "Using a values inventory exercise, for example, may help you have 'aha' moments as you drill down on your values."

So, really think about what matters to you and how you define yourself. Then, identify where what you are doing might be bumping up against these core values. Getting to the heart of who you are and what you value will make understanding what you need to take care of yourself less difficult.

### Start Small

Particularly if you're in a place where you struggle with self-care, starting with smaller, more manageable goals is helpful. For some, self-care is going to have to start with a change in perspective, moving away from putting everyone else first and taking time to really make self-care a priority.

"The bottom line is that if we can put ourselves on the priority list, then we will be more likely to take the necessary actions to support self-care," Stern says. "This may require a shift in attitude because so many" *(Self Care continues on page 10)*

*(Self Care continued from page 9)*

able to shift your perspective to a point where “I matter” becomes a natural thought for you, self-care also becomes natural.

For example, do you find you have one client who is consistently late or asks you to extend your hours? Or perhaps you slowly let your schedule creep into time you used to spend doing something for yourself, like taking a yoga class, going for a walk or meditating. There are myriad ways people—especially those who own their own practice—let their professional lives slide over their personal boundaries. Reversing this trend and learning to more fiercely defend your personal time is a good way to begin—or reengage—your self-care.

Of course, this shift—even if you’re aware of the necessity and practice self-care—probably isn’t going to happen overnight. So, Stern suggests, start with small changes. “Think about where you are now across the areas of self-care and where you would like to be in the next 90 days,” she explains. “Then, break down these goals into small and reasonable steps that can translate into a personal action plan.”

So, can you pinpoint areas where you know something isn’t working and find relatively simple solution? With a client who is consistently late, for example, you might take five to 10 minutes after a session to reiterate your practice policies and how future late arrivals will be handled. The conversation can be easy and light, with the message that your time is important and appointment times need to be respected.

Small changes go both ways, however. Stern also encourages people to take the time to say yes to those activities that support them and the work they do instead of simply eliminating those things and people who might be encroaching on their ability to practice effective self-care. “Doing both these things helps me put work/life demands into perspective and respond to them appropriately instead of acting as if everything is urgent,” she explains. “As a result, I truly do feel engaged, productive and happy.”

## Stumbling Blocks

As with many things in life, self-care can have two steps forward, one-step back feel sometimes. You might find you’ve diligently followed a self-care program and were derailed somehow, by an illness, for example, or an unforeseen scheduling change. The fact is that there will probably always be times when you find yourself slowly dropping down your priority list.

Knowing where you might stumble can go a long way in helping you keep yourself at the top of your priority list, however. “I suggest identifying barriers in advance,” says Stern. “Essentially, the people and situations that will be obstacles for moving forward.”

Here, you might consider if you have any difficult clients that you might simply need to not work with any longer. Or, is something on your schedule that isn’t necessary and could free up some time for you to focus on activities tied to your self-care? With some regularity, take an inventory of how you are spending your time, and who you’re spending your time with, so you have an idea of where your self-care practices may be falling through the cracks, as well as the situations and people that might be tripping you up.

**Related:** [Balancing Act: Work-Life Balance for Massage Therapists](#)

*(Self Care concludes on page 11)*

*Self Care continued from page 10)*

Also, don't be surprised when you find out that it's you who are getting in the way of your own self-care. "We can be our own worst enemies when it comes to taking actions on our own commitments," Stern says. "Putting yourself on the priority list is something that may feel uncomfortable at first, but with baby steps, people will start to seek out self-care activities in a fairly short period of time."

Finding what works for you in terms of self-care is key. Remember, self-care is individual, and you need to find the right mix of self-care practices that keeps you at your best.



## **FREE Self-Care Continuing Education for the Massage Therapy Profession!**

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The American Massage Therapy Association (AMTA) and Massage Envy collaborated on a comprehensive set of free online continuing education courses designed to help massage therapists take charge of their self-care.

AMTA worked with [top experts](#), including researchers, clinicians, physicians and massage therapy practitioners, to develop two free online continuing education courses on body mechanics and injury prevention.

As the largest non-profit massage therapy association, AMTA is giving back to the massage therapy profession with 5 CE Credits in self-care.

### **[Self-Care for Massage Therapists: Body Mechanics](#) (3 CE Credits)**

A solid understanding of body mechanics—or biomechanics—gives massage therapists the tools to provide effective massage therapy with efficiency, reducing the impact to their body while delivering therapeutic care.

### **[Self-Care for Massage Therapists: Injury Prevention](#) (2 CE Credits)**

Self-care is important for all professions, but especially massage therapists. Get an overview of self-care best practices and how you can incorporate them into your massages to help keep you healthy now and for years to come.

*(Self Care concludes on page 12)*

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*Self Care concludes from page 11)*

## Why is Self-Care Important for Massage Therapists?

Massage therapy can be a physically demanding profession. And massage therapists—like many wellness professionals—often put the needs of their clients first, sometimes sacrificing their own needs. Physically and emotionally, self-care is necessary for a long and successful massage therapy career.

## High Quality Continuing Education

This self-care program is created to Occupational Safety and Health Administration standards (OSHA is the federal government agency that oversees workplace safety). All AMTA CE courses are rigorously vetted, NCBTMB-approved and submitted for state continuing education (where applicable).

## Follow Your Pathway to Success

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Los Angeles, CA Feb 27-1, 2020

#### CRANIOSACRAL THERAPY 2 (CS2)

Big Sur, CA Nov 3-8, 2019  
Los Angeles, CA Feb 13-16, 2020

#### SOMATOEMOTIONAL RELEASE 1 (SER1)

Big Sur, CA Jul 12-17, 2020

#### SOMATOEMOTIONAL RELEASE 2 (SER2)

San Diego, CA Feb 13-16, 2020

#### CST FOR CRANIAL NERVES 1 (CSCN1)

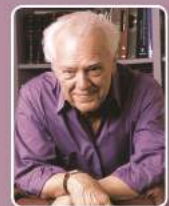
Orange County, CA Nov 14 - 17, 2019

#### CST TOUCHING THE BRAIN 1: Stimulating Self-Correction Through the Glial Interface (CTTB1)

Los Angeles, CA Feb 27 - 1, 2020

"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



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## Freeing the Ribs

Erik Dalton, Ph.D.



### Treating Kinetic Chain Kinks

Recent manual and movement therapy blogs tout the importance of thoracic spine (t-spine) mobility as if it were a new discovery. But is it? Structural integration innovator Ida Rolf determined that her work could be enhanced by first freeing the rib cage, chest wall, and diaphragm. Similarly, another great educator, Philip Greenman, DO, dedicated two chapters in his textbook “Principles of Manual Medicine” to assessment and treatment of t-spine and rib cage mobility issues. So why is this suddenly a hot topic? Simply put: kinetic chain awareness.



Erik Dalton serves as Executive Director of the Freedom From Pain Institute, a school committed to the research and treatment of chronic pain conditions. Dr. Dalton shares his wide therapeutic background in massage, Roling®, and osteopathy in his entertaining continuing education (CE) workshops, home study courses, books, and videos.

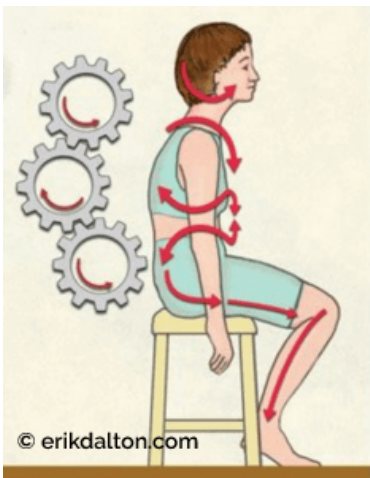


Image 2: Kyphotic t-spine leads to flattened lumbar lordosis, weakened diaphragm, and forward head posture.

Therapists are rediscovering how lack of movement in one area negatively affects function in adjoining tissues, and how the neuromyoskeletal system distributes abnormal tensions via kinetic chains (Image 1). Everything in the body is linked, says sports-movement guru Gray Cook: “You can’t remove a major link from the chain without seriously impeding performance.” Our joints, limbs, and muscles represent a collection of fascially bound structures designed to manipulate objects and propel us through three-dimensional space. Because all segments of the kinetic chain require differing degrees of mobility and stability, it is essential that we assess all major junctions independently.

With over thirty years educating massage therapists around the world, Erik Dalton is among the best teachers a professional bodyworker could ever study with. He has worked tirelessly to develop a system of manual therapy that addresses and heals pain patterns at their very core. Armed with a comprehensive understanding of the intricate interplay between mind and body, structure and function, massage therapists who’ve studied Myoskeletal Alignment Techniques with Erik Dalton are changing the face of chronic pain the world over. For more information on Erik Dalton and his Mayoskeletal Alignment Technique, please go to: [www.erikdalton.com](http://www.erikdalton.com)

For instance, during gait evaluation, it’s easy to visualize how lack of ankle mobility may affect knee function, or how an adhesive hip capsule could cause pelvic bowl compensations that destabilize a sacroiliac joint or the low back. However, confusion often arises when one observes the t-spine and rib cage. Although the t-spine has twice the rotational capacity of the lumbar spine, it is sometimes hard to imagine this sturdy-looking structure being very flexible.

*(Dalton concludes on page 14)*



Image 3: To create space between rib cage and pelvic girdle, the client's right hand isometrically pulls on the table while the therapist mobilizes thoracolumbar fascia and intercostals.



Image 4: To lift a kyphotic t-spine and activate an inhibited diaphragm, the client forcefully exhales as the therapist's webbed hands work all tissues binding the diaphragm. To enhance the release, the client performs slow pelvic tilts.

T-spine hypomobility has become so commonly accepted in our society that people rarely notice they have a problem. Nearly everyone slumps when sitting, and few perform the types of exercises that require a full range of spinal motion. Those who spend hours at computers sacrifice t-spine mobility for stability, as joint and ligament proprioceptors designed to inform the brain where it is in space become lazy. Conversation between body and brain grows difficult and unreliable. Eventually, coordination, balance, and movement become limited and painful.

When you shoot a rubber band, it will be propelled a greater distance the farther back it is pulled. Similarly, the greater your myoskeletal mobility, the greater your range of motion, and the more tension (and therefore power) you'll be able to generate. This particularly applies to competitive athletes. Strength without the ability to move freely is pointless. Any compound movement requiring precision and communication between connective tissue, joints, and the brain will be more difficult, and the risk of injury—or reinjury—that much higher. Power, output, and speed are all compromised by reduced joint mobility.

### References

1. Kamkar A, Cardi-Laurent C, Whitney SL. Conservative management of superior subluxation of the first rib. *J Sport Rehabil.* 1992;1(4):300–316.
2. DeStefano L. *Greenman's Principles of Manual Medicine.* Philadelphia, PA: Lippincott Williams & Wilkins; 2011.

**Do you have a topic, modality or technique you would like to know more about?**

**Send an email to [editor@amta-ca.org](mailto:editor@amta-ca.org) and**

**we will do our best to get your choices into an upcoming California Currents issue. This newsletter is a resource for you.**

**How can we make it work to meet your needs?**

**Let us hear your thoughts.**



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**Whitney Lowe**, directs the Academy of Clinical Massage, offering certification and advanced training to therapists worldwide. His career spans two decades and includes extensive clinical work, research, publication and teaching in advanced and orthopedic massage. He is the author of Orthopedic Assessment in Massage Therapy. His Academy of Clinical Massage can be found at:

<https://www.academyofclinicalmassage.com/>

Where workshops, blogs (like this one), books and other resources are available for your use.

*\*This article was published in the November 2018 issue of Massage Magazine and can be found on Whitney's blog.*

### Introduction

We tend to look at anatomy and structure as something that is constant and unchanging, but the truth is there are a number of anatomical variations and many of the structures shown in anatomy books can be somewhat different among individuals. Adding to this complexity, a client's anatomical structure can significantly change with age, and those alterations can be the source for numerous soft-tissue pathologies. In this installment we'll take a tour of subacromial architecture in the shoulder and explore how it differs between individuals and alters over time. These are critical factors to consider when determining the cause of shoulder pathologies.

### The Architecture

The glenohumeral joint has the greatest range of motion of any joint in the body. The structure of the joint is such that there is very little stability provided by the bony architecture. As a result, the soft-tissues in this joint play a very important role in managing movement and providing stability.

One of the most common regions for soft-tissue injury in the shoulder is the subacromial space, so let's take a more detailed look at the structures in and around this region. The subacromial space, as the name suggests, is the region under the acromion process. Problems are most common directly under the acromion process, but may also occur in nearby areas that not directly under the acromion.

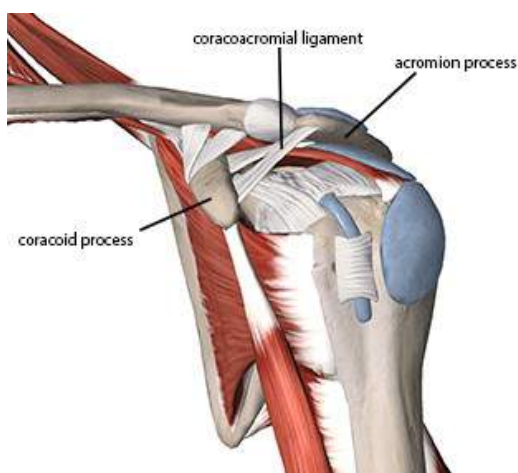


Figure 1

The coracoacromial arch (Figure 1) is a key area for soft-tissue injuries around the shoulder. The arch is created by the acromion process, the coracoid process, and the coracoacromial ligament which joins these two bony projections. The coracoacromial ligament is somewhat unique as ligament structures go as most ligaments span from one bone to another in order to improve

structural stability. The coracoacromial ligament (*Lowe continues on page 18*)

(Lowe continued from page 17) spans between two projections of the same bone so it never moves or changes length as do most other ligaments.

### The Coracoacromial Arch

A number of soft-tissue structures can become compressed under the coracoacromial arch, including the supraspinatus muscle and tendon, biceps brachii long head tendon, subacromial bursa, glenohumeral joint capsule, subscapularis tendon, and coracohumeral ligament. These structures can be compressed under different regions of the coracoacromial arch.

One key factor that plays an important role in the likelihood of subacromial impingement is the shape of the

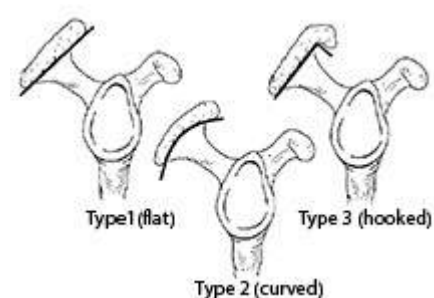


Figure 2

acromion process. Anatomy books tend to show the acromion process as relatively flat, but other anatomic variations are common. The most common classification for differing shapes of the acromion is that originally described by Bigliani, shown in Figure 2.<sup>1</sup>

#### Three types of acromion process

Bigliani classifies three different shapes of the acromion process. The most common is the Type 1 or flat acromion in which the underside of the acromion is relatively flat. The Type 2 or curved acromion has a curved shape which is concave on the inferior side of the acromion. It is the Type 3 or “hooked” acromion that warrants special attention in many subacromial impingement problems.

The structure and shape of the acromion can vary from person to person, but one of the more interesting factors of the acromion shape variations is that they can change. Most notably a Type 1 or 2 acromion can eventually become a Type 3, hooked acromion. So how does the shape of this bone change?

Various structures in the body change shape or form as we age. For example, the intervertebral discs lose height and the spine gradually compresses as we age, thus older people become shorter. The acromion’s shape changes in reaction to mechanical and physiological forces acting on the structures that attach to it.

The coracoacromial ligament spans between the coracoid and acromion processes of the scapula. Tensile forces transmitted through the coracoacromial ligament pull on its attachment site at the acromion process. The body often develops calcification in regions where the bone is stressed as it perceives a bony injury. Calcification occurs at this attachment site in reaction to the constant pulling of the ligament as its fibers blend through the periosteum and into the bone. Over time the buildup of calcification causes the hook to develop on the end of the acromion.

Bone spurs can also develop on the underside of the acromion process, usually from the humeral head repeatedly impacting the underside of the acromion process. In either case the hooked acromion results from  
(Lowe concludes on page 19)

(Lowe conclude from page 18)

forces impacting the acromion process over time. These calcifications don't happen quickly and that is why it is not common to see the hooked acromion in young people.

The hooked acromion is a frequent contributor to soft-tissue disorders such as subacromial bursitis, shoulder impingement, and rotator cuff dysfunction. The hook on the end of the acromion takes up crucial subacromial space and causes increased friction on a number of soft-tissues that lie under the acromion. The size of the hook may or may not be relevant to the level of damage, or the client's individual experience of the pain. Even a relatively small hook can sometimes be enough to create dysfunction and pain for the client.

Now that you have a clearer picture of structural variations in the acromion process you may wonder why it matters and how it affects your massage practice. Shoulder pain is a very common reason for people to seek help from a massage therapist. Massage is often advocated for shoulder pain because there are so many soft-tissues in this region. When soft-tissue injury or dysfunction results from a hooked acromion, the root of the problem and the condition will recur until that dysfunctional structure is addressed. Massage can, however, be helpful in addressing some of the shoulder pain that occurs.

In a case where it is possible that a hooked acromion is aggravating the client's condition it is advisable that the client be referred to an orthopedist (who specializes in shoulder injuries) to determine if surgery is warranted. The arthroscopic shoulder procedures for addressing subacromial morphology have advanced greatly and are generally minimally invasive, with recovery times much shorter than they were previously. The client should be aware that the continued impairment of soft-tissues under a hooked acromion can lead to longer and more involved damage and disability.

So if you have a client that is experiencing shoulder pain, pay close attention to the location of pain and what motions or activities aggravate that pain. If the pain is felt in the anterior or lateral shoulder region and aggravated with forward flexion or abduction, there is a good chance that subacromial pathology of some kind exists. If the client is over 30 there is an increasing chance that a hooked acromion could be involved. The older they are, the greater is the chance of this shape variation. You may not be able to accurately palpate the hooked acromion so it is best to refer them to another health professional for a comprehensive evaluation.

#### Resources

1. Balke M, Schmidt C, Dedy N, Banerjee M, Bouillon B, Liem D. Correlation of acromial morphology with impingement syndrome and rotator cuff tears. *Acta Orthop*. 2013;84(2):178-83.



## Be a Part of the AMTA 2019 National Convention

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## Litany of Nonsense-Getting Down to Real Business

By Charles W. Wiltsie III, B.S., LMT



"I am constantly reading, in the business world of massage therapy, unrealistic claims as to what a massage therapist's income can be. Claims that fast money is easy and that we deserve lots of it. The reality is, if you want to make a million dollars, develop a franchise system of your own or go into something like venture capital or banking. In short, having been in business for more than 45 years, over 30 years

as a massage therapist, Director of Education and author on the e topic of business, there is nothing easy about being in the health services industry and massage therapy in particular. It is for that reason I want to share an excerpt from a recent article I wrote on realistic business expectations in a private massage therapy practice.

"When one reads various articles written in various Trade Magazines and blogs it is easy to see that many of the reasons people go into business are peripheral to the real reasons behind commerce and its success or failure. For this post I have taken the time to list the basic elements that need to be present in a successful business. Here are my **Eight Lead Elements**...

1. **Disposition:** Some people have a disposition to work for themselves and others have a disposition to work for others. You need to decide who you are in this regard. That said, a self-employed person is not better than a person who works for a business. In fact, the two need each other. In short, to work for one's self requires a disposition to treat business like a "family farm". The business is a 24-hour process and the "business" never leaves the owner's mind. It is all encompassing. If a person does not think they can work with this intensity, then they should not work for themselves.
2. **Delivering a Commercially Acceptable Product:** What this means is that the society at large values your product enough to purchase it. The Customer even sets the price (market value of your product or service). If the society does not value the product then it has no value and can't be sold. In other words, your success is based on SERVICE to the larger group. If you enter business to serve only self, then the relationship is unbalanced and is likely to fail.
3. **Aptitude for Delivering the Product:** This means that the vendor will more likely succeed if they can deliver a quality, commercially acceptable product. This includes knowledge, skill, environment and quality.

*(Wiltsie concludes on page 22)*



Charles Wiltsie, LMT is a Connecticut State Licensed Massage Therapist and has been in business since 1988. He is an Author, Educator and Administrator, Continuing Education Provider, Speaker and Consultant to Spas and Alternative Health Services Practices around the worldwide. He is also the developer of the modality known as Lypassage. His passion for the massage therapy has helped him develop business models that are economically viable and relevant to the communities they serve. Contact Information is: 860.638.9286, [charles@TrainLMT.com](mailto:charles@TrainLMT.com), [www.TrainLMT.com](http://www.TrainLMT.com)

(Wiltsie concludes from page 21)

4. **Currency:** The life blood of any commercial enterprise is currency. A business must have enough currency to be able to improve knowledge, skill, environment and quality. This includes knowledge enough to understand, not only the product being delivered, but also how to run a business. A business owner must joyfully embrace the study of business.
5. **Presentation:** This can often be referred to as marketing. Essentially it means, once you've established that there is a market, that there are customers waiting to find you. In a sense, your customers are behind a locked door and you have a large ring of keys. All you need to do is find the right key to open the door. When you find it, customers, they will come to you.
6. **Realistic Expectations:** Not every business can produce a multi-million-dollar revenue stream. Aim for what's "real", then build your life around that. If you aim too high you will not hit your target, and everything mentioned above will fail.
7. **Answer the Phone:** One of the most important things in running a small business is answering-the-phone. In other words, go to work and answer the phone. Be a reliable business-person. Too many business-people are too concerned with time off. If you want to succeed, go to work.
8. **Read [Study]:** You must be a perpetual student. You should read in the neighborhood of three to four hundred pages of material relating to your business every day. When you study any successful business person you will note that they are constant learners and read a great deal. Most people already read about 100 pages in social media platforms and another 50 pages in recreational reading a day. Replace this reading with deliberate learning focused on your business.

In short, use your head, settle down with your idea, go to work and serve your community. If you do that, you will be successful."



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Coping with scars from surgery or other events can be a quality-of-life issue for many clients. Learn how massage therapy can help clients better manage scars in our NEW Scars and Massage online CE course.

Managing scars from surgery or other events can be a quality of life issue for many clients. Massage can be an appropriate integrative therapy for clients with scar tissues. Explore the fundamentals of scarring, and the special considerations to keep in mind, when working with clients affected by scars.

**Objectives:** When you finish this course, you will be able to:

- Discuss the various types of scars and the stages of tissue repair.
- Create a successful intake process for clients with scarring.
- Describe the contraindications for this special client population.

Identify appropriate techniques to be used during the massage therapy session.

**About the author:** Pete Whitridge is a licensed massage therapist and a faculty member at several massage schools around the country. He teaches myofascial, ethics and business building workshops.

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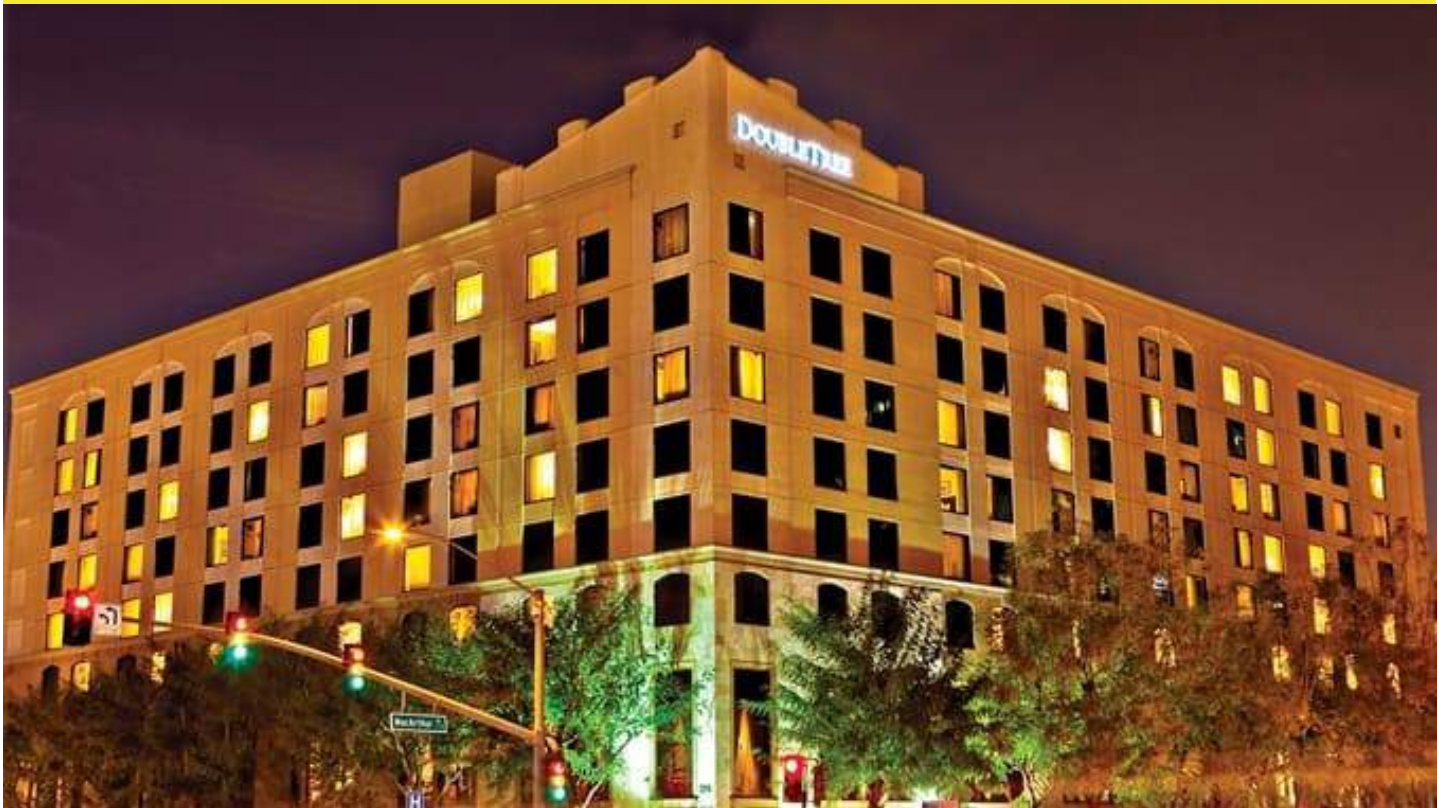
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## California Chapter Scholarship Program

The California Chapter offers an opportunity of a total of 6 Scholarships per year. The Scholarships are directed to Professionals Members (**Judy Dean Continuing Education Scholarships for Professional Members**) and (**Dorothy Swartzberg Long Service Volunteerism**), as well as to Students Members (**Centa Sprentzel Continuing Education Scholarship for Student Members**).

### Purpose:

The AMTA-CA scholarship program:

- ⇒ encourages lifelong continuing education and professional advancement in the field of therapeutic massage and bodywork;
- ⇒ assists individuals in meeting their continuing education requirements;
- ⇒ motivates members to volunteer;
- ⇒ empowers members to nominate deserving grassroots members as scholarship recipients;
- ⇒ fosters participation in the AMTA-CA Continuing Education Conference and Annual Business Meeting.

### Program:

- ⇒ Each year the AMTA-CA Scholarship Committee offers several scholarships to deserving nominees from its At-Large-Area. The scholarship consists of a complimentary full-conference registration package for the AMTA-CA Continuing Education Conference and Annual Business Meeting and a \$100 expense voucher (neither travel nor lodging are included). The voucher shall be redeemed by the Chapter Financial Administrator after the recipient submits the voucher with verification of having attended a full slate of Continuing Education classes, the Annual Business Meeting, and submitted a 200-400-word Conference commentary to be integrated into a "*California Currents*" article.

### Process:

- ⇒ Members can submit qualified nominees application to the Chapter Office Administrator **by November 30**.
- ⇒ The Chapter Office Administrator forwards copies of the nominee applications to the Scholarship Committee members.
- ⇒ From the pool of qualified applications received by **November 30**, the Scholarship Committee chooses by lottery 6 Scholarship recipients from the Chapter's At-Large-Area.

## California Chapter Scholarship Program

### Qualifications:

**For Professional Members** (Judy Dean Continuing Education Scholarships for Professional Members and Dorothy Swartzberg Long Service Volunteerism for Professional Members)

- ⇒ Nominees must be "Graduate, Active Professional, Inactive Professional or Retired Professional" members in good standing in the AMTA-CA. (Judy Dean Continuing Education Scholarship for Professional Members)
- ⇒ Nominees must have fulfilled multiple and significant At-Large-Area, or Chapter volunteer positions over a long and continuing span of years. (Dorothy Swartzberg Long Service Volunteerism for Professional Members)
- ⇒ Nominees must not be a prior recipient of the AMTA-CA Judy Dean Continuing Education Scholarship for Professional Members or Dorothy Swartzberg Long Service Volunteerism for Professional Members in the past 5 years

**For Student Members** (Centa Sprentzel Continuing Education Scholarship for Student Members)

- ⇒ Nominees must be AMTA-CA Student Members in good standing.
- ⇒ Nominees must have fulfilled a significant At-Large-Area volunteer position within the prior 2 years.
- ⇒ Nominees must not be a prior recipient of the AMTA-CA Centa Sprentzel Continuing Education Scholarship for Student Members.

### For All Nominees

- ⇒ Nominees agree to attend the AMTA-CA Continuing Education Conference and Annual Business Meeting and fulfill all required activities.
- ⇒ Nominees must have fulfilled a significant At-Large-Area volunteer position in the prior two (2) years.
- ⇒ Nominees must not have received an AMTA-CA Continuing Education Scholarship within the prior five (5) years.
- ⇒ Nominees must agree to attend the AMTA-CA Continuing Education Conference, Annual Business Meeting and fulfill all required activities.

### Scholarship Details and Requirements:

- ⇒ Recipient shall receive one non-transferable complementary full-conference registration package for the AMTA-CA Continuing Education Conference and Annual Business Meeting (neither travel nor lodging are included).
- ⇒ Recipient's Convention name badge shall identify her/him as "Scholarship Recipient".
- ⇒ Recipient shall verify successful attendance at a full slate of Continuing Education classes at the Conference and the Annual Business Meeting.
- ⇒ Recipient shall submit a 200-400-word Continuing Education Conference and Annual Business Meeting review to the Chapter Newsletter Editor which may be integrated into a "*California Currents*" article.
- ⇒ After the recipient submits the \$100 expense voucher with verification of having fulfilled all Scholarship requirements, the Chapter Financial Administrator shall redeem the voucher.

## California Chapter Scholarship Program Submission Form

I am submitting for your consideration for the:

- ☐ Judy Dean Continuing Education Scholarships for Professional Members
- ☐ Dorothy Swartzberg Long Service Volunteerism for Professional Members
- ☐ Centa Sprentzel Continuing Education Scholarship for Student Members

**Nominator's Testimony:** "I hereby nominate the following AMTA-CA member for an AMTA-CA Continuing Education Scholarship. I have verified that this nominee is an AMTA-CA Member in good standing, has fulfilled the significant volunteer position(s) noted below within the prior 2 years, has not received an AMTA-CA Continuing Education Scholarship in the past, and has agreed to attend the AMTA-CA Continuing Education Conference and Annual Business Meetings, fulfilling all required activities if she/he receives a Scholarship."

\_\_\_\_\_, \_\_\_\_/\_\_\_\_/\_\_\_\_.  
Nominator's Signature Date

Nominee's Contact Information: (Please print clearly and legibly.)

Name: \_\_\_\_\_ Home: \_\_\_\_\_

Address: \_\_\_\_\_ Mobile: \_\_\_\_\_

City, Zip: \_\_\_\_\_

AMTA ID#: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Nominee's Testimony:** "I testify that I am an AMTA-CA Member in good standing, have fulfilled the significant volunteer position(s) noted below within the prior 2 years, have not received an AMTA-CA Continuing Education Scholarship in the past, and have agreed to attend the AMTA-CA Conference and Annual Business Meeting and fulfill all required activities if I receive a Scholarship."

\_\_\_\_\_, \_\_\_\_/\_\_\_\_/\_\_\_\_.  
Nominee's Signature Date

Nominee has held the following AMTA-CA At-Large-Area volunteer position(s) within the prior two (2) years.  
Dates & positions held:

In 150-words or less, persuade us why the Nominee should receive a Scholarship. (submit on additional page if necessary)

**Submit this completed form to the Chapter Office Administrator ([info@amta-ca.org](mailto:info@amta-ca.org)) annually by November 30**

Page 3 of 3

# Welcome to Our New Members

*(June, July and August)*

## New Students Members

Adonis Okuda	Brian Goetsch	Edward Daley	Janaye Blair	Kristina Valez
Adriana Bernardo	Brian Valeriano	Ekaterina Morandi	Janet Jim	Kwang Choi
Adrianna Guerrero	Brittney Bruton	Elena Holgin	Hanine Pena	Kyle Craig
Albert Kenneth	Bronique Martindale	Elia Ortiz	Jason Lee	Kyler Wood
Alex Atkin	Brooklyn Aubrey	Elizabeth Rodriguez	Jason Landarverde	Laprecious Ragins
Alexander Billing	Bryan Mercado	Elizabeth Banda	Jason King	Lairssa Dupree
Alexandra Cline	Caleb Johnson	Elizaveta Sychevskaya	Jazmine Ventura Delos Santos	Laura Villegas Lomeli
Alexandra Hensley	Carissa Marvin	Ellie Sainsbury	Jazzmynyesenia Zamora	Laura Hamilton
Alexandra Mazza	Carmen Lorena Nunez	Else Wedding	Jefferson Medina	Leora Nimmer
Alexandra D'Jesus	Carolina Castellanos	Emily Kavanaugh	Jennifer Ruiz	Lec Morozoff
Alexey Nikolaienko	Catherine Warner	Emmanuel Amezcua	Jennifer Summers	Lian Soon
Alexus Adams	Celeste Colunga	Enkelejda Imeraj	Jennifer Przybysz	Lizabeth Chavez
Aleyda Trujillo	Chelsea Thompson	Enrique Rodriguez	Jeremiah Jenkins	Lorena Maldonado Rivas
Alfonso Romero	Chelsea Velasquez	Eric Cini Erica Kellison	Jessica Lepe	Lorena Rodriguez
Alichia Church	Cherylen Watts	Esmeralda Camara	Jiabin He	Lorenzo Rincon
Alison Guiremand	Cheyana Kauffman-Steiner	Ester Lieberman	Jie Feng	Lori Oweles
Alizabeth Vu	Chihara Wakao	Esther Pailla	Jing Hing Fan	Luisa Wade
Allison Boyd	Chris Mort	Ethel Villa	Jitikhon Sudachom	Lupita Pineda
Alondra Covarrubias	Chris Haney	Eugenia Jansen	Joanna Murrieta	Lynne Goldsworth-McGovern
Amaris Elizondo	Christina Tate	Fabiola Fonseca	Jocelyn Micek	Maddison Katchem
Amber Bishop	Christina Pina	Fang Xu	Joel Lopez	Malinda Money
Amber Hordyk	Christina Vasquez	Felix Cabrera	Jphana Martinez	Makkysa Haag
Amy Kinder	Christina Eng	Gabriela Arreola	Jonathan Donihue	Manuel Alegria
Amy Rogers	Christina Pham	Gabrielle Borjorquez	Jonathan Davis	Marcos Montenegro
Amy Pollex	Christopher Nelson	Garrett Fricke	Jordan Young	Margaret Crann
Amy Avila	Christpoher Monroe	Genevieve Altamirano	Jose Estrada	Margaryta Pinchuk
Anastasia Sarabia	Chyanne Fischer	Georgina Diaz	Jose Rodriguez	Maria Hanna
Andrea Buford	Ciara Johnson	Gerardo Ahumada	Joseph Pozzi	Maria Castillio
Andrea Ayala	Congrong Zhang	Ginger Johnson	Joseph Kelso	Maria Mora Rocio
Andre Ayala	Connor Weintraub	Glenn Cea	Jovani Otero	Maria Veliz
Andre Pearce	Courtney Poole	Grace Gain	Juan Li	Maria Torres
Angela Martinez Rivera	Courtney Gross	Guadalupe Arenas	Julia Sandoval	Maria Lomeli-Marinez
Angela Kath	Cristiambel Geiger	Guijia Liu	Julie Loke	Maria Whitehead-Griffin
Angelica Seguro	Cristina Vaca	Guy Anderson	Julie Goiset	Maria Del Pilar Villaba Bayon
Angelica Pena	Crystal Aultman	Haifeng Qian	Julio Godoy	Mariana Galvan
Anna Hurtado	Curli Shaw	Halderg Arias	June Owatari	Maribel Ibanez
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Ashley Pearson	David Cota Muro	Holley Brandil	Kathryn Hansen	Mayra Gomez
Asia Wilcox	Deana Dugmore	Huahang Ao	Katie Bay	Melina Ibarra
Austin Kinsie	Deanna Hamilton	Hui Wang	Ke Lu	Melissa Moore
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Aydren Morris	Derek Hatch	Iliana Gutierrez	Kellie Brown	Mersedes Abell
Banessa Quiambao	Delvin Rickert	Inderjeet Singh	Kelsey Verrett	Michael Clay
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Benita Bear	Dong Zhu Ma	Jacob Rivera	Kevin Salazar	Michelle Perea
Bessie Taylor	Drayton Severson	Jacquelyne Keith	Khanh Nguyen	Miranda Bolding
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Nick Chelemen	Supanee Jirapornpanit	Emiko Cechin	Cassandra Ligrow	Monette Pierce
Nicolas Grindy	Suzanne Burcher	Emily Ostendorf	Cassondra Norman	Monica Leahy
Nicolas Ynostroza	Svae Robertson	Ethan Santa	Charles Lanier	Mykala Hill
Nicolas Patague	Tamara Brownlee	Etsuko Counts	Christina Allen	Natalie DeGennaro
Nicole Betlazar	Tamika Curry	Fengxue Chen	Christopher Young	Nicole Ochoa
Nicole Romer	Tamiya Pittman	Fuhong Wang	Cody Klinck	Norma Echeveste
Nicole Goodman	Tanh Tra	Gabrukea Arredondo	Connie Lynch	Patricia Campbell
Nicole Shaeffer	Tania Carrillo Flores	Giovana Lucatero	Craig Harris	Patty Stamm
Nina Young	Tanya Vega	Heather Frank	Cristina Rodriguez	Paula Peres
Nitasha Singh	Taryn Palmer	Holly Schirmacher	Crystal Demery	Paz Cassidy
Noah Bradsher	Taylor Carter	Ivan Gung	Cynthia Sabo	Precious Fredrick
Onanong Donphuttha	Teddy Crispin	Jongjit Pukalanan	Dana Shepard	Randi Kofsku
Pamela Grubb	Teresa Determan	Julie Piccolotti	David Adams	Rosalina Fernandez
Pan Elliott	Teresita Corona	Kanjane Photisaard	David Lopez	Rose Bay
Paris Ward	Terri Hajimohd	Kjwantida Moreno	Dawn Garofalo	Samantha Daisher
Paul Perez	Thanawan Thuchsumrith	Kristin Collacott	Debra Vigek	Sean Clinton
Paulina Juarez	Thang Cao	Kin Liu	Eyerusalem Tewoldeberhan	Shannon Morris
Paulina Reddam	Tia McCloud	Lindsey Woodward	Gaia Trojanowski	Shantin Cain
Pawnesha Parrish	Timothy Pryor	Madelyn Pixley	Gregeata McGill	Sheryl Gulick
Pechroong Akahlahvasuvee	Tong Wang	Maria Dominguez	Heather Leiker	Shukyeon Lee
Phung Thach	Tonya Casares	Maria Conklin	Hina Mufti	Stephanie Mayo
Phuoc Quach	Tochchaaporn	Mary Enriquez	HuiPing Li	Sue Lucinda Lewis
Qu Zeng	Kornvalaipakanach	Megan Richofsky	Jaime Hernandez	Sylvia Graham
Quinntara Brown	Trinh Tran	Michael Harris-Lopez	James Land	Sylvia Mendoza
Quoc Nguyen	Trinity Taylor	Monica Ramirez	Jason Del Gesso	Tankut Denker
Rachel Nelson	Troy Flynn	Netthip Kunkaew	Jeana Martinez	Taylor Anderson
Rasheeda Sharp	Ural DixonVanessa	Ngocc Tra	Jennifer Christen	Thomas Hammond
Raymond Hao-Cortez	Menedez	Nicole Chanturai	Jennifer Cabral-Scott	Tiffini Brock
Rebecca Perezoh	Veronica Oram-Parker	Panicha Thanadegchiradon	Jesus Franco	Tracey Harman
Rebecca O'Kelley	Veronica Hernandez	Palita Bannick	Jharelys Castaneda Caro	Travis Stewart
Reinaldo Pagan	Victoria Grabowski	Pearl Ishii	Jodee Matthews	Victoria Brill
Remi Drew	Victoria Miller	Pei Ling Peng	Johanna McGuire	Wendy Dobbs
Rhonda Ware	Violet Guerrero	Samuel Subia	Johnny Wright	Xiaofei Li
Ricardo Ramos	Virginia Lantry	Sasha Ryder	Jonathan Gonzalez	Xiaoling Liu
Ricardo Mata	Vivian Yang	Summer Valdez	Jose Galindo	Xiurong Luo
Ricardo Arevalos	Wei Miao	Tanjira Rhupanitkij	Joseph Hanson	Yuxian Zhang
Ricardo De La O	Weslee Prather	Tawatchai On Oak	Juan Mosqueda	
Rickey Smith	William Scruggs	Thitima Konkratok	Juilo Flores	
Ricky Padron	Xiaomei Dai	Tim Parks	Kamryn Lee	
Ronald Wilson-Mollett	Xiaonan Dong	Wannee Schneider	Katherine Cielle	
Rose Nelson	Xuandung Do	William Bogart	Kayla Bishop	
Rowan Fraser	XueGei Shi	Yen Phuon	Kendra Corona	
Rowie Lagrimas	Xuehua Wu	Yujuan An	Keriann Peters	
Russell Tamashiro	Ya Zhang	<b>New Professional Members</b>	Kevin Monterrosa	
Ruth Olivares Lara	Yanqing Zhang	Alena Gebbie	Kim Luyties	
Sade Christner	Yessenia Teposte	Alexandra Horton	Kittipong Sangthongkum	
Samantha Cunningham	Yevgeniya Ivanova	Alexandra Joseph	Laurinda Gaston	
Samantha Saint Pierre	Yoko Gukuda	Alexandria Penney	Leilani Black	
Samantha Douglas	Yuelan Xie	Alyn Phettaphong	Leilani MaloneGarza	
Sara Ford	Yufeng Qing	Alyssa DeLorenzo	Lingrong Wang	
Sarah Rubin	Yujie Wang	Amy Alward	Linh Lai	
Saralyn Bustos	Yvette Nejedly	Amy Contreras	Lisa Lisa	
Savannah Newman	Zechariah Adeniji	Andrew Carter	Lisa Townsend	
Sean Saechao	Zhen Liu	Angela Fogel	Lisa Johnston	
Seung Shin	Zhenyong Wang	Anna harbert	Lucia Torres Wong	
Shannon Lapp	<b>New Graduate Members</b>	Anneke Taylor	Ludgarda Veronica Eddings	
Shauna Hannibal	Aekkawat	Antoinette Campbell	Mariano Castano	
Sheilla McNamara	Thanasinborwornchat	Baili Scherencel	Mary Osenbaugh	
Shelley Anderson	Amilcar Miranda	Beau Belisle	Matthew Lombard	
Shetonya Sinclair	Anna Clickenbeard	Breanna McCoy	Michael Gallo	

# Recognizing Special Anniversaries

*(June, July and August)*

## 5 Year Celebrations

Adriana Torres  
Amanda McManus  
Amanda Tinajero  
Amarette Trujillo  
Amber Sulaver  
Amy Liwag  
April Skinas  
Arnaldo Salazar  
Ashlee Rannelle  
Bonnie Cervantes  
Brandi Bobrowski  
Calvin To  
Carmel Trejo  
Carri Diaz  
Casey Vickers  
Chunming Hsiao  
Cori hayden  
Courtney Lewis  
Debra Keller  
Diana Grey  
Emerald Sentman  
Emilie DeRitter  
Erika Campos  
Estrella Broadie  
Evadna Nesbit  
Felicia Burns  
Feliz Diaz  
Gary Clinton  
Hulu Amen Ra  
Iibron Tamrazzadeh  
Jael Gilmore  
Jessica Todd  
Jo Birdwell  
Jom Larsen  
Kelsey Studebaker  
Laura Barbosa  
Laura Peraz  
Linda Freibott  
Linda Leung  
Lisa Reif

Lynsey Taylor  
Marissa Aguinaldo  
Marjorie Pomeroy  
Mary Armbrust  
Megan Allen  
Megan DePaulo  
Megumi Robinson  
Michael Bearden  
Michael Theroux  
Nadine Jackson  
Ouseli Gomez  
Patricia Hatfield  
Priscilla Noriega  
Rachel Thurber  
Randi Edwards  
Raul Ortiz  
Rebecca Goodrich  
Robert Ekin  
Robert Maldonado  
Rose Cale  
Russell Setsuda  
Scott Smith  
Stella DiTullio  
Torriano Melancon  
Vicki Burton  
Wendy Cone  
Yahaira Rodriguez  
Yvette E Benjamin  
Zachia Murray

## 10 Year Celebrations

Aimee Lewis  
Alison Luke  
Bryan Burkhart  
Christina Williams  
Cindy Lolowski  
Daniela Briseno  
Danielle McCutcheon  
Glenn Wheatland  
Hannah Jones  
J Bar Houseton

Jamie Ellis  
Karia Klipper  
Kimberly Emmett  
Leslie Littlejohn  
Maria Deda  
Marieta Delacruz  
Mark Richards  
Micaela Torres  
Nichole Morgan  
Rowdy Hall  
Ted Nissen

## 15 Year Celebrations

A Ginger Gibbs-Kettering  
Algird Lisaius  
Annette Oevermann  
Bart Burrows  
Daya Fisch  
Deborah Zilliox  
Debra Smith  
Elizabeth Lal  
Eric Mueller  
Gabriele Purrer  
Janet Binger  
Joy Nakamura  
Kirsten Staley  
Lauri Karaglanis  
Loretta-Rose Newman  
Pamela Petty  
Ronkaraglanis  
Samantha Calma  
Sarah Pimenti  
Sherry Langland

## 20 Year Celebrations

Heidi Crespín  
Kerry Ledesma  
Kompang Dacies  
LisaMarie Moyadjieff  
Lynnett Wilson  
Nenad Barackov

Peg Makone  
Rocio Rodriguez  
Tammy Harvey

## 25 Year Celebrations

Brett Rodger  
Carolynn Jackson  
Janice Thompson  
Jill Kerrigan  
Kathryn Chandler  
Lisa Grederick  
Yvonne Tuchscher

## 30 Year Celebrations

Dianna McAdams  
JH Carty  
Kirsten Anderson  
Mary Wright

## 35 Year Celebrations

Alison C Cherry Zubber  
Elize St. Charles  
Reinhard Arnold  
Sandra Dolber-Smith

## 2019-2020 CALIFORNIA CURRENTS PUBLICATION INFORMATION

The American Massage Therapy Association, California Chapter newsletter, *California Currents*, is scheduled to have 4 issues a year. Currently, the *California Currents* has a circulation of over 7,400, reaching our members and massage schools. **All issues will be sent green, via email, posted to our Chapter website ([www.ca.amtamassage.org](http://www.ca.amtamassage.org)) and to our Chapter Facebook page.**

Issue	Last Date for Submissions	Date to be Published
Fall	November 4, 2019	November 18, 2019
Winter	January 27, 2020	February 3, 2020
Spring	April 27, 2020	May 11, 2020
Summer	August 3, 2020	August 19, 2020
Fall	November 2, 2020	November 16, 2020

*\*\*dates are subject to change.*

Submissions of articles, pictures and advertising should be sent in .jpg format and/or word document. Submissions should be sent to Michael Roberson, Chapter Newsletter Editor, at [editor@amta-ca.org](mailto:editor@amta-ca.org)

The following are Board-mandated policies regarding submission & rates.

1. First-Come, First-Served: Paid advertising in the newsletter is limited to no more than 25% of total content for each issue. Therefore, advertising will be accepted on a first-come, first-served basis based on the receipt of payment date by the Newsletter Editor.
2. One Full Page is the maximum amount of advertising that will be accepted from each advertiser for each issue.
3. Bulk Discount: Advertising rates shall be discounted by 20% when paid in advance for four advertisement placements within five sequential issues. If canceled prior to all four placements, the refund will reflect the standard single-issue rate less a service fee of 10% of the unused balance.
4. Specific Page locations: Add a 20% surcharge to the rates quoted below.
5. Only Camera Ready advertisements will be accepted ~ meaning ready for digital or print publications. Ads should be submitted in color as .jpg files.

Advertising space is available at:

Ad Size	Dimensions	Rate
Full Page	8x10	\$300
Half Page	8x5	\$175
Half Page	4x10	\$175
Quarter Page	4x5	\$100
Eighth Page	4x2.5	\$75
Business Card	4x1	\$50

Ad Copy Requests and Article Submissions should be submitted to Michael Roberson, Chapter Newsletter Editor at [editor@amta-ca.org](mailto:editor@amta-ca.org) and payments (in the form of checks) should be made out to **American Massage Therapy Association, California Chapter** and sent to **Michael Roberson, c/o AMTA-CA, 3640 S Bear Street #F, South Coast Metro, CA 92704**. Ads will not be published until payment has been received. Your support to AMTA-CA is very much appreciated.

**AMTA-CA CHAPTER**  
**Candidate and Volunteer Resume Form**

Please print or type

Yr joined

Name \_\_\_\_\_ AMTA I.D. # \_\_\_\_\_

Home Address \_\_\_\_\_

Phone (w) \_\_\_\_\_ (h) \_\_\_\_\_

Email \_\_\_\_\_

Years in massage \_\_\_\_\_ CAMTC # \_\_\_\_\_ Massage license? \_\_\_\_\_ City/County \_\_\_\_\_

Massage school attended/# of hours \_\_\_\_\_

Date of completion \_\_\_\_\_ Other related schooling \_\_\_\_\_

I am interested in volunteering in the following areas: (details can be found on the Chapter website)

**Board of Directors:** ☐ **President** ☐ **Secretary** ☐ **Financial Administrator** ☐ **Board Member**

☐ **National Convention Delegate**

**Appointees/Chairs:** ☐ **Awards** ☐ **Exhibitors** ☐ **Parliamentarian** ☐ **Budget (Member At Large)** ☐ **Government Relations**

☐ **Sergeant at Arms** ☐ **Committee on Candidacy** ☐ **Newsletter Editor** ☐ **Social Media** ☐ **Conferences/Workshops**

☐ **Sports Massage** ☐ **Education Chair (Region: ☐ N ☐ C ☐ S)** ☐ **Website** ☐ **Northern Rep** ☐ **Southern Rep**

☐ **Other** \_\_\_\_\_

**You want to serve, but not sure where?** What skills do you have? and How much time do you want to give? Let us know and we will reach out to you. \_\_\_\_\_

Relevant community or professional experience \_\_\_\_\_

List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees): \_\_\_\_\_

Other Qualifications \_\_\_\_\_

FOR THOSE SEEKING A BOARD OF DIRECTOR POSITION How many hours a week do you estimate will be required to perform the duties of this office? \_\_\_\_\_ Are you currently able to commit the appropriate time for the performance of your duties? YES NO

What are your reasons and objectives for seeking this office? \_\_\_\_\_

At Board meetings, I understand that I must be present, focused and courteous; that I must put aside my private life for the duration of the function; that I will refrain from introducing distracting influences to other Board Members and that I will be prepared to transact the business of the Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please submit Candidate and Volunteer Resume Form to **info@amta-ca.org**. If you have any questions about the position, please ask any of the current board members. Additional information on all roles can be found on the chapter website, **www.ca.amtamassage.org**. Thank you for your submission.

## Calendar of Upcoming Events

- Friday, August 30**      **Camp Pendleton Family Day (Community Outreach Event)**  
Del Mar Beach, San Diego
- Saturday, September 7**      **Best Buddies Challenge Hearst Castle (Community Outreach Event)**  
San Simeon
- Saturday, September 8**      **Burn Scar Training, San Jose (AMTA CA Sponsored Workshop)**
- Sunday, September 9**      **Burn Scar Training, San Jose (AMTA CA Sponsored Workshop)**
- Tuesday, September 10      Chapter Board Meeting, Call In
- Saturday, September 15**      **SuperFrog® IRONMAN® (Community Outreach Event)**  
Imperial Beach, San Diego
- October 2-6**      **Phoenix Society World Burn Congress (Community Outreach Event)**  
\*you do not have to volunteer every day  
Anaheim Hilton, Anaheim
- Tuesday, October 8      Chapter Board Meeting, Call In
- October 23-26**      **National AMTA Convention**  
Indianapolis, IN
- Thursday, October 24**      **California Chapter Social at the National Convention**  
7.30-8.30am      Indianapolis Marriott Starbucks (350 W Maryland St, behind the Westin)  
**Coffee is on us! Come meet up! Caffeinate up! and Make our way to the Opening Session.**
- Tuesday, November 12      Chapter Board Meeting, Call In
- Tuesday, December 10      Chapter Board Meeting, Call In
- Tuesday, January 14      Chapter Board Meeting, Call In
- Tuesday, February 11      Chapter Board Meeting, Call In
- Tuesday, March 11      Chapter Board Meeting, Call In
- Friday, March 13**      **California Chapter Welcome Vendor Reception**  
DoubleTree Hotel, Santa Ana
- Saturday, March 14**      **California Chapter Annual Continuing Education Conference and Business Meeting**  
DoubleTree Hotel, Santa Ana

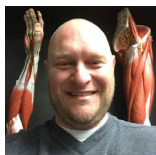
*\*Note: Chapter Board Meetings are open to all members. Please contact our Chapter President for access to the call. Meetings are generally, 7.30pm-8.30pm and are subject to change.\**

# California Currents Contacts

## Chapter Board

### President

John Lambert  
president@amta-ca.org



### Secretary

Phil Okazaki  
secretary@amta-ca.org



### Financial Administrator

Michael Roberson  
treasurer@amta-ca.org



### Board Member

Megan Martin  
1stvp@amta-ca.org



### Board Member

Bonni Kelley  
2ndvp@amta-ca.org



## Appointees

### Northern Representative

Open  
northernrep@amta-ca.org

### Southern Representative

Open  
southernrep@amta-ca.org

### Government Relations Chair

Open  
gr@amta-ca.org

### Newsletter Editor

Michael Roberson  
editor@amta-ca.org

### Appointee to CAMTC

Mark Dixon  
mdixon@camtc.org

### Educational Coordinators

Northern: Ryia Suising  
Central: Megan Martin  
Southern: Sarah Berkke

### Elected Delegates

- 1) Stacey DeGooyer (2019-2020)
- 2) Karl Reid Kramer (2019)

## Northern Regions

East Bay  
Far North  
Golden Gate  
Greater Sacramento  
Monterey Bay  
Napa Valley  
Redwood Empire  
Silicon Valley

## Southern Regions

Desert Resorts  
Gold Coast  
Inland Empire  
Los Angeles-South Bay  
Mid State  
Orange County  
San Diego

## Chapter Administrator

Jeff Milde

Calma Association Management, LLC

## Chapter Website

[www.ca.amtamassage.org](http://www.ca.amtamassage.org)

**\*\*NOTE\*\***

California Chapter's

Phone Number

**916-382-8542**

and EMAIL ADDRESS

[info@amta-ca.org](mailto:info@amta-ca.org)

## Follow Us on Facebook

Amta-CA-American-Massage-Therapy-  
Association-California-Chapter

And National:

American Massage Therapy Association  
- AMTA

