

Washington *Massage Journal*

A Publication of the American Massage Therapy Association – Washington Chapter

2016 Educational Conference Preview

AMTA-WA Chapter Convention
Spokane, WA • April 23 & 24





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Seattle, WA Class Schedule

Abdominal Palpation & Treatment: Core

Feb 6 | Marty Ryan | 6 hours

Muscle-Specific Deep Tissue Techniques for the Legs & Hips

Feb 13 | Brian Utting | 8 hours

Introduction to Trager: The Art of Dissolving Tension Patterns

Feb 14 | Joe Rodin | 8 hours

Cranio-Sacral Introductory Workshop

Feb 18-21 | Ursula Popp | 28 hours

Understanding the Somatic Nervous System and Proprioception

Feb 20 | Brian Utting | 7 hours

Polarity Therapy 5 Elements: Air Element (Heart Chakra)

Feb 20-21 | Kate Bromley | 14 hours

Thai Massage: Supine Neck, Arms & Belly

Feb 21 | Kay Rynerson | 8 hours

Balancing the Pelvic Girdle with Somatic Techniques

Feb 27 | Karen Clay | 8 hours

Abdominal Palpation & Treatment:

Feb 27 | Marty Ryan | 6 hours

Myofascial Balancing: Balance in the Neck and Head

Feb 27-28 | Polishuk/Christman | 16 hours

Business Ethics (satisfies NCBTMB & WA's ethics)

Feb 28 | Dawn Schmidt | 7 hours

Muscle-Specific Deep Tissue Techniques for the Iliopsoas, Diaphragm & QL

Mar 2 | Brian Utting | 4.5 hours

Injury Treatment: Shoulders & Arms

Mar 5-6 | Pat O'Rourke | 16 hours

The Eclectic Bodyworker Approach to the Head/Neck/Jaw/Face

Mar 6 | Bromley/Foster | 8 hours

Clothes-On, Hands-On: Massaging Clients While They're Fully Clothed

Mar 12 | Kay Rynerson | 8 hours

Advanced Intraoral Work

Mar 12-13 | Christman/Polishuk | 16 hours

Thumbs-Free Massage

Mar 13 | Kay Rynerson | 8 hours

Diaphragm: Myofascial Connections Beyond Breath

Mar 13 | Dawn Schmidt | 8 hours

The Brain and 12 Cranial Nerves

Mar 16-19 | Ursula Popp | 28 hours

7 Hawaiian Strokes to Energize Your Full-Body Routine

Mar 19 | Kim Hartley | 8 hours

Polarity Therapy 5 Elements: Fire Element (Solar Plexus Chakra)

Mar 19-20 | Kate Bromley | 14 hours

Thai Massage: Side-Lying Neck, Back, Arms and Legs

Mar 20 | Kay Rynerson | 8 hours

Resetting the Body After Injury: The Missing Element for Treatment Resolution

Apr 2 | Joe Rodin | 6 hours

Chinese Facial Massage & TMJ Techniques

Apr 2 | Debbie DeNardo | 8 hours

Indian Head Massage for Chair & Table

Apr 3 | Debbie DeNardo | 8 hours

Taxes and Tax Strategies for LMPs

Apr 3 | Brian Utting | 8 hours

The Eclectic Bodyworker Approach to Ribcage/Back

Apr 9 | Bromley/Foster | 8 hours

Self-Care and Deep Tissue Techniques for the Hands, Wrists & Forearms

Apr 16 | Utting/Norton | 8 hours

Advanced Neck: Aligning Cervical Vertebrae with Spinal Mechanics

Apr 16-17 | Marty Morales | 8 hours

Thai Massage: Prone & Seated

Apr 17 | Kay Rynerson | 8 hours

Not Your Typical Ethics Class (satisfies NCBTMB & WA's ethics requirement)

Apr 23 | Kay Rynerson | 4 hours

Myofascial Balancing: Balance in the Pelvis, Sacrum and Low Back

Apr 23-24 | Polishuk/Christman | 16 hours

The next Cranio-Sacral Core-Series begins Nov 16, 2016.
Certification begins Mar 16, Jun 1 and Nov 16, 2016.

Join the Associate Polarity Practitioner (APP) program,
enrollment can begin with any Polarity Therapy class.

Post Falls, ID Class Schedule

(see website for 2016 Post Falls class schedule)

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Winter 2016

This Issue's Theme: 2016 Washington Educational Conference Preview

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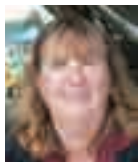


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CONTRIBUTING WRITERS



Linda Bucher, LMP

is a Delegate to the Washington House of Delegates and provides a wrap-up of the Annual Meeting at AMTA's 2015 National Convention in this issue. Massage is Linda's second career, after working for 36 years supporting the Air Force as a civilian. She wanted to provide massage on animals but first needed to learn to provide massage on people, so she attended Alexander School of Natural Therapies in 2004. After graduating, she became very active with AMTA-WA as a volunteer, serving on the Board in several positions over the years. When she joined the Massage Emergency Response Team (MERT), she realized she had discovered her passion. Linda's current goal is to be a productive leader of the Community Service Massage Team, CSMT. She also is involved with the Washington State Animal Rescue Team and Soup Ladies.



Diana Thompson, LMP

has been a LMP for over 30 years and serves as 2nd Vice President for AMTA-WA. In the late '80's and early 90's she was active in laying the groundwork and setting standards for coverage with the insurance companies. She is the author of the book *Hands Heal: Communication, Documentation, and Insurance Billing For Manual Therapists*.

In addition to her work in the realm of insurance documentation and advocacy, Diana is an educator in the field of clinical reasoning, assessment, and medical treatment massage. She has been instrumental in bringing to light the importance of clinical research for massage therapists through her work as the first president of the Massage Therapy Foundation, a non-profit that funds massage research and supports research literacy. She also worked on the "Summary of Evidence: Massage Therapy is an Integral Component in the Affordable Care Act's Essential Benefits," a document that cites over 900 clinical research articles that support the efficacy of massage therapy. Diana gives us a preview to the Annual Meeting in this issue.

CONVENTION PREVIEW CONTRIBUTORS & PRESENTERS



Tianne Curtiss, LMP

has been assisting people who deal with pain through massage and reflexology for over 15 years in Washington State. She is the founder of Tenino Massage & Reflexology and Trained 2 Transform, both located in Tenino, WA. Trained as a life coach, Reiki energy worker, massage practitioner, reflexologist and aromatherapist, she includes pieces from all of these modalities in her bodywork practice. She is approved by the Department of Health for a 200-hour Meridian Reflexology apprenticeship program, and also teaches continuing education classes around the Pacific Northwest. Tianne contributes the article "A Road Map to New Discoveries."



Tim Morford, LMP

provides guidance about self-care, body mechanics, injury prevention and ergonomics for LMPs in Washington State. He provides the article "Body Mechanics" in this issue. Tim has worked 19 years for ATI Physical Therapy (formerly Apple PT) where he is currently the Program Director for Massage Therapy. He specializes in treatment massage therapy work.



Lisa Santoro, LMT

is a longtime massage therapist, certified lymphatic drainage specialist and massage instructor. She is the founder of the massage program at the University Health Services at Harvard University. In partnership with massage school Cortiva-Boston, she was awarded a faculty appointment as the Director of Massage Training programs at Boston Medical Center where she directed an oncology massage internship/training program. Lisa is currently working in California where she is planning a hospital-based massage program for cancer survivors. Lisa contributes "Lymphofascial Scar Release."



Ruth Werner, BCTMB

is an educator, writer, and retired massage therapist with a passionate interest in massage therapy research and the role of bodywork for people who struggle with health. Her groundbreaking textbook, *A Massage Therapist's Guide to Pathology* was first published in 1998, and is now in its 6th edition. She also writes a column for *Massage and Bodywork* magazine, serves on several national and international volunteer committees, and teaches continuing education workshops in research and pathology all over the world. Ruth was honored with the AMTA Council of Schools Teacher of the Year Award for 2005. She was also proud to serve as President of the Massage Therapy Foundation from 2010-2014, and she retains a seat as an MTF Trustee. In this issue, she brings us two articles, "Fibromyalgia and the Invisible Diseases" and "Six Things to Keep in Mind About Contagious Diseases."

Washington Massage Journal

AMTA-WA Chapter

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Linda Bucher, Scott Lesieur, Jeanette Wahl

Resources

Wash. State Dept. of Health
Board of Massage
360.236.4700 • www.doh.wa.gov/massage

National AMTA
847.864.0123 • www.amtamassage.org

National Certification Board for Therapeutic
Massage & Bodywork (NCBTMB)
703.610.9015 • www.ncbtmb.com

Office of the Insurance Commissioner
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Mission Statement

The mission of the Washington Chapter of the American Massage Therapy Association, a volunteer non-profit professional massage therapy association, is to provide a forum for professional exchange, to actively support the growth of our profession, and to enhance public awareness of massage therapy.

Policies

The *Washington Massage Journal* reserves the right to edit material where appropriate; accept or reject materials; reject copyrighted materials unless consent of copyright holder is obtained in writing; and assumes no responsibility, including any amount of lost revenue, for errors, omissions, corrections, modifications or inaccuracies in the editorial content or advertisements in this publication, as well as production/mailling delays. Information, articles, endorsements and ads contained in the *Washington Massage Journal* do not necessarily reflect the opinions or beliefs of the AMTA-WA, nor those of its parent organization, the American Massage Therapy Association (AMTA). The *Washington Massage Journal* provides advertising services for the convenience of AMTA-WA members, and makes no representations or warranties for the content of the ads, promises made or quality/reliability of offerings.

2016 Publication Schedule

Winter	Feb. 5, 2016
Spring	April 15, 2016
Summer	July 15, 2016
Fall	Oct. 15, 2016

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EDITOR'S NOTE

RINA CLARK, LMP, EDITOR, WASHINGTON MASSAGE JOURNAL



I love the opportunity to learn something new. It doesn't matter if it's crafting, cooking or massage. It's fun to see a different take on something I thought I knew well or a new trick to make something I do more efficient.

This is why I love coming to convention each year. I always come home with fresh ideas or new techniques and this year will be no different. I am excited that this year it will be held in my backyard of Spokane, and I am hoping to see many faces from this side of the state. If the distance has been a barrier for you in the past, please take this opportunity to attend without the extra expenses. The format will be a little different focusing the event as an educational conference rather than convention but still offering the high quality continuing education you have come to expect.

This is also a great time to connect and reconnect with fellow practitioners and get up to date information on what is happening in the massage profession legislatively. Don't miss out! We look forward to seeing you.

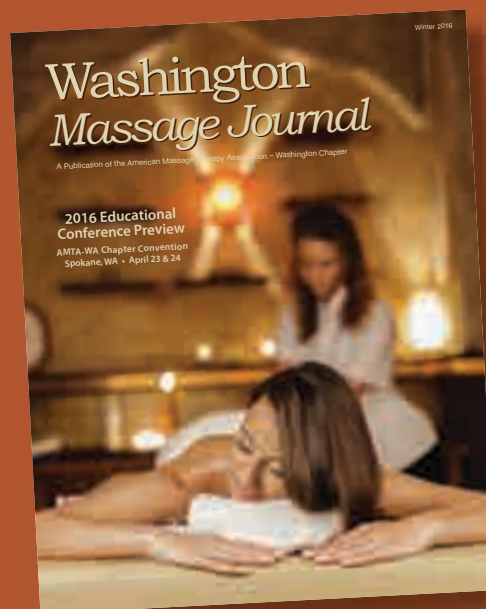


Washington Massage Journal Goes Green!

Did you know the *Washington Massage Journal* is available in digital format to everyone? Even if you are not a member, you can sign up to receive a free digital version of our quarterly magazine. Every issue is filled with information on how to better run your business, interact with clients and keep up on the latest legislation from around the state. It will also keep you updated on all the activities the AMTA-WA is doing on behalf of all Washington State Massage Practitioners. You will also receive information on upcoming events, our convention and ways to get involved.

In order to get the *Journal* delivered to your email box, just go to www.amta-wa.org to subscribe. We also invite you to share your copy of the digital *Journal* with other LMPs and invite them to subscribe for their own copy!

If you are interested in advertising in our *Journal*, watch for the 2016 Display Advertising Guide available for download soon at www.amta-wa.org.



Look for These Issues of Washington Massage Journal in 2016!

<u>Issue</u>	<u>Arrival Date</u>
Spring The Business Side of Massage (Digital Issue)	April 15, 2016
Summer Self-Care for LMPs (Digital Issue)	July 15, 2016
Fall Effective Communication (Digital Issue)	Oct. 15, 2016

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January 25, 2016
Intro to AIS for the Hips
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February 6-7, 2016
Lower Body
Bellingham, WA / 16 CE's

February 24, 2016
Lower Extremities
Tacoma, WA / 8 CE's

March 5-6, 2016
Along Fascial Lines
Seattle, WA / 16 CE's

March 12-13, 2016
Upper Body
Richland, WA / 16 CE's

April 6, 2016
Intro to AIS (Lower Body)
Tacoma, WA / 4 CE's

April 16-17, 2016
Lower Body
Tacoma, WA / 16 CE's

May 14-15, 2016
Extremities
14th: Upper Extremities
15th: Lower Extremities
(Classes can be taken separately)
Bellingham, WA / 8-12 CE's

May 18, 2016
Intro to AIS (Upper Body)
Tacoma, WA / 4 CE's

June 25-26, 2016
Upper Body
Tacoma, WA / 16 CE's

August 6-7, 2016
Upper Body
York, PA / 16 CE's

November 18-20, 2016
Lower Body & Lower Extremities
Newington, CT / 8-22 CE's

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February 26, 2016
Intro to MLT for the Lower Body
Vancouver, WA / 4 CE's

February 27-28, 2016
Upper Body
Seattle, WA / 16 CE's

February 27-28, 2016
Lower Body
Vancouver, WA / 16 CE's

April 1, 2016
Intro to MLT for the Lower Body
Bellingham, WA / 4 CE's

April 2-3, 2016
Lower Body
Bellingham, WA / 16 CE's

April 23-24, 2016
Lower Body
Seattle, WA / 16 CE's

June 22, 2016
Intro to MLT for the Lower Body
Tacoma, WA / 4 CE's

June 25-26, 2016
Upper Body
Seattle, WA / 16 CE's

August 27-28, 2016
Upper Body
Seattle, WA / 16 CE's

October 29-30, 2016
Lower Body
Tacoma, WA / 16 CE's

November 5-6, 2016
Upper Body
Seattle, WA / 16 CE's

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Why Continue to Support AMTA-WA: The Voice of Massage?

A few facts . . .

1. We are the only **not-for-profit, volunteer-driven** association for massage therapists in WA.
2. We are the only massage organization to have a full time lobbyist in Olympia, **protecting your right to practice** as a health care provider.
3. We are the only massage organization in WA to have staff available to **answer your questions** and **provide you information** when you need it.
4. We have an **award winning publication**—the *Washington Massage Journal*.
5. We provide **Programs** which **build community** among LMPs, provide **continuing education** and **promote massage** to the public.
6. Members are no longer required to pay a mandatory \$30 Chapter fee with each membership renewal.
7. If you want to see all of these programs continue in this extraordinary way, we need your help.

Contributing freely to an organization requires knowing that your money is being used wisely and for initiatives that benefit you and your business directly. It is important to know that the people using that money spend each dollar diligently to get the most from member donations. The AMTA-WA Board is committed to conscientiously putting your generous contributions to work in ways that are most effective.

This organization advocates on behalf of massage therapy in Washington. The protection of massage therapy as a respected and recognized part of health care is something that AMTA-WA fights for all the time. This organization knows that keeping you, the professional, informed, is one of the best ways to help you focus on your business without worrying that you are not up to date. Your contributions help make effective and consistent communications possible.

Your ability to practice is enhanced by knowing what is going on in the massage profession, politically and legislatively. Your business and your clients/patients benefit from the continuing education opportunities that this organization provides to you. Our newest partner, MedBridge, is one way that AMTA-WA makes sure that education comes to you! Being a contributing, informed member of this organization makes you a better, more effective member of the profession. You serve your clients well and AMTA-WA wants to make sure you always have the resources to do that.

The Government Relations Committee sponsors Massage Awareness Days (MAD) at the Capitol each legislative session, where they educate legislators and others about the value and importance of massage as health care. The Community Service Massage Team (CSMT) provides massage to First Responders at events like the Scott Firefighter Stairclimb. There are local, grassroots groups of massage therapists who meet in person

and volunteer at events that educate the general public on the benefits of massage. These groups also create community for the LMPs themselves. And the Washington Sports Massage Team (WSMT) works both paid and charity events. You can participate in any of these events as a volunteer; but even when you can't attend, your contribution helps these groups get the resources they need to bring massage therapy to the public.

We ask you to invest in the future of your profession. It is an investment in your own future as well as the future of the entire profession. Thank you for being a proud contributor to AMTA-WA: The Voice of Massage. Whether you are an AMTA member or not, whether you are a massage practitioner or a stakeholder in the massage profession, we strongly urge you to invest in your future and the future of the massage profession. It is only WITH your support that this organization will be able to continue to accomplish its vital and important work. This replaces the former Chapter fee.

Please go to www.amta-wa.org and click on the "donate" button on the home page today.

Thank you,

Annie LaCroix, AMTA-WA President

and the entire AMTA-WA Board of Directors:

Teri Mayo, 1st Vice President

Diana Thompson, 2nd Vice President

Michael LaTour, 3rd VP

Susan Cook, Treasurer

Michael Mandell, Secretary

PRESIDENT'S MESSAGE

ANNIE LACROIX, LMP, AMTA-WA PRESIDENT



There is something refreshing about a New Year. Even though it is just a date on the calendar, there is a sense of renewal and opportunity in the celebration. I tend to do a mental checklist at the end of each year, evaluating milestones from the year past and creating goals for the year ahead.

With our Chapter, it is no different. However, our board did this evaluation as a group. We spent time discussing and evaluating what is going well and what can be improved upon. A theme continued to emerge: Communication and Transparency. How can we learn more from our members and how can we share more with them?

These thoughts and conversations led us to some amazing ideas that we plan on sharing over the course of the next year. However, our most exciting change comes up very soon! Annual Meeting is being held in Tumwater this year on March 19th. We will be hosting our first ever World Cafe. You can find more details about this on our website and on pages 11-13 of this issue. It is going to be an amazing, innovative day where YOU let us know what is important to you. As an organization, we have never really provided this opportunity for member input and we are really excited about it! We plan on doing this much more frequently in the future.

Coming up in April, we have our Educational Conference in Spokane, WA. Registration is now open and our early bird special is a steal so sign up now! During the conference, on Saturday night, we are having a fundraiser dinner/dance for the Massage Therapy Foundation. Show off your hula hooping skills, eat good food and take some crazy pictures, all in the name of research! All proceeds go to the Massage Therapy Foundation. Even if you don't plan on attending the educational portion of the weekend, know that the fundraiser is open to everyone! Bring a friend and help support this great organization.

Beyond our events, I encourage you to be looking for great changes ahead within our Chapter! Let us know what you think about the new things you see. We like to hear it all! What are you enjoying about the AMTA-WA Chapter and how can we improve to give you the best professional organization around?

This quote struck me the other day and I consider it the theme for our year and years to come:

"Communication leads to community, that is, to understanding, intimacy and mutual valuing."

—Rollo May

Personally, I look forward to deepening our community connection through transparency and communication. Know that as members, each and every one of you is a valued part of the process. I look forward to hearing your voice. 2016 is going to be amazing year for Washington!

Yours in Service,

Annie LaCroix



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washington chapter

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February 13-14, 2016 • Emerging Techniques for Upper Extremity Disorders
February 23, 2016 • Tensegrity Medicine Ligament Stimulation Series: Legs & Feet
April 19, 2016 • Tensegrity Medicine Ligament Stimulation Series: Shoulder & Neck
April - September 2016 • Powerwalk Modules 1-6
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If you have ever wanted to be actively involved in the brainstorming process of the Washington Chapter, don't miss the first Interactive Annual Meeting where you help shape the future of your Chapter.

AGENDA

- Chapter Officer Election Results
- President's State of the State Address
- State of the Nation Address
- Program & Committee Reports
- Chapter Service Awards
- Approval of 2016-2017 Chapter Budget

AFTERNOON WORLD CAFE SMALL GROUP DISCUSSIONS ON:

- Communications
- Education
- Professional Standards Advocacy
- Volunteer Development

\$79 Members, \$109 Non-Members

Lunch, if desired, \$20

Register online at:

<http://amta-wa.org/events/EventDetails.aspx?id=740340&group=>

AMTA-WA Annual One-Day Food Drive!

Please bring a non-perishable
food item to benefit a
local food bank.





Group Think:

A Different Kind of Annual Meeting

DIANA THOMPSON, LMP, 2ND VICE PRESIDENT, AMTA-WA

Every AMTA Chapter embraces and implements the AMTA Strategic Plan, as determined by our National leaders. But each Chapter has the latitude to identify local needs and determine how each defines and delivers individual services within the National Plan. National leaders have communicated that the environment in Washington is unique, that our needs and practices as massage therapists are an anomaly. As a result, we need to work harder on a local level to ensure our scope and inclusion in health and wellness care is protected and developed.

The AMTA-WA Chapter Board of Directors is rethinking our communications platforms, service priorities and strategies. Our goal is to improve communication through transparency, and provide more opportunities for involvement to support member-driven results. To ensure our success, we need to tap the collective brainpower of WA LMPs and re-envision the focus and delivery of services collectively.

To be effective, we need to do more than pick your brain. We want a felt sense of your stories, needs and desires. We want to share in your wisdom and incorporate your ideas for affecting change, and figure out a way to move the profession forward together.

World Café

The first approximation of this is to host a World Café at our Annual Meeting. The World Café model provides a creative process for collaborative dialogue, promoting open and intimate discussions, inviting people to share knowledge and create possibilities for action. The ideas generated in small groups are linked to the larger community to better access the collective wisdom in the room, giving all a voice.

World Cafés are about conversations that matter. We believe that our work as massage therapists matters, that collectively we can make a bigger difference in the lives of our patients/clients and within health and wellness care, and that AMTA is the largest vehicle available for making a difference.

If successful, the World Café may become an annual or bi-annual standard of practice for provoking, sharing, and implementing ideas as a collective process.

Background

If I could pick a word to represent 2015 it would be "struggle." AMTA-WA was rattled to the core in a number of areas in 2014-2015: loss of Chapter fees, denied the government relations grant, loss of our Administrative Director Cathy Olson—staff and "family member" of 17 years, denied the second staff person we had been preparing to hire (leaving us with no staff for several months), and the loss of key volunteers at National's behest. Due to the sudden loss of funds and human resources, the Chapter Board had to make some difficult decisions. I am sure you felt them, no matter how remote your involvement with the Chapter. Communications practically went dark.

During that time, big things happened on a National level. While we were struggling to regain our footing, the National Board of Directors voted unanimously to change the structure of the National Board and overhaul the elections process in August, and implemented it in September. They appointed a five-member Slate Selection committee to vet the candidate applications, choose the candidates for the slate, and present that slate to the membership to be voted up or down as a whole. Board positions will be eliminated with the incoming board, making each member a "Director." Presidents will be the only members with designated titles (President-Elect, President, Immediate Past President) and will be selected from within the Board of Directors, by the Board of Directors.

Change is very motivating. We conducted a self-audit of our policies and procedures, and are moving forward with a renewed sense of purpose. To that end we are asking for help. For example, communications must change: due to costs we have been forced to eliminate the printed Journal and are considering moving towards constant contact through our website, podcasts of our board meetings, discussions of current events, etc., but we need greater membership participation to implement these projects. And you may have better ideas.

Agenda

To open, we will announce the election results for the State Board, and swear in new officers. The President will provide a State of the State address, and a National leader will hopefully provide a State of the Nation address. Each volunteer leader—board members, program leaders and committee chairs—will provide a report of their activities, goals for the coming year, and make specific requests of the members. For example, in the past many committees have been committees of one. The Board is moving away from this trend, and all committees are expected to grow their numbers this year. Consider volunteering in some capacity.

The budget discussion will be the last order of business, culminating with a vote of the membership. I invite you to come prepared, having read the budget report online in advance of the meeting, as budget constraints have impacted things considerably.

Questions that Matter

The afternoon will be spent in small groups, providing four CE's, discussing one of three predetermined questions. Each person will be asked to select one of three topic areas, or "questions that matter" to you, and move to that part of the room. Every 20-30 minutes, the individuals will move and groups will shift, allowing a different collection of individuals to have a fresh, unique conversation on the same topic. The environment will invite doodling on the tables, writing on index cards, active and respectful listening and brainstorming.

The topic areas are as follows:

- *Communications*
- *Education*
- *Professional Standards Advocacy*
- *Volunteer Development*

The questions within each are yet to be determined.

In Closing

It is time for a conversation that matters, one that involves as many committed individuals as possible. Hear the updates of the association and local activities. Participate in protecting and developing our profession. Four CE's will be provided for the afternoon World Café. I invite you all to attend.

AMTA-WA Legislative Update

MELANIE STEWART

The 2016 legislative session began on January 11th and will run for 60 days, as mandated by the Constitution. The Governor retains the authority to call special sessions that have a maximum length of 30 days. And as you know, we've seen a lot of special sessions in recent years.

2015 Elections

Once again, the 2015 elections saw the passage of another Tim Eyman initiative. I-366 passed by a very slim majority of 51.5%. It's interesting to note that while the State of Washington has almost 4 million registered voters, fewer than 40% of those registered to vote-voted. If you voted . . . however you voted . . . congratulate yourself for participating in your democratic form of government.

Initiative 366 was very controversial because it puts the state in a type of "straightjacket." Legislators are given two options. They can either send a constitutional amendment to the voters that would require a 2/3 majority in the Legislature to raise taxes, or see a 1 cent reduction in the state sales tax rate. It is estimated that this sales tax reduction would result in a loss of \$8 billion dollars by 2021. Currently, only a majority is required to raise taxes. Opponents of the initiative are hoping that the Washington State Supreme Court will find it unconstitutional.

Another result worth mentioning in the 2015 elections is that the House is now almost equally divided between Democrats and Republicans. With the election of Republican Teri Hickel in the 30th district, while the Democrats are still in the majority, the balance shifted from 51-47 to 50-48.

It's the Budget

This year, as in years past, the Legislature faces continuing budget challenges, further complicated by the passage of I-366. Education is once again front and center. It's called the McCleary case, and at present, the Washington State Supreme Court is fining the Legislature \$100,000 a day until it comes up with a plan to fully fund K-12 education. While many legislators agree that an additional \$3.5 billion is required to get the job done, there is no consensus on where to find the money.

I mention this huge budget challenge, because while it doesn't directly relate to massage, it does set the context and tone for the upcoming legislative session, and perhaps special sessions as the Legislature struggles with this issue. There are also rumors that this issue will be "punted" to 2017, after the 2016 elections. And the fact that 2016 is an election year is another key part of the landscape. Generally, legislators do not want to pass any tax increases in an election year, and many believe that in order to fully fund K-12 education, some type of tax increase or closing of tax loopholes will be necessary.

Changing LMP to LMT

AMTA-WA will ask for legislation to be introduced in 2016 that would change the title of your profession from "licensed massage practitioner" to "licensed massage therapist." This change would put Washington State in sync with other states that regulate massage. A corresponding change would also be made to animal massage practitioners.

While the change is simple to accomplish, it takes 28 sections and 24 pages because each and every place in the Washington statutes where the words "massage practitioner" are used must be changed. Those changes include updating references within the massage chapter of the Washington statutes (chapter 18.108 RCW) and also updating references found in other portions of the law, such as provisions that licensed massage therapists are not subject to additional licensing requirements by cities and towns.

While this is a simple change, it will take some time to accomplish because we need to allow the Board of Massage sufficient time to update the massage rules to be in sync with the statutory amendments. For that reason the legislation is effective July 1, 2017. In addition, the changeover in the wording on the licenses will be done as renewals are processed-after July 1, 2017. Here is the specific language from the legislation:

"Beginning July 1, 2017, the department of health shall issue all new licenses and renewals as they become due on the birthdate of the licensee using the terms "massage therapist" or "animal massage therapist" as appropriate. Active licenses using the terms "massage practitioner" or "animal massage practitioner" remain valid until required to be renewed on the licensee's next birthdate after July 1, 2017."



A key reason that we want to allow Board of Massage some "grace" in making these changes is because we want the fiscal note—the estimated cost to the state—to be very small or nonexistent in order to avoid a referral to fiscal committee. In short legislative sessions, bills can easily be derailed by these committees because there simply isn't sufficient time to consider every bill referred.

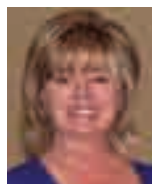
If you would like a copy of the draft legislation prior to its introduction, please contact AMTA-WA Legislative Committee member Diana Thompson, LMP (soon to be LMT) at soapsage@comcast.net.

Other Health Care Issues

Other health care issues that I expect to be considered are the following:

- Regulation of third party administrators, also known as benefit managers. The Office of the Insurance Commissioner will propose regulation.
- Prior authorization 2.0. We saw the version 1.0 pass in 2015, but there is more work to be done.
- Making the health professions account non-appropriated. This will allow more timely spending of your licensure dollars for enforcement activities.

See you in 2016!



—Melanie Stewart is the
AMTA-WA Chapter Lobbyist.



Volunteer LMPs Needed for 2016 Massage Awareness Days (MAD) Feb. 12 and March 4

Plan to join us for Massage Awareness Days from 10am - 3pm. MAD is an opportunity to show our lawmakers what we do by letting them experience massage themselves. LMPs volunteer a day to come to Olympia and do massage. Once again, it is a very important year for us to have a strong presence in Olympia.

We need to make sure our leaders know how valuable massage is in the pursuit of health and wellness. AMTA-WA will provide a legislative briefing before we start massage work. Come join your fellow LMPs for fun, networking and a chance to educate our legislators.

AMTA-WA provides lunch, water, face cradle covers and intake forms. You provide a massage chair (or share one).

Sign-ups in advance are requested at least three days prior to MAD. To sign up, go to www.amta-wa.org and click on "Massage Awareness Day" in the "Upcoming Events" column, or call the Chapter office at 425.823.1347.

AMTA-WA Chapter Service Award Nominations Now Being Accepted

The AMTA-WA Awards Committee is now accepting nominations for the Service to the Massage Profession Award and Service to the Chapter Award. If you know a person deserving of one or both of these awards, please submit a nomination for the Award Committee's consideration. You may nominate someone by describing their activities and accomplishments as related to the award title and description. Nominations must be received no later than **March 1** for consideration. Email to office@amta-wa.org.

Service to the Massage Profession Award

This award acknowledges an individual within the Washington Chapter who has made a significant contribution to the advancement of massage therapy.

Previous award recipients include:

- 2015 Susan Rosen
- 2014 Pamela Rapinan
- 2013 Marissa Brooks, Benjamin Erkan,
Michael Hamm, Kenneth Pfaff,
Diana Thompson
- 2012 David Campbell
- 2011 Lavon "Butch" Watson
- 2010 Patty Kruschke

Service to the Chapter Award

This award acknowledges a Washington Chapter Board member or Committee chair who has made a significant contribution to the Washington Chapter.

Previous award recipients include:

- 2015 Marybeth Berney
- 2014 Allison Hanelt
- 2013 James Jackson
- 2012 Linda Bucher
- 2011 Susan Cook
- 2010 Steve Wooding



Take Your Career to the Next Level with Continuing Education

What is a CEU?

One (1) Continuing Education Unit is equal to 10 hours of continuing education. The state of Washington and AMTA require hours of education, not Units. If a class or workshop states that it offers 5 CEUs, then that class or workshop should be a total of 50 hours. If it is not 50 hours, but only 5 hours, then you would receive .5 CEUs, or 5 hours of continuing education.

Washington State

State License Renewal requires 24 hours every two years. Everyone who is licensed must meet this requirement. For details, visit: www.doh.wa.gov/massage, click on "Licensing Requirements," or call 360.236.4700.

AMTA Professional Membership

requires 48 hours every four years. Anyone who is a Professional AMTA member must meet this requirement. For details, visit: www.amtamassage.org and click on "education" or call 877.905.2700.

NCBTMB

(National Certification Board for Therapeutic Massage and Bodywork) Anyone who is Nationally Certified must meet their requirements, which can be found at www.ncbtmb.com or by phone at 800.296.0664.

2016

CONTINUING EDUCATION CLASSES



Ethics, Naturally

Greg Bolton, LMP • March 12

Ethics, Naturally - Part 2

Greg Bolton, LMP • March 13

Art & Craft of Energy Medicine

Gloria Two-Feathers, LMP • April 23-24

Evaluation & Treatment of Shoulder Injuries

Brian Utting, LMP • June 18

Muscle-Specific Deep Tissue Techniques for the Torso

Brian Utting, LMP • June 19

Massage for People Living With Cancer

Gayle MacDonald, LMT • Sept. 23-25

Craniosacral Therapy 1

Steve Heinrich, PT • Oct. 15-16

Ethics, Naturally - Part 3

Greg Bolton, LMP • Oct. 22

Ethics, Naturally - Part 4

Greg Bolton, LMP • Oct. 23

Rehabilitative Massage Techniques

Gary Schwander, LMP • Oct. 29-30

Lomi Lomi

Kolleen Kohlrus, LMP • Nov. 12-13

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Susan Rosen, LMP & Richard Polishuk, LMP

Dec. 2016 - May 2017

Class meets Fri. - Sun. every 4-6 weeks

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www.massageeducation.com

AMTA-WA Chapter Fee Change and *Invest in Your Future Fund*

As of January 1, 2014, you now have the choice to give an additional amount toward your chapter, at any time, in any amount, and as many times as you wish throughout the year. This means each member will have the choice to provide direct financial support to their chapter, rather than a chapter fee being a requirement of AMTA membership.

You now have the opportunity to invest in and support your Washington Chapter at a level that is *significant for you*.

Like thousands of AMTA-WA members, you have likely come to depend upon the many free and low cost programs, communications and events your Washington Chapter provides throughout the year that help you sustain your practice and your profession.

Your AMTA membership and support of the Washington Chapter make this exceptional service possible.

AMTA-Washington Chapter is your connection to COMMUNICATIONS.

- Assistance from AMTA massage therapist volunteers and chapter office staff is only a phone call or email away. You can find us 24/7 on our chapter website at www.amta-wa.org.
- Up-to-date information on state and local regulations and laws affecting you and your practice.
- *Washington Massage Journal* four times a year, bi-monthly e-news, timely e-mail notifications and calls to action throughout the year.

AMTA-Washington Chapter is your connection to ADVOCACY.

- Member-elected massage therapists in your state who understand and represent your concerns—who amplify your voice to AMTA's House of Delegates and to your state's policy makers.
- AMTA-WA's chapter-funded lobbyist protects your interests at the state level.

AMTA-Washington Chapter is your connection to COMMUNITY.

- Access to an existing network of ethical AMTA massage therapists who draw upon their wealth of experience in the profession to provide you with guidance and support.
- Reduced-cost continuing education in your state, organized by your peers.
- Community service opportunities that can help build your skills and massage therapist network.

"I wanted to inform you of the excellent and courteous legal assistance from John Peick and his staff at Peick I Boyer Law Group P.S. I am very grateful for the expert legal knowledge on insurance law and also pleased that AMTA-WA has this benefit available to its members."

—James W. Rasey
Prosser, WA

"Yet another reason why I love being an AMTA-WA member: I left my bolster at the 2013 Chapter Convention in Yakima and thought it was gone for good. Three weeks later I emailed late on a Friday afternoon on the off chance that someone might know where it was. Cathy Olson from the Washington Chapter called me later Friday evening letting me know they had my bolster! She got in touch with someone heading to the Tri-Cities and I got my bolster back this morning. Thank you, AMTA for being so amazing. You truly do help us in so many ways."

—Susan Lynn Adams
Richland, WA



Your Support Makes Your Chapter Member Benefits Possible! Contribute to the *Invest in Your Future* Fund Today.

When you support AMTA-WA chapter by adding a contribution to your membership renewal, or any time during the year, you become more than a participant in Washington's vital massage therapy community—you invest in your community and *in your own future*. Contributions can be made online using a credit card at:

<https://amtamassage.org/chapters/contribute.html>

Anyone can give additional financial assistance to the AMTA-Washington Chapter. This financial support is not tax deductible as a charitable contribution, but may be considered a business expense. Parties providing such financial support should consult their tax advisors.

Not a Member?

You can still support our profession in Washington State by supporting the work of the AMTA Washington Chapter. ***Make a financial contribution to AMTA-WA in an amount that is significant to you and participate in your future.*** Go to: www.amta-wa.org and click on "Donate." Financial contributions can be made online using credit card or check.



amta
american massage therapy association®
washington chapter

J. Steven Hanna, LMT, NCBTMB

Executive Massage
Tacoma Mall, Tacoma, WA
website: strokeprotection.com
email: hannapub@comcast.net
253.756.0876

How long have you been in practice?
12 years.

What inspired you to become a massage therapist?
I was born to massage. My favorite clients refer to me as a "born massager." It's truly God's will.

Where did you attend massage school?
Alexandar's School of Massage, Tacoma, WA.

How have you been involved with the profession over the years?
On my days off I visit senior activity centers and assisted living facilities to provide chair massages for seniors. I sponsor local Veterans Day events as well as volunteer to provide chair massages to relieve Post Traumatic Stress (PTS) at year-round Veteran events. Helping veterans with PTS is "golden." I volunteer for Pierce-County Red Dress Luncheons by providing chair massages.

Awards, professional memberships:
American Heart Association/American Stroke Association 2015 Stroke Hero Award. Voted Tacoma's Best New Business by *Tacoma Weekly*. Member of AMTA and NCBTM.

What are your future plans for your career?
To inspire the opportunity of having two massage chairs in all Pierce County hospitals.

What do you love most about your career?
Seeing how my clients benefit after their treatments. I appreciate the opportunity to change lives and lifestyles through the benefits of massage.

If you could do one thing differently, what would it be?
Lead a campaign to promote massage therapists to have the same respect as medical doctors.

What is one interesting fact about you that most people don't know?
As a youngster I was an incredible athlete which lead me to be a really good high school and life coach for my clients and family.



What would you do if you weren't a massage therapist?
Write more books.

City you live in?
Ruston, WA.

Favorite Books?
The New American Storybook by J. Steven Hanna

Favorite Movies?
White Heat, Dracula and *Moby Dick*.

Family?
Two children, married.

What tips can you share with other LMPs?
Take pride in your profession. Massage is the oldest and most important form of affordable medicine for mankind.

Vision of the massage profession:
To see chair massage venues in all malls, colleges and hospitals as a means to providing affordable health care.

Any other comments you'd like to include?
Massage is the fulfillment of my life's work.

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Non AMTA-WA Member Subscription: \$480 for first year and \$40 per month thereafter

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Touch Education Therapy

2016 Classes

Feb 7 Warm Bamboo Massage
Suzette Gurlsen LMP - 4CEs \$95

Feb 21 Grounded Thai Table Massage
Constance Gurlsen LMP - 4CEs \$125

March 5-6 Intro to Sports Massage
Delaney Farmer CAT, LMP & Scott Lassier LMP
16CEs \$300 for early registration

March 12-13 Active Isolated Stretching for Upper Body
Joshua Morton LMP MAISS MM/LT
16CEs \$300 (NCBTMB)

March 20 TCT ONSEN®
Julie Bacon LMP - 2CEs \$20

April 9-10 BREEMA "The Art of Being Present"
Luna Lacy, Karen Hauke, Asha Jenny, LMTs
Certified Instructors
12CEs \$175 for early registration

April 16-17 ONSEN® Lower Body Structural Assessment & Correction - Julie Bacon LMP, NCBTMB
18CEs \$300 for early registration

April 24 Abdominal Cupping
Danielle Sanford LMP - 4CEs \$95

May 14 Ethics for LMPs
Doug Cozens LMP - 4CEs \$80

May 15 TCT History of Massage
Judi Calvert LMP - 2CEs \$20

June 5 Intro to Trager
Joe Rodin LMP - 8CEs \$150

June 11-12 Lower Body Deep Tissue Lomi Lomi
Kim Hartley LMP - 16CEs \$300

June 25-26 Building Your Practice
Jari Cozens LMP - 16CEs \$275

July 10 Yoga for Bodyworkers
Constance Gurlsen LMP - 3CEs \$65

July 17 TCT Tone and Condition the Body
Jared Howell DC - 2CEs \$20

July 30-31 Gravitational Effects and Postural Assessment
Tom Benson LMT - 16CEs \$300

September 11 Couples Massage
Doug & Jan Cozens LMPs - 3CEs \$95 per couple

September 18 TCT Intro to High Touch
Ethel Knopp LMP - 2CEs \$20

September 24-25 Myofascial Therapy
Joe Rodin LMP - 16CEs \$340

October 1-2 Structural Integration for the Upper Body
Gary Swichwander LMP - 16CEs \$250 for early registration

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2016 Educational Conference Preview

AMTA-WA Chapter Convention



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ANNIE LACROIX, LMP, AMTA-WA CHAPTER PRESIDENT

We are so excited for this year's conference! We are doing a couple new things and we know you are going to love it. First, we are in Spokane. It has been a long time since we have been on the east side of the state so we are really looking forward to that. We know it is a long drive for a lot of the westsiders so we have also shortened the conference to help reduce the cost of lodging for our attendees!

Even though we have shortened the conference, there is no shortage of great classes. Ruth Werner is joining us for two days and teaching four different classes in those two days including an Ethics class and a class about Public Health issues. Lisa Santoro is coming up from California and teaching a two-day class on Lymphofascial Scar work. Brian Utting is also teaching for two days—one day he is teaching a class called "Understanding the Somatic Nervous System and Proprioception" and the next day he is teaching "Muscle-Specific Deep Tissue Techniques for the Torso (Iliopsoas, Diaphragm, QL and Paraspinals)."

In addition, we have Gary Schweitzer with a Deep Tissue class, Tim Morford with a class entitled "Save your Hands" and Tianne Curtiss with an introduction to the 5 Element Theory and the Meridian system.

Our own volunteers will also be offering several classes. The first is a Sports Massage Calibration class for those interested in joining our Washington Sports Massage Team. Another is a Community Service Massage Team training and introduction for those who are interested in being part of our outreach team. Finally, we will offer a class about how to build community through volunteerism.

In lieu of a formal exhibit hall, we will have a smaller, more casual informational section. Our sponsors will have people to answer your questions and have information available to take with you.

In addition to the classes, on Saturday night we are doing a big fundraiser for the Massage Therapy Foundation. This will be open to anyone who wants to attend, even if you are not attending the convention. Your ticket price will include a buffet dinner and a night to kick up your heels with your fellow massage therapists. There will also be a silent auction and a few other festive surprises. Join us for this fun night and bring a friend! All proceeds go to the Massage Therapy Foundation.

The location for the conference is in beautiful downtown Spokane at the DoubleTree. Spokane has some amazing restaurants and a beautiful riverfront park to enjoy on your breaks.

The hotel has an amazing conference rate for anyone attending at \$109 per night. However, the rooms are limited so you will want to book early!

We look forward to seeing you in Spokane! Grab a friend and head over this great area of some excellent education and, as always, the best networking event of the year.

April 23 & 24

2016 Educational Conference

AMTA-WA Chapter Convention
Spokane, WA



Brochures Mail February 2016

For more information
& to register online visit:
amta-wa.org/convention



2016 Educational Conference Preview

AMTA-WA Chapter Convention

Lymphofascial Scar Release

LISA SANTORO, LMT

Everyone has some kind of scar. I'm talking about the external scars, whether they be from the time you fell off your bike when you were 5, or knee surgery after a tough soccer game, or a C-section with your 3rd born. I'm an over-20-year cancer survivor (Hodgkins Lymphoma), have had a C Section to deliver my younger son (who is now 14) and major abdominal surgery. For all of these events, my scars are part of my story but also a contributor to pain and discomfort. Over many years I've learned a lot about scar tissue while working with people who have cancer and those who have survived. Treating scars is always beneficial, no matter how old or extensive the scars.

You have to think of treating scars as if you were weaving a complex and multi ingredient lasagna. Tomato sauce makes the meal easier to chew and allows the texture to be supple. There are two (or more) kinds of cheeses that bind the ingredients together and gives each forkful a certain flexibility. The noodles give it a toothsome structure and separate all the other layers from being a sloppy mess. Scars are somewhat similar in that the extracellular matrix gives the scar tensile strength, fluids keep the scar supple and aid in the wound's healing, and collagen holds everything together.

Part of the layers of the healing process include the lymphatic system. Working the layers of the wound and scar lymphatically allows for our body's "septic system" to clear away bacteria and other debris that would hamper proper healing. Know that a typical schedule for scar work is after six to eight weeks to give the skin proper time to lay it's "bandage" or collagen fibrils on the edges of the scar so that the wound won't reopen. However, lymphatic work alone can be done immediately after surgery or when the wound occurs to help the skin clear bacteria from the immediate area. After the window of 6-8 weeks lymphofascial work can be very beneficial in a scar's ability to heal well.

Certification in lymphatic work is necessary if there's a risk or present issue of lymphedema. A massage therapist would be best to refer the client out if this is the case. There will most certainly be some swelling around the healing area (NOT lymphedema), and some basic massage and/or directional lymphatic techniques can be very helpful in the healing process of a scar. Making a "myofascial sandwich" with lymphatic work can assist the healing process by clearing the tissue around the wound, encouraging lymphatic capillaries to make their way through and/or around the scar, and then following up all work with more lymphatic techniques can ensure that any extracellular debris is cleansed through the lymphatic system.

The rewards of lymphofascial work are that it helps the area heal more evenly, may shorten the time of wound healing, and preserve the flexibility of the skin layers in and around the scar. I've been able to use this work in many arenas of massage work. Depending on the era of the client's cancer treatment, there may have been a lot of surgery, and/or repeated surgeries with multiple layers of scars healed with various closing techniques such as sutures, staples or medical grade glue. Each of these options has a unique fascial pull. Any type of surgical or traumatic scar can be made more flexible with this work and assist the person to regain lost range of motion in the immediate location or adjunct areas. Having a few extra techniques to target this issue can be enormously helpful to your clients.



Time to Party!

2016 Educational Conference Dinner & Dance

Saturday, April 23rd, 6pm
DoubleTree Hilton, Spokane

Come One, Come All!

TIANNE CURTISS, LMP AND
DIANA THOMPSON, LMP, 2ND VICE PRESIDENT, AMTA-WA

The Dinner/Dance at this year's Washington Educational Conference is open to any and all massage therapists, friends, and family. The event is dedicated to the Massage Therapy Foundation: all proceeds from fundraising activities will support massage research, research literacy, and community service. The fun includes hula hoop contests with prizes for the winners, dollar dances with State and National Leaders, a special presentation by Ruth Werner, foot massages when your feet get sore from dancing, and much, much more!

For those who do not know, the Massage Therapy Foundation is a non-profit founded in 1990 by the American Massage Therapy Association (AMTA). Our mission is to advance the knowledge and practice of massage therapy by supporting research, community service, and education. Over the past 25 years, the Foundation has been able to bring to the profession many programs and resources. Our free open-access, peer reviewed journal, International Journal of Therapeutic Massage and Bodywork (IJTMB), is published quarterly. In addition to the Journal, we have a bi-weekly podcast as well as two online continuing education courses. We also offer research grants and case report contests to those in the profession who are looking to enhance and develop their research skills. In May of 2016, we will be hosting the fourth International Massage Therapy Research Conference in Seattle. The event is a chance for massage therapists and healthcare professionals to experience the latest cutting edge research.

The Massage Therapy Foundation is the only organization dedicated to furthering the massage therapy profession. The caring and dedicated people who choose to further the Foundation's success with a contribution are members of a very special community. They are the massage enthusiasts who are shaping the future, who are saying yes to further society's knowledge about the benefits of professional massage therapy, and who are creating a stronger profession that will benefit therapists and clients alike. Whether you are able to donate \$25, \$50, or \$100 to the Massage Therapy Foundation, your gift ensures that we are able to continue bringing our programs and resources to the massage therapy profession. Please visit our website at www.massagetherapyfoundation.org to make your donation today, or come to our dinner/dance on Saturday night, April 23rd, at the DoubleTree Hilton, Spokane.

See you there!

*All Proceeds
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2016 Educational Conference Preview

AMTA-WA Chapter Convention

Body Mechanics

TIM MORFORD, LMP

As a massage therapist for over 20 years, I have been blessed by working with incredible patients, clients, but also an array of other disciplines that have provided me with undervalued knowledge of our health care profession.

This knowledge of different treatment techniques along with more awareness of my own body mechanics has enabled me to perform treatment massage therapy at such a high volume of patient care. It does allow for my choice of options on techniques to not vary as I might not be physically able to perform, let's say, deep tissue work.

Body mechanics is not only an awareness of how we are performing treatment work, but it can also incorporate other aspects of our lives as it does pertain to being away from the office. We, as massage therapists, find that we feel very good during the first part of the week, and as the days go on, and the hours of each day get longer, we start to feel that our quality of massage therapy deteriorates. This also holds true to the term "weekend warrior," in reference to the activities that we have done over weekends. This could be going for a four-mile hike, or as simple as gardening during the warm days of spring. Our bodies need time to adjust to the physical demands of everything that we do, including massage therapy.

Our educational background on body mechanics is taught by the teachers at our massage schools. Not only is it their job to provide us with the foundation of a solid hands-on approach to massage therapy, but to also provide us with guidance on standing, reaching, and using our arms throughout our curriculum. I never really did pay attention to what they were saying, as I was focusing

on Anatomy and Physiology, and/or Kinesiology. Once feeling comfortable in how I performed massage therapy, I never really thought about how my mechanics were at that time. This is what happens to all of us as we start our career in massage therapy. The slow and progressive continual unawareness of our mechanics leads to bad habits and the slow onset of chronic injuries.

For me, it was very easy to see that I was doing things the incorrect way. I have worked in a Physical Therapy Clinic for my career, and as I had started early on, I was noticing some discomfort in my left arm and upper back region. When I asked one of the Occupational Therapists about my arm complaint, she indicated that I was always leaning towards the left when performing massage. My treatment work was being done traditionally only using the left upper quadrant to complete work while standing, rarely using the right side. I found that only while seated did I then feel as if both arms were being used simultaneously.

That is when I decided to be more aware of sound body mechanics, but also to develop a better awareness of myself as well. I decided to change my treatment philosophy to a more conservative approach and not feel as if deep tissue was the go-to move for my usual treatment techniques. By performing seated work, I was less tired or fatigued during or towards the end of the day. These were the first couple of things changed, but I had also found that by truly listening to the patient, I could then see or hear that this traditional type of technique—which is so widely used by all of us—was over-used and incorrectly done.



For the past several years being involved with teaching body mechanics to not only massage therapists, but also to physical therapists as well, I am still in awe as to how many of us are not fundamentally aware of how we provide treatment techniques. A simple cue of looking up sometimes may just be the start to assisting a fellow professional on their stance.

As each class progressively works towards the end of the day, I enjoy seeing the expressions of the faces of the students as they finally put together what can be used for them in their everyday treatment approach. Knowing that they then in turn, can be applied immediately to their practice and start the slow progress to a better career. These are some of the great rewards that we teachers receive when teaching.

These classes also bring to light for me how important it is to treat each session during the week like it is your first and last one of the work week. I am able to give each and every patient the needed time and energy during my work week by addressing myself, but also listening to the complaints of the patient.

Our profession has the largest amount of different types of individuals ranging from younger to older, educated or just out of high school, but also all walks of life. Knowing that collectively, as a diverse group of practitioners, our idealisms and thoughts are incredibly different in the many different settings in which we practice. By performing massage therapy work, no one technique will ever be the same from person to person.

As we enter the New Year, it is time to reflect on the good of this year, but also to look forward to the new possibilities that will present to each and every one of us. I enjoy being able to teach for our massage therapy profession, as I am just a small little piece of all the different educational information that is being taught to our community. But, I do find that body mechanics plays a very large role in how successful each and every one of our massage therapists are, and as they continue to grow as professionals.

Body mechanics is just not a description of what we do; it is our way of life. In order to be successful in our career of massage therapy, we need to be fully aware of how to properly perform techniques in a sound and fundamentally correct way.

I look forward to continuing to instruct and provide this sound information on body mechanics and injury prevention for our massage therapy profession.



2016 Educational Conference Preview

AMTA-WA Chapter Convention

Fibromyalgia and the Invisible Diseases

RUTH WERNER, BCTMB

Easy question: What is the most commonly diagnosed joint pain disorder in the U.S.?

Easy answer: Osteoarthritis.

Harder question: What is the *second* most commonly diagnosed joint pain disorder in the US?

This condition affects almost 8% of all women, and 5% of all men in this country. It involves central nervous system processing, mental foggy, fatigue, and—most seriously—chronic, unpredictable, and potentially debilitating pain.

And we still don't really know what it is.

My client says she has fibromyalgia and that her doctor recommended she try massage. Frankly, I think he's just tired of dealing with her. I want to help, but nothing I do seems to make her feel better. I don't even know why she keeps coming back; all she does is complain about how awful her life is. She just wears me out.

Sadly, this happens far too often. For many clients, fibromyalgia is a long-term, frustrating, quality-of-life-threatening condition, made more challenging by the fact that it is often accompanied by other poorly understood "invisible" diseases. And because the pain and fatigue have no obvious cause, these people face skepticism from their primary care providers, employers, friends, and family members.

The good news is that massage therapy has many benefits to offer clients who live with fibromyalgia. But this condition requires a special level of understanding and compassion to arrive at a good outcome.

The missing skill for many extremely talented massage therapists who have clients with fibromyalgia is the ability to let go of their

usual results. These clients are living with an extremely complicated, multifactorial condition, and a single intervention on a single day is not likely to make a big difference. And multiple interventions may contribute to improvement, but every client has ups and downs—it is not a smooth curve to get to wellness.

Here are a few things to keep in mind about working with clients who have fibromyalgia.

- When pain is the only thing you can rely on, showing up for a massage appointment is an act of great courage
- When you live in pain, it is easy to lose perspective about time—it's hard to remember feeling well
- "Fixing" clients: NOT our job
- Helping clients to experience their bodies as a beloved gift: THAT's our job
- We do that when we stay present with them, when we encourage them to be still, to breathe fully, and to focus on what feels good while they are in session with us

You have a wonderful gift to offer. Come learn more about fibromyalgia and conditions that often appear alongside it. You will emerge with a better understanding and appreciation for your clients who live in pain, and a renewed commitment to bringing them the best that massage has to offer.



The Best Defense is Good Information: 6 Things to Keep in Mind About Contagious Diseases

RUTH WERNER, BCTMB

As massage therapists, we work in closer physical proximity to our clients than most other health care providers. Only surgeons and dentists work as closely as we do, and under typical circumstances, most massage therapists don't use surgical gloves, masks, and protective clothing.

This privilege comes with a price: our close physical contact with our clients may expose us to a wide assortment of pathogens that can cause potentially dangerous infections.

The good news is that some baseline knowledge can keep us safe and healthy, and ready to provide a lifetime of great massage. Check out the tips below to refresh your knowledge about contagious diseases.



1. Universal and standard precautions:

These were developed specifically to reduce the risk of exposure to hepatitis B and HIV/AIDS. Because of them, we treat every client as though he or she could have a blood-borne infection.

2. Bacterial infections:

Bacteria are stronger now than they were even a few years ago, and species like methicillin-resistant staphylococcus aureus (MRSA) can become long-term problems. Other easily shared bacteria can cause impetigo, pinkeye, and—if the immune system is weak—infection of the lymph or blood.

Does your client have an undiagnosed, untreated skin infection? Refer them to their doctor and reschedule.

Do you or your client have open, uncovered lesions (think hangnails, scabbed over bug bites and the like)? Cover them and or avoid direct contact.

3. You probably already have herpes:

Lots of massage therapists are nervous about contracting herpes simplex from clients, but the simple truth is that most American adults test positive for a history of exposure to this virus. This means we are already carrying protective antibodies. So if your client has an active cold sore and they can't reschedule, simply avoiding the area and practicing good hygiene is a safe choice. It is possible to pick up a secondary herpes infection site, but it doesn't happen readily.

4. Cold and flu are easy to catch but usually not threatening:

These viruses can be airborne or carried from surfaces on our hands to our eyes, nose, or mouth. Catching a cold or flu is tremendously inconvenient and costly in time and lost earnings. However, if we start with a strong foundational level of health, most of us are not at risk for serious complications. That said, pneumonia is a frequent result of respiratory infections for people with weak systems, and it is the leading cause of death by infection in the United States.

5. The most dangerous infections are hard to catch:

Hepatitis B and C and HIV/AIDS are among the most dangerous communicable diseases seen in the United States. The good news for massage therapists is that these viral infections are spread through the exchange of intimate fluids: blood, semen, breast milk, and vaginal secretions. Appropriate boundaries and Standard Precautions for hygiene ensure that these infections are not a health hazard for massage therapists.

6. Protection starts with good health:

We are role models for our clients. When we are conscientious about getting good quality sleep, eating healthy foods, and exercising, we demonstrate that such things can be done, and these behaviors give us a resilient, resistant baseline that pathogens cannot easily overcome.

Call to action: Make sure you are armed with the best defense against contagious diseases: good information. Get up to speed on all the latest information about massage therapy in context of contagious diseases at the Washington Educational Conference.

2016 Educational Conference Preview

AMTA-WA Chapter Convention

A Road Map to New Discoveries

TIANNE CURTISS, LMP

When you think of a web do you think of the worldwide web, lines crossing the globe from radio tower to radio tower bouncing up to satellites and back to earth? I don't even know if this is how it works, I just got a picture in my head of the earth and all these red towers blinking and sending information to one another. Or maybe you think of a spider web. Or maybe when we think of a web we think of fascia, wrapping everything in our bodies, holding it together and in my mind looking a little like that fusion stuff you use with an iron when you don't want to "sew" something. Not sure you know what I mean if you don't sew, or if you do what I do, you too might know this product well, anyway, that's another story. So let's talk about another web that wraps our body, or maybe think of it like a map that transverses our frame, energetically? Energy pathways that connect every atom, cell, tendon, bone, organ and inch of our skin, basically everything in our body. Lines of communication running along specific routes.

I recently heard a description that I thought summed up meridians very well. It was something to the effect of, think about a 3D road map, traversing our body with points, like towns along the road. If we add our emotions, our mind and our spirit, (I think of these as roadside attractions) it would make up the interconnected communication system of our body, called Meridians.

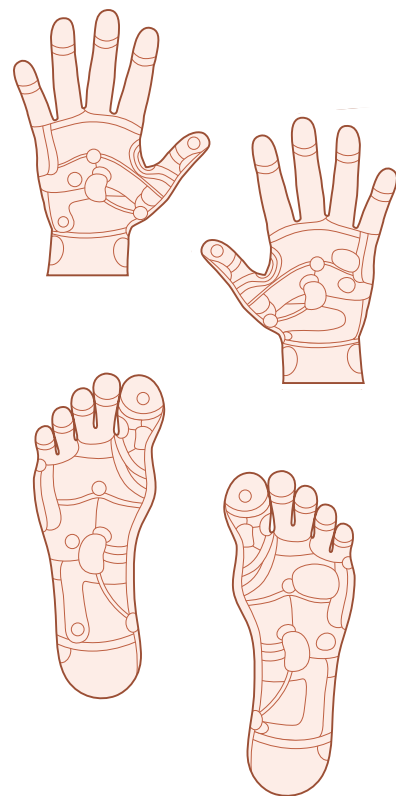
There are 12 major meridians of the body running on each side of the body, mirroring each other. Some flow from the earth to the heavens, while the others flow from the heavens to the earth. They connect above to below and internal to external.


Each meridian corresponds to an organ, a color, a taste, emotions and other functions. Each can be influenced by scent, food, our thoughts, a color. These meridians belong to different elements that connect cycles and corresponding workings of nature and the universe, to create a system to help discover what is needed in our lives to create balance and optimal health.

These meridians carry energy, blood and information. Meridians share information needed to regulate our emotions, raise and lower our body temperature, they coordinate and communicate, helping to keep our bodies balanced and functioning. Traditional Chinese Medicine (TCM) believes that when the Qi flows freely, everything—meaning our organs, thoughts and actions—work in harmony, and we are balanced.

There are a number of ways that we can stimulate our meridians to assist in sending healing energy throughout our being. Food, exercise, massage, tapping, and herbs are just a few.

Meridians are just a piece of TCM and 5 Element theory. TCM allows each of us a way to understand and address individual health needs and ways to unite mind, body, spirit. Through understanding life from this perspective, we are empowered to bring balance to our life. Learning about Meridians is a journey much like pulling out the old paper road map and discovering where you can go, by looking at the points along the road!





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WASHINGTON SPORTS MASSAGE TEAM (WSMT)

GRANT GRUBB, LMP

The 2015 Washington Sports Massage Team season has wrapped and it was quite a year. I'm optimistic for 2016 and the things we can do, but I'd also like to take a minute to reflect on 2015 too. We've definitely had some big changes behind the scenes and had to adjust on the fly. We are seeing some of our newer events grow like the Vancouver USA Marathon and the Gigantic Bicycle Festival. We are also seeing some events shrink and possibly disappear like Bumbershoot and the Lacamas Lake Half Marathon. I'm glad we offered an amazing kinesiology taping course to develop our team members' expertise and I hope to continue to offer amazing classes like it.

Going forward in 2016 we will continue to develop our newer events. We will be adding at least three new events. Hopefully, we will see a renewal in the dwindling events.

We are hard at work creating a new continuing education course offered specifically to WSMT members to help us be the best in this field. The class will be focused on the special needs of cyclists.

We've added a new member position called Team Coordinator, which will vastly improve our team's organization. With the help of this position, we hope to increase communication (a weak spot in 2015) and get us better focused on our goals. I look forward to seeing all my new and returning team members in March at our kick off meeting.



—Grant Grubb, LMP is the WSMT Director.
He can be reached at wsmt@amta-wa.org

2016 WSMT Event Calendar

This is not a complete listing of events for 2016. It is what was in place at press time. Please check future issues of the *Washington Massage Journal* and the website at www.amta-wa.org for updates. To sign up for events, visit the website or contact Scott Lesieur, 360.513.3210 or scottsrunninghands@gmail.com

FEBRUARY

- 27 Richland Run Fest
Richland

MARCH

- 6 WSMT Kick off Meeting & Skills Calibration
Tacoma
- 20 WSMT Event Director Training 1
Issaquah
- 27 WSMT Event Director Training 2
Issaquah

APRIL

- 10 MS Walk
Seattle
- 16 Wenatchee Marathon
Wenatchee
- 23 WSMT Skills Calibration
AMTA-WA Chapter Convention
Spokane
- 24 Mount Si Ultra Marathon
Snoqualmie/North Bend

MAY

- 14 WSMT Continuing Education
Location TBD
- 28 Flying Wheels
Redmond

JUNE

- 17-19 Vancouver USA Marathon Expo
Vancouver, WA
- 25 Red-Bell 100
Bellingham

JULY

- 16 WSMT Skills Calibration
Centralia
- 16 Seattle to Portland Classic
Centralia
- 28 Ride Around Mount Rainier in
One Day
Enumclaw

AUGUST

- 12-13 Ride from Seattle to Vancouver
and Party Day
Bellingham
- 27 Seattle Marathon 10k
Seattle
- 29 High Pass Challenge
Backwood/Randle

SEPTEMBER

- 10 Bike MS 150
Mount Vernon

OCTOBER

- 1 Oktoberfest Leavenworth
Marathon
Leavenworth
- 8 WSMT End of Season Banquet
Location TBD

NOVEMBER

- 25-27 Seattle Marathon Expo Day
Seattle

2015 Wenatchee Marathon



2015 Seattle to Portland (STP) Bicycle Classic



2016 Skills Calibrations

Team members must renew the Skills Calibration every two years. New team members must take this course prior to working their first event. These courses are free to WSMT members. Cost is \$45 for non-WSMT members.

Completion of course earns three Continuing Education hours.
To register, go to amta-wa.org/events.



House of Delegates Annual Meeting 2015 AMTA National Convention

Pittsburg, PA • Aug. 19

LINDA BUCHER, LMP, DELEGATE
CSMT PROGRAM DIRECTOR

This year the Washington House of Delegates attended the annual meeting at the National Convention in Pittsburg, PA on August 19th. In attendance were Scott Lesieur, Ester Greiner, Janette Wahl, myself and Kris Proctor. This year the delegates discussed and voted on two position statements and three recommendations.

The first position statement was on Massage for Burn Scars. The position statement stated: "It is the position of the American Massage Therapy Association (AMTA) that massage therapy may assist in the rehabilitation of burn scars." This position did not pass by the required 2/3 majority. I feel the main reason was the research that was cited did not support the statement of how massage can help with burn scars.

The second position statement was on Portability, which passed. The position statement stated: "It is the position of the American Massage Therapy Association (AMTA) that regulations, in statute and/or rules, should provide options for portability of credential, which can be used to help meet the licensing, certification or registration requirements of massage therapists across the United States." This was a different form of a position statement because it was not based on research about the efficacy of massage. This position statement should have been a recommendation because as a position statement the AMTA National board does not have to discuss or do further research on this matter.

The first of three recommendations was presented by Indiana on Human Trafficking which states: "The House of

Delegates recommends to the Board of Directors that a work group or operations committee be established to research and recommend a plan that the American Massage Therapy Association can use to develop support material and create a guide for working with Homeland Security, the Human Trafficking Task Force and other organizations working on Human Trafficking." This recommendation had an extended and emotional debate. This recommendation was passed by the required 2/3 majority.

The second recommendation presented by Wisconsin was on Online CE's which stated: "The House of Delegates recommends that the National Board of Directors consider that the AMTA offers complimentary online CE for members." This recommendation did not pass and the main thing everyone stated was that free CE's devalued the training.

The third recommendation presented by Wisconsin was on Media Education Kit which stated: "The House of Delegates recommends to the National Board of Directors that the Board commission the creation of a model journalist/media education kit for chapter use." This recommendation passed by a large majority.

The House of Delegates is putting out a call for candidates for the 2016/2017 term. We are looking for candidates to fill two delegate position and five alternate positions. The delegate and alternate delegate terms begin March 2016. If you would like to learn more about being a delegate, please feel free to email me at eponabus@gmail.com.



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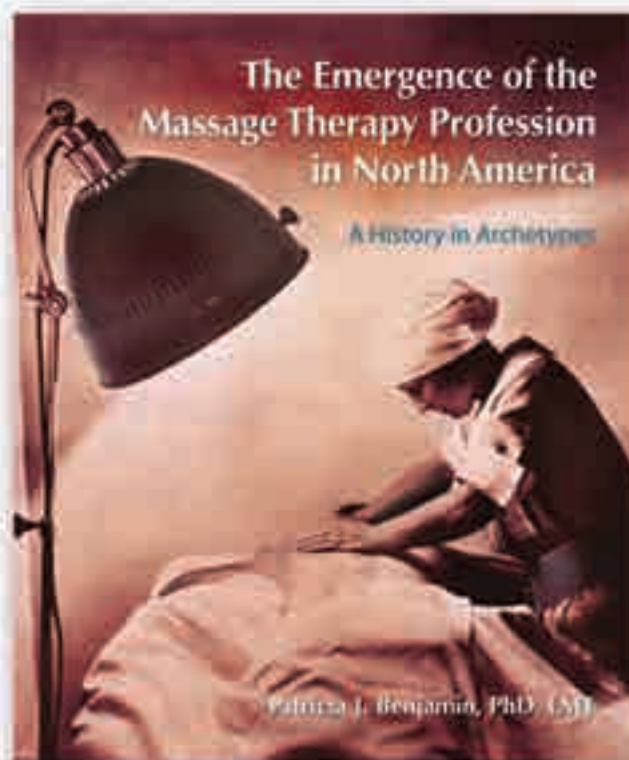
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Portland, OR Jun 6 - 12, 2016

SOMATOEMOTIONAL RELEASE 1 (SER1)
Seattle, WA Feb 4 - 7, 2016
Portland, OR Apr 7 - 10, 2016

UNWINDING MERIDIANS: Applying Acupuncture Principles to CST 1 (UMAC1)
Seattle, WA May 19 - 22, 2016

CST APPLICATIONS FOR CONCEPTION, PREGNANCY & BIRTHING (CCPB1)
Portland, OR Apr 7 - 10, 2016

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Level 5: Thai Intensive	April 3	8	\$250
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Level 3: Thai Intensive	April 24	8	\$250
Advanced Therapeutics: Upper Body	May 15	8	\$250
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Working Together and Pooling Resources



ALLISON HANELT, LMP
AMTA-WA VOLUNTEER DEVELOPMENT COORDINATOR

Connecting with other massage therapists in your area can turn challenges into opportunities. Introduce yourself to any massage therapists in your neighborhood and you're bound to make a friend or two, or find someone with a unique specialty. There are plenty of potential clients to go around and knowing the other practitioners in your area, and their unique specialties, can help ensure every LMP has the time and energy to focus on the clientele they really want to work with.

Make friends

Set up a monthly coffee date with your new massage therapist neighbor and talk shop, or not. Set up a book club or music exchange and meet once a month in the lobby of a local massage office. Organize an annual party or a massage rummage sale and invite students and recent grads. Networking doesn't have to be a formal affair of handshakes and business cards. These are people who love their job as much as you do or will re-energize you when you're feeling burnt out.

Cut costs

Continuing education classes often involve travel and lodging expenses. Find another LMP interested in the class and share expenses. Decrease the risk of a class being cancelled due to low enrollment by encouraging other therapists to sign up and ride with you. Bonus—you have a study partner and can practice what you learned together. Try sharing a booth at an upcoming health and wellness fair, or even sharing your massage office on off days to reduce expenditures. Sharing costs or travel expenses is easy when you know other LMPs.

Organize a carpool

Help reduce gas expenses and increase participation by organizing a carpool to major massage events. Head to the next Board of Massage meeting with other LMPs from your area (check the Department of Health's website for dates/locations). Travel to Spokane with good company to attend the Massage Education Conference in April. Ride in the carpool lane and laugh about the way massage was taught in the good old days.

Professional support

Attend a networking meeting and find a mentor, trade partner, or study buddy. Trade business tips and success stories with established therapists. Find a substitute for when you spend a month in Europe, or have knee surgery after a skiing mishap. Learn how to use a new software program or try out a hydraulic table before buying one. Schedule a massage for yourself and stay in top form for a long, fulfilling career. Supporting each other strengthens us all, and creates a community of happy massage practitioners.



—Allison Hanelt is the Executive Chair of the South Sound Massage Therapists MAIN group and also serves as the MAIN Development Coordinator for the AMTA-WA Chapter. She is the lead LMP at Sutton Chiropractic and Massage in Tumwater, Wash. She can be reached at 360.280.0098.



NETWORKING

If groups meet in person, here's where.
To add a group, email main@amta-wa.org to be listed.

Bellingham

North Cascade Massage Connection

Contact:
Erica Garat
360.739.9185
ericaofamerica@me.com
www.NCmassageconnection.org

Meets:
3rd Tuesday of the month
Sept - May

Time:
5:45 - 8:45 pm
3 CEs

Place:
Garden St. Methodist
Church Annex Room B
1326 N. Garden
Bellingham

Presenter Series:
Feb. 16
"Manual Therapy for the
Abdomen and Pelvis"
Marty Ryan

March 15
"An Introduction to
Craniosacral Therapy"
Nancy Witt

Announcements:
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Bremerton

Massage Network Solutions

Contact:
Lesley Bush
360.377.2900
massagenetworksolutions@q.com
massagenetworksolutions.com

Meets:
Second Tuesday of the month.
We meet 11 months out of the
year, and take a break in
December.

Time:
12:30 - 1:30 for business
1:30 - 2:30 for guest speakers

Place:
Bremerton First United
Methodist Church
1150 Marine Drive
Bremerton

Everett

Snohomish County Massage Therapists Network

Contact:
Stephen Wooding, LMP
425.776.1307
stevemp@comcast.net

Meets:
2nd Monday of the month
Sept - May

Time:
6:15 - 9:15 pm

Place:
PUD Building
2320 California Street
Everett

Announcements:
To join our mailing list, email:
stevemp@comcast.net or
check our Facebook page
(SCMTN).

Olympia

South Sound Massage Therapists

Contact:
Allison Hanelt
360.280.0098
ahanelt@gmail.com

Meets:
Monthly meetings followed by
either continuing education or
social events.

Time/Place:
Meetings vary so check our
Facebook page at
[Facebook.com/SSMTolympia](https://www.facebook.com/SSMTolympia)
or sign up for our monthly
e-newsletter.

Announcements:
Workshops are an excellent
way to receive local, low-cost
continuing education.
Meet-ups are a fun way to
connect with other LMPs and
stay updated on massage
news. Sign up for our
new monthly E-newsletter!
Find more information on
[Facebook.com/SSMTolympia](https://www.facebook.com/SSMTolympia)

Port Angeles

The Olympic Massage Community

Contact:
Pat Carter
360.457.0333
cpat@olympen.com

Darla Workman
darlaw@willowmt.com

Meets:
Second Tuesday of the month
in Sept., Nov., Jan., March,
and May.

Time:
6 pm social and business
6:30 - 8:30 pm program

Place:
Presbyterian Church
138 W. 7th Street
Port Angeles
Unless otherwise indicated

Classes:
March 8
"Hospice Massage"
Elizabeth Athair

May 10
A lively round table
ethics discussion
Scot Athair

Announcements:
The Olympic Massage
Community celebrated its
10th anniversary in 2013.
We schedule at least two
Saturday workshops during
the year. We enjoy the
opportunity to get to know
and support one another,
as well as increase our
professional knowledge.
We welcome all LMPs!

Find These Groups on Facebook:

AMTA-WA Chapter of
Massage

Greater Wenatchee
Area Massage
Alliance

LATs (LMPs Around
Tacoma)

North Cascades
Massage Connection
NCMC

Palouse Massage
Therapy Network

Seattle LMP Network

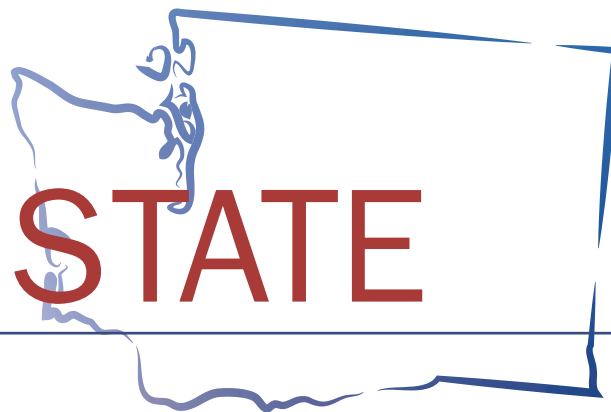
SCMTN (Snohomish
County Massage
Therapists Network)

South Sound LMPs

Southwest
Washington Massage
Therapists

Tri-Cities Touch

AROUND THE STATE



Pullman

Palouse Massage Therapy Network

Contact:
Mandi Denning, LMP
509.432.9593
PalouseMTN@gmail.com

Meets:
Second Tuesday of
odd numbered months
(Jan., March, etc.)

Time:
6:30 pm

Place:
Alternates between
Pullman, WA and Moscow, ID.
Check our Facebook page.

Announcements:
We began our meetings in
July of 2014 and already
we have created strong
interpersonal connections.
Stay tuned via our Facebook
page for details of CE
offerings and meetings.
In 2016 we will continue
our momentum. We
invite you to bring your
individual skills and add to a
collective force for forward
progression of massage in
our communities...and have
some fun!

Seattle

Seattle LMP Network

Contact:
Jay Davidson, chair
SeattleLMPnetwork@gmail.com
www.facebook.com/seattle.lmp.
network

Meets:
4th Sunday of each month
(with possible exceptions
near holidays).

Time:
1 pm Sign-in & brief meeting
1:15 pm CE Presentation
followed by networking

Place:
New location for our
meetings is:
Massage Envy
20124 Ballinger Way NE
Shoreline, WS 98155

Announcements:
Our monthly meetings &
2 CE presentations are open
to ALL licensed massage
practitioners. We just
welcome the opportunity to
network, share, and learn
together. Also, currently-
enrolled massage students
may join us at our meetings
for free. Every meeting is
\$10 with a presenter to earn
2 CEs.

Please RSVP to help us know
how many people to plan
for—thank you!

Spokane

Spokane Regional LMPs

Contact:
Mariah Neeson
509.389.2474
MariahNeeson@me.com

Meets:
2nd Tuesday of each month

Time:
10 am

Place:
The Space
201 W. Riverside Ave. #302
Spokane, WA 99201
On the corner of Riverside
& Browne, Entrance is on
Browne

Announcements:
Open to all LMPs. We first
met in March 2015 to
get acquainted with one
another and discuss our
expectations and hopes for
building a strong group here
in Spokane. We've already
been speaking to several
talented professionals willing
to provide CEs for us. Sign
up for the mailing list below
to receive updates as they
become available. We look
forward to meeting you and
serving the Spokane area.

We have started a mailing
list to help better organize all
of us as well as to keep you
up to date with any schedule
changes or upcoming events
that do not get listed here.

Tri-Cities

Tri-Cities Touch

Contact:
Jan Cozens
509.781.1411
djcozens57@gmail.com
www.facebook.com/groups/
TriCitiesTouch

Meets:
Every odd month, 3rd
Sunday. If date changes,
a notice will be blasted
to group members by Ann
Mateo, our webmaster,
ann@kiaorabodyworks.com

Time:
2 - 4 pm

Place:
Touch Education Therapy
636 Jadwin Ave., Ste. D
Richland, WA 99352

Upcoming Meetings:
March 20
Onsen® Technique
Julie Bacon, LMP
2 CEs \$20
(Info to class on April 16-17)

May 15
History of Massage
Judi Calvert, LMP
2 CEs \$20

July 17
Self Care for Body Workers
Jared Howell, DC
2 CEs \$20

Sept 18
High Touch Therapy
Ethel Knopp, LMP
2CEs \$20

Nov 13
Holiday Social

Announcements:
TCT meetings are at the
Touch Education Therapy
venue in Richland. There
is no charge for attending
and meetings are open to
the public. However if you
want CEs, there is a \$20 fee
paid to the presenter for 2
hours of education. We have
discovered many talented
instructors capable of sharing
their modalities. Our goal is
linking LMPs in a personal
way. Phone calls are still
appreciated by attendees.

Vancouver

Vancouver Massage Society

Contact:
Scott Lesieur
scottsrunninghands@gmail.com

Sabrina Wright
swvmt1@gmail.com
360.624.1585

Meets:
2nd Monday of the months
Feb, April, June, August,
October, December.

Time:
6:30 pm social
7 pm - 8:30 pm business
program

Place:
Rotates—check on our
Facebook page:
Southwest Washington
Massage Therapist

Announcements:
Our Facebook page provides
information on CE classes
to include Ethics and CPR/
FA, classifieds and CE
meeting presenters, and
community events. We invite
you to bring your individual
skills and add to a dynamic
group of professionals who
are focused on becoming
a community and sharing
the impact and necessity of
massage for each and every
individual. Let's have some
fun and share massage! For
details and to receive our
monthly e-newsletter and
updates, join our mailing
list at swvmt1@gmail.com
We encourage you to get
involved, share your talents
and skills!

Wenatchee

Greater Wenatchee Area Massage Alliance

Contact:
Dena Halle
509.860.1409
denahalle@charter.net
Facebook - Greater
Wenatchee Area
Massage Alliance (GWAMA)

Meets:
2nd Tuesday of the month,
except for June, July and
August

Time:
7 - 8:30 pm



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Ruth Werner
Fibromyalgia



AMTA Washington has partnered with MedBridge Massage, a leading education platform for massage therapists. For a limited time, AMTA members can purchase an annual subscription for only \$49 (regularly \$79). Visit www.medbridgemaassage.com/amta-wa to learn more and subscribe. Use promo code **AMTAWA** at checkout.

www.medbridgemaassage.com/amta-wa

Calendar of Events

February

- 6 Chapter Board Meeting
Conference Call
9 am - 1 pm

March

- 19 Annual Membership Meeting
Olympia
9 am - 5 pm

April

- 22 Chapter Board Meeting
Spokane
7 - 10 pm

- 23-24 2016 Washington
Educational Conference
DoubleTree by Hilton,
Spokane City Center
Spokane

May

- 12-15 2016 International Massage
Therapy Research Conference
Hosted by Massage Therapy Foundation
Renaissance® Seattle Hotel
Seattle
For details, visit
<http://www.massagetherapyfoundation.org/research-conference>

September

- 11 Chapter Board Meeting
Conference Call
9 am - 3pm

October

- 7-9 Leadership Retreat
- 9 Chapter Board Meeting
- 26-29 AMTA National Convention
Milwaukee, WI
- 25-31 19th Annual National Massage
Therapy Awareness Week

December

- 4 Chapter Board Meeting
Conference Call
7 - 8:30 pm

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us under: **AMTAWashington**
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Seattle: February 27 & 28 and June 25 & 26
Tri-Cities: April 16 & 17

Volume 2: Functional Assessment & Correction of Lower Body
18 hrs
Seattle: April 23 & 24

Volume 3: Structural Assessment & Correction of Upper Body
18 hrs
Seattle: September 24 & 25

Volume 4: Functional Assessment & Correction of Upper Body
18 hrs
Seattle: November 12 & 13



TECHNIQUES®

Julie Bacon, LMP is a Certified Onsen Techniques Therapist™, Instructor™ & Examiner™. She is in her 40th year of massage practice and has been using Onsen® as her main source of treatment since 1994. She is passionate about helping anyone in pain, working with athletes, and helping practitioners increase their skill level. She firmly believes that humor lends to the learning process, so count on having fun!

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(206) 325-7608

julie@onsentherapy.com

www.juliebaconlmp.com

www.onsentherapy.com/juliebacon

Registration Deadline: One week prior to class.
2016 Fees: \$350 if prepaid two weeks prior to class; otherwise \$375. Fee to repeat class \$225.

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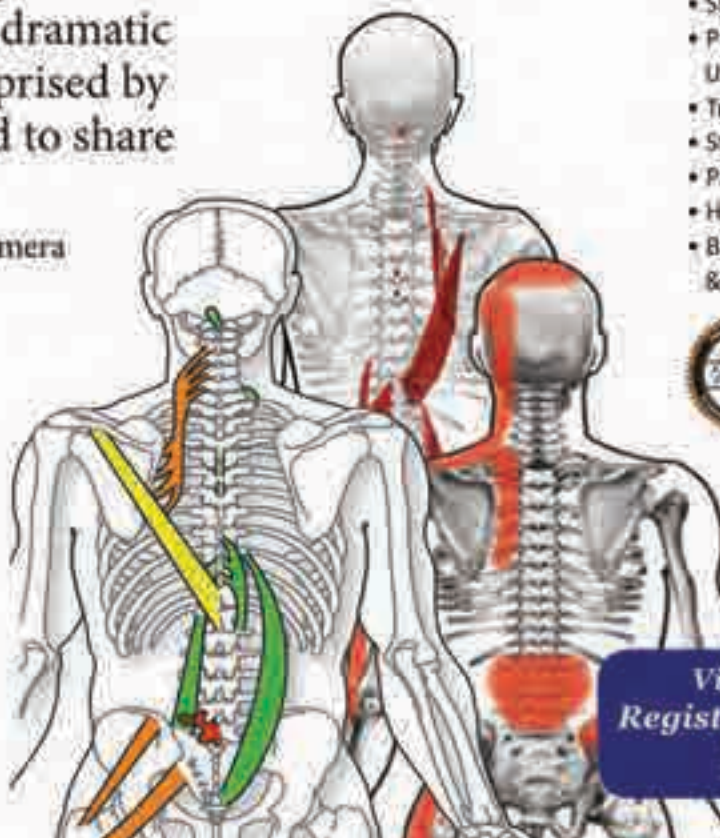
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