
AMTA CT Chapter Newsletter

President's Message



“Try to be a rainbow in someone’s cloud.”

~Maya Angelou

Spring has sprung, the flowers are blooming and we are all feeling rejuvenated after a cold and snowy winter. There is newness all around us so I would like to take this opportunity to welcome our new Board of Directors and Delegates to the 2015 National Convention in Pittsburgh and thank everyone who voted in our elections. I would also like to thank our outgoing Board members, JoAnn Parady, Laura Stevenson-Flom, Richard Testa, Christine DeCarolis and Patty Kingsbury for a job well done! We appreciate all of your hard work and dedication to the CT chapter. You will all be greatly missed.

The best part about being chapter President, besides all of the wonderful members of course, is being able to help plan exciting new chapter events. If you were at April's chapter meeting, you were the first to hear our exciting announcement.

Mark your calendars for April 22-24 2016, CT's very first state conference at the Doubletree in Bristol! We will have multiple price points to suit everyone's needs and affordable room rates too! A full registration will include 24 CEs! We will have much more information

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coming soon so make sure to like us on Facebook, <https://www.facebook.com/AMTACT> and watch our website www.amtactchapter.org to keep up to date on all the chapter news and announcements. We are so happy to be able to plan this affordable multi-day event in our own state. Plan to join us for networking, shopping, fun and knowledge.

Speaking of fun, there is still room on the bus that will be traveling to National Convention. If you would like to register, please check our website for details. **Additionally, we have opened the bus to friends and family.** (Over 18 please). If you would like to register or have already registered and wish to add a guest, please click this link. <http://www.amtactchapter.org/index.php?src=news&refno=137&category=AMTA+National&prid=137> You can now bring a friend, spouse or adult child with you to beautiful downtown Pittsburgh.

Don't forget to join us on Wednesday July 15th for the summer chapter meeting in Cromwell. <http://www.amtactchapter.org/events/2015/07/15/chapter-meetings/summer-chapter-meeting/> Following the meeting, Scott Raymond will present "Dilemmas in Ethics," a lively discussion of real life ethical issues. Registration for both events will open in late June. We hope to see you there. Until then, enjoy the long hot summer nights!

Cheers,

Kerry



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connecticut chapter

Benefit Breakdown

Where we break down the benefits AMTA offers

by Becca Torns-Barker, Membership Director



Are you looking for new ways to reach out to your clients? Are you investigating ways to increase client retention? AMTA may have a solution for you.

With your AMTA membership, you receive *e-touch*, a *consumer-focused* quarterly e-newsletter that is available to your clients. That's right: no additional charge. Keeping in touch with your clients on a regular basis is a great way to boost client retention. As we all know, it's less “expensive” to reactivate an inactive client than to go out and find a new one. The best thing about this newsletter: the content is already written. You can deliver this in two ways:

- Clients can subscribe directly through AMTA
<http://amta-child.informz.net/AMTA-Child/profile.asp?fid=761>
- You can subscribe and then send the newsletter to your clients

You can even view their archived articles (<https://www.amtamassage.org/articles/4/eTouch/index.html>) and create your own version.

Make sure you personalize the message and subject line of your email. In addition, at the bottom of your email, add an opt-out statement to comply with the Federal Government's “Can-SPAM” Act.

For complete information, visit AMTA's web site:

<https://www.amtamassage.org/articles/4/eTouch/index.html>

Membership Corner

1) *The most frequently-asked question: How do I update my email address with AMTA?*

This is a two-step process.

1. Update your email address with National. That's where we get your email address in the first place. You can update your email address online (log into your account and update your profile) or you can call them: 877-905-0577.
2. Email webmaster@amtactchapter.org and we'll update your email in our database.

2) *Not a question, but a request for volunteers!*

Volunteers Needed! As Membership Director, I need volunteers on two committees:

- **Ambassador Committee**

Ambassadors have two jobs. First, call any transfer or reinstated members that the Ambassador Chair asks you to and welcome them to the chapter. We have a script available to cover talking points. This happens maybe twice a year, and you make a 5-minute phone call.

The second job is to host Meet and Greets. Meet and Greets are informal events held across the state with the intent of gathering massage therapists together to discuss matters that may be important to them or important to their local AMTA chapter. They are held by Ambassadors, as a way of representing the Board of Directors (BOD) to a broader audience of members than just those that attend chapter meetings. Ambassadors should hold one Meet and Greet per calendar year. Again, we have an agenda and talking points to help you run a meeting.

- **Meeting Set up Committee**

We have four chapter meetings a year. All of these require decorating the tables and distributing paperwork (like agendas) on the table before the meeting. We usually have arrive 30- to 60-minutes before doors open to set up.

To join either committee, please email Becca at membership@amtactchapter.org. Please email me with any questions, comments, or feedback for the Board as well. Thank you for being an AMTA member!

A Note from the Education Director

Hello,

Welcome to the summer edition of the Ezine! This is an exciting one for me because I have the privilege of addressing you as your new Education Director. As you know I have very big shoes to fill, Patty Moon-Kingsbury will **not** be forgotten for all of the wonderful educational opportunities that she was able to create for the CT chapter. We will continue to enjoy her hard work in the coming months as she has left us with a great line up of topnotch presenters. I will be working hard to add to that line up so that the education you deserve will continue seamlessly.



Don't miss out on our next chapter meeting on Wednesday July 15th where we will have the chance to learn from our Immediate Past President Scott Raymond on the topic of **Dilemmas in Ethics**.

Have you or a colleague ever experienced an ethical dilemma that fell into that gray area where there wasn't a perfect answer? Have you ever used social media to look for answers to questionable behavior by a client or other therapist?

Please join us at 8pm on Wednesday, July 15th, for an interactive round table discussion about ethical dilemmas that we as massage therapists can be exposed to.

In this 2 hour class facilitated by Scott Raymond LMT, participants will be able to openly discuss these situations. We will have a lively discussion and learn from seasoned therapists as well as new graduates as to what THEY think may be the best avenue to take regarding these ethical situations that can happen while in practice.

We will also learn where to turn to get straight answers to difficult questions if they ever arise in your practice.

Class will start at 8:15 pm sharp and end at 10:15. You will be awarded 2 CEU hours. We look forward to hearing your stories!

Last but certainly not least I am working closely with the Board to bring you the best education possible for our very first Connecticut Conference in April 2016. Stay tuned for exciting announcements as we build our team of talented presenters.

Thank you for giving me the opportunity to serve you.

Respectfully,

Tami Taylor

Education Director

**Spring Chapter
Meeting
Raffle Winners!**

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Member	Prize	Town
Holly Hurst	Membership Dues	Thomaston
Susan Wydra	Sacro Wedgy	Bristol
Rose Pericas	Swiss Just product	New Haven
Isabel Carrapico	Bon Vital product	Milford
Mandy Bates	Bon Vital product	Windsor
Betsy Heran	Bon Vital Product	Berlin
Melissa Girard	Bridges to Health DVD	Naugatuck
Jill Vique	Bon Vital product	New Hartford
Linda A. Bouche	Asea product/DD gift card	Newington
Maria Aguirre	DD gift card	
Virginia Phillips	DD gift card	Putnam
Lesly Bartlett	Biofreeze	Bristol
Linda Baker	Biofreeze	West Hartford
Roseanne Albert	Bon Vital product	Danbury
Deb VanOlen	Bon Vital product	West Hartford
Ken Davis	Bon Vital Product	Lebanon
Carol Ann Kelsey	Bon Vital Product	Greenwich
Jodi Wolf	Nurturing Essentials	Bloomfield
Jodi Wolf	Upledger Class	Bloomfield
Brian Gordon	Bridges to Health DVD	Branford
Chelsea Clow	Theraband, Nerc goodie bag	Wallingford
Loucil Pichay	CD	Middletown
Bob Austin	Zentangle	Norwalk
Beth Horan	Young Living	Berlin
Donna Stockwell	Biotone lotion	West Hartford
Sochiyo	Nerc goodie bag	Marlborough



Ellen Kash	Theraband	Cheshire
Ralph Pandolfe	Oakworks head rest	Wethersfield
Carol Radzunas	Nerc goodie bag	Meriden
David Kingsbury	Nerc goodie bag	Southington
Rose Pericas	Thirty -one bag	New Haven
Elkin Rodriguez	Nerc goodie bag	Fairfield

Updates from the Massage Therapy Foundation

- **Take Me Out To The Ballgame** - Will you join us at this summer’s Massage Therapy Foundation fundraiser, “Take Me Out to the Ballgame” in conjunction with the AMTA National Conference in Pittsburgh, PA? Grab your baseball cap and join fellow Foundation supporters at the beautiful PNC Park to watch the Pittsburgh Pirates play the Arizona Diamondbacks on Wednesday, August 19th at 7:05 p.m. Share the evening with other baseball fans in reserved outfield box seats (section 130 & 131). Purchase your tickets [here](#).
- **2015 Case Report Contests Are Now Open** - Case reports play an important role in scientific and professional literature. Writing a case report helps develop communication skills, critical thinking skills, and could contribute to future research and clinical practice. Deadlines to apply for each contest are: Student Case Report - Monday, June 1, 2015 - Practitioner Case Report - Thursday, October 1, 2015. To view what past winners have done and to submit your application, click [here](#).
- **Do you know about our Chapter Challenge?** - Launched March 7, 2015, the Chapter Challenge is an opportunity to “Build A Stronger Foundation” by expanding the reach of the Massage Therapy Foundation’s mission, programs and benefits to massage therapists. During this challenge, AMTA state chapters are encouraged to fundraise on the behalf of the Foundation. Concluding August 22nd during the AMTA National Convention in Pittsburgh, chapters raising \$6,000 or more will be offered

the opportunity to name a 2016 Community Service Grant. For more details about the Chapter Challenge, please click [here](#).

- **Save the Date for the 2016 International Massage Therapy Research Conference** -The Massage Therapy Foundation (MTF) is proud to host the 2016 International Massage Therapy Research Conference (IMTRC) which will take place May 12-15, 2016, at the Renaissance® Seattle Hotel in Seattle, Washington. This is the fourth research conference hosted by the Massage Therapy Foundation, bringing together massage and manual therapy practitioners, educators, CIM researchers, allied health professionals, and others interested in massage research. We will be announcing more details in the coming months, including a call for presenters, and ways to sponsor this important event. Stay tuned for updates [here](#).



A Message from the CSMT Director

Hello!

I am very excited to be joining the Board of Directors as the new Director of the Community Service Massage Team. Right now is an exciting time to be a member of the team! I love that I am surrounded with so many amazing individuals who take their time to give. They give their talents freely and often without any expectations in return. It truly is a beautiful thing.

Right now the event slate is fairly empty, which is a fun challenge for me and the Outreach Division chair, Christine Decarolis. We get to search through all of the charity events in the area and find organizations that align with the goals and ideals of the American Massage Therapy Association. Look for eblasts from us once dates & times for specific events are announced.

I have loved being a part of the Community Service Massage Team ever since I joined the AMTA 5 years ago. Although I struggle with finding the time to attend events; with a private practice, 2 young boys, volunteering with the AMTA Sports Massage Team - and it seems like there are never enough hours in the day! I'm sure that is a struggle that many people can relate too. Going forward, I would love to create ways for all of our members to participate in the CSMT; not just at events which, I know, take valuable time and energy. I'm thinking toy drives, sponsoring a family during holidays, and other ways that we

can give back to the community without trying to add an extra day in the week!

I would love to hear from the members about your thoughts for the future of the CSMT. The great part about being the newest member of the board is being a blank slate. I look forward to exploring new avenues that have not been discovered yet, and I know that our membership will be a wealth of experience and information along that road!

Lani Roth
Community Service Massage Team Director

CSMT Training Held

The Community Service Massage Team held both a Responder Training and Leader Refresher class. It turned out to be a multistate training with our colleagues from NY CSMT joining us. Responder Training, conducted by Deb VanOhlen and Lee Stang rolled out some of the changes that have come about as a result of our “Letter of Agreement” recently sign with the Red Cross. Most notable is the requirement for some additional on-line FEMA training. We will be getting out information on that to team members; so keep a watch on your email. Another significant change is our move from the term ‘Charity’ Division to ‘Outreach’ Division. This will open



the possibilities of participation if we are not limited to specific charities. It also aligns our program with the LOA and the rest of the country.

This was the first ever Leader Refresher. It found both relatively new and seasoned Leaders coming together to review what ‘Leader’ on this team means. It turned out to be a dynamic, fun and funny day with excellent discussion around various issues related to leadership styles, skills, and areas that can be personally

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improved. A number of role plays helped Leaders look at personal styles, challenging situations, communication skills both written and verbal. Everyone came away with some nugget of value that will help improve even excellent leadership skills.

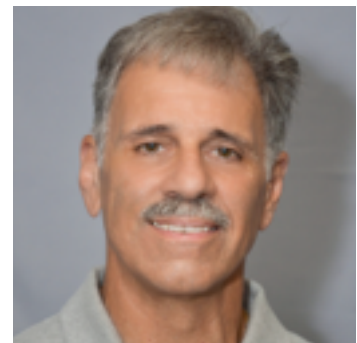
Lani Roth, our new Director of the Community Service Massage Team, was in attendance on both days. Jumping in right away; this is always a great sign. Equally important, Christine Decarolis our former Director was in attendance updating our membership list and stepping, at least temporarily, into the role of Coordinator of our Outreach Division. A real hand goes out to Christine for the work she has done and continues to do for this Team and a shout out to Lani for wanting to get more involved and stepping in. Our team is in GOOD HANDS!

If you would like to join the CSMT here's how:

1. Participate in Outreach events: you'll need a white CT AMTA Volunteer Shirt; contact the coordinator of the event listed on the website CSMT calendar of events; come out and volunteer

2. Take the CSMT training and earn your Blue Shirts: with the training you can participate as an official team member at both Outreach and Emergency events. If you are not trained you **cannot** participate in Emergency events.

Contact Lani Roth at csmt@amtactchapter.org for more information.



A Message from the Sports Team Director

Hello,

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This is my first Ezine and I wanted to say hello. I'd like to thank you for allowing me to serve as your new Sports Director. I have a lot going on and a lot to learn this coming year.

Check your emails for the Sports Team's upcoming events.

Also, I am looking for a chair person to serve with me. If anyone is interested, please contact me at sportsdirector@amtactchapter.org

Thank you and I look forward to the opportunities ahead.

Stephen Callis
Sports Team Director

Member Centered: Notes from AMTA Members

My NERC Experience *by Phil De Ricco*

I was able to attend NERC through the generosity of the CT Chapter as their award of the Perry Plouffe Memorial Scholarship was offered to me.

As I entered the hotel there was an energy in the air. It felt like a huge family reunion and I felt like I had just married into the family; the new guy. Even though I was only 6 months out of school, I felt embraced as a new member of the family. It was great to see the people I knew from the Chapter meetings and volunteer events; I also met people from CT that I hadn't met before, as well as therapists from other New England states. As the weekend progressed this notion of family was reinforced when I heard 3 people speak of 'massage as the family business;' where different generations and relatives are LMT's.

When I heard about the conference, my primary goal was to attend educational sessions during every available time period; and I did. Two of my favorites were by Greg Hurd and Don Ash. Greg's class on Ethics seemed to have more questions than answers, and a good laugh was had by all when he shared his story of 'The Italian Ending': a sharp slap to the glutes delivered simultaneously with a loud "Finito!"

I expected vendors to be selling various products and supplies for massage, but what I did not anticipate was the number of continuing education providers that were demonstrating their modalities and techniques. I was able to experience Active Isolated Stretching, Structural Energetic Therapy, the Sacro-Wedgy, Zero Balancing, and my favorite, Craniosacral Therapy from Don Ash. When Don induced a still point at my heels I felt my right leg unwind. It was as if my leg was a twisted rubber band. I felt the 'unwind' start at my foot and slowly move up to my hip. At my next conference, my goal will be to experience as large a variety of techniques as I can.

Nancy Dial's keynote speech asking "What Is Your Legacy?" was inspiring. As she spoke of her 40 year career, her dedication to the massage profession was obvious. (She is one of the people I mentioned that have 'massage as the family business'; all 3 of her kids are LMT's.) Her message was to create both a legacy of healing with the clients we touch, and a legacy to the massage profession. I left impressed with the dedication of my colleagues, the educators, and all of those involved in making the conference happen; my continued passion for the profession; and a renewed enthusiasm for my own private practice.

Winners of the 2015
NERC Scholarship!!

NERC Report *by Ram Subramanian Iyer*

Foremost, I would like to thank Laura Stevenson-Flom, Richard Testa and Linda Lemos Baker for encouraging me to apply for the NERC scholarship. I would like to thank the scholarship committee for awarding me the opportunity to attend the last (but my first) event of its kind.

I would like to recognize the hard work and volunteerism of the following leading members of the AMTA CT chapter: Shannon Saunders, JoAnn Parady, Kerry Methot, Scott Raymond, Lee Stang, Laura Stevenson-Flom, Richard Testa, Shirley Cooper, Becca Torns-Barker, and Rocky Perez. I thank you all for the fantastic classes, for your acceptance, your guidance, and for your patience. If I have missed your name, please forgive me.

At NERC, there were LMTs from various chapters all performing their diverse functions quite thoroughly. First timer as I was, I went to the first-timers booth where I was given a detailed breakdown of my NERC booklet. This booklet is, in fact, as important as every NERC organizer said it was. The booklet contained floor plans of the first and second floors where the classes, the banquet, the food, and vendor booths were set up. If an attendee had a question, all they had to do was refer to this most helpful booklet. Also, attendees were, upon registration, given a goodie bag. I presented my bag of goodies, abashedly, at this first-timer station,

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surrounded by other first timers, all from varying parts of New England. Our goodie bags contained tickets for our classes, a bag from Bon Vital full of oily and creamy goods, a sample bottle of Biotone deep tissue cream, a water bottle, and a few other odds and ends. As I was there for a full load of classes, to provide massage, and perform volunteer duties, I took my leave as soon as most of the elements in the bag were explained.

The classes that were offered were Ethics, with Greg Hurd, Intro to CranioSacral Therapy with Don Ash, and ArthroFascial Stretching with Joe Musculino. I suggest to future conference attendees to first, after making sure all the paperwork is in order, take a tour of the premises and familiarize room names. It will save you a headache! There were vendors selling homemade essential oils, bolsters and wedges, creams and lotions, music for massage, and, one offering the finest in robotic tools for the manual touch therapist.

So I hurriedly ran off to find out my volunteer duty for the evening, which was the simplest of things. Pick up the projector after class in a certain room, hang on to it till further notice, or bring it back to the room in morning by default. This was fine, but there were two similar sounding room names, and having heard the wrong name, at the end of night, I ran off and picked up the wrong projector. Everything was alright, and all the equipment was accounted for after a panicky morning, but that's what happens when one doesn't take a proper tour of the premises.

Ethics class was alright, albeit a bit dry, though we did have a few heated discussions about the usual ethical dilemmas. Later on in the conference, I asked Greg Hurd what he thought about the therapist as a political entity, if in fact, a therapist should be concerned with that aspect of their being-ness, and he said it would be best to not talk politics with clients. I might not have explained well what I meant but, as it was dinner, I thought it was polite to let him go to his meal.

I performed my other volunteer duty which was to welcome morning arrivals to the event and hand them their goodie bags. They had a pretty efficient system that kept all the essential CEU information in one place till it is time to report it to the right authorities.

CranioSacral modality was interesting and I learned some very useful techniques which I incorporate in practice when all other assessment/treatment is yielding only temporary results. The coolest thing about this modality, when done right, and with proper palpatory practice and education, gives one indirect access into the workings of the CNS. This is very different, for as LMTs, we are almost always focusing on tissue affected through peripheral nerves, more so spinal nerves. Cranio allows us to envision what is/might be happening inside the head because of how the mechanical (hydraulic) actions of fluid in the spinal column and inside the cranium correlate with miniscule, periodic movement of bones and soft tissue. I suggest highly, especially for those who find that light-touch comes naturally to them, taking at least a level one class in this modality to really start understanding where to begin in that world.

Friday evening, I had the opportunity to sign up for and provide paid table massages for NERC attendees. I found it fantastic that NERC provided therapists the choice to work at this event; one could practice all the new techniques they had learned, or just work their usual way. On Saturday I was looking forward to Arthro-Fascial Stretching with Joe Musculino. The class started out with quite a few people and thinned itself by afternoon session. Which brings up an important issue: A larger class in a very technically exacting (in terms of palpation) method might be overwhelming for a lot of students who would prefer smaller classes with more one-on-

one instruction. This was primarily the reason a lot of folks opted to transfer classes by afternoon session; however, I enjoyed it thoroughly. I knew Joe Muscolino does not teach techniques, he teaches concepts and clear formulation of assessment/treatment process. My advice: take classes with Joe Muscolino. Any class. But be prepared to be challenged to rigorous thinking. It's good for you, and it's better for your clients.

This may have been the last NERC, but there will be an awesome CT Chapter Conference organized by some of the best, brightest, most energetic volunteers in the New England LMTs world.

CranioSacral Therapy 1

Thursday, September 17 - 20, 2015 | 8:00 am - 5:50 pm
Location: TBD, Hartford, CT

800-233-5880

upledger@upledger.com

Presenter: Upledger Institute International

Website: Upledger.com

Price: \$795 - Call for early registration discounts

CEs: 24



**Don't
Miss!**

In this workshop you'll learn gentle techniques to normalize the craniosacral system and allow the body to self-correct. By unraveling pain and dysfunction at the source, you'll naturally help eliminate stress, strengthen resistance to disease, and enhance health in every dimension.

Course Highlights:

By the end of this 4-day workshop you should be able to:

- Describe the scientific foundation and principles of CranioSacral Therapy - and why it's the key to relieving pain and dysfunction at their source
- Demonstrate finely tuned palpation skills you can rely on as highly sensitive and intuitive healthcare tools
- Identify the subtle craniosacral rhythm and interpret its patterns to accurately evaluate dysfunction and improvements
- Locate the source of physical problems by traveling through the fascial system, that complex web of tissue that impacts all body structures and systems
- Release dural tube restrictions to enhance interactions between the central nervous system and the rest of the body

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- Use techniques that produce dramatic health and relaxation effects, including Direction of Energy and Still-Point Induction
- Work with approaches to a number of common ailments such as TMJ dysfunction, head and neck pain, central nervous system disorders and many

See you at the next chapter meeting!!

Wednesday July 15th 5:00pm

Crowne Plaza Hotel
Crowne Room
100 Berlin Road
Cromwell, CT

- ❖ 5:00 p.m. - Doors open, visit exhibitors, refreshments, social time
- ❖ 6:00 p.m.-7:45p.m. - Business Meeting
 - o Arrive before 6:15 p.m. to be eligible for raffle prizes (Board Members excluded from tickets)
- ❖ 8:15 p.m. - 10:15 p.m. Continuing Education
 - 2 CEU Hours

more

- Put a simple, effective 10-Step Protocol into practice right away

A blue geometric graphic consisting of overlapping triangles and quadrilaterals in various shades of blue, located in the top-left corner of the page.

Summer