



AMTA

Hands in Motion

A Publication of the AMERICAN MASSAGE THERAPY ASSOCIATION of UTAH

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President's Message

Winter 2002

It is a very exciting time and I am thrilled that so many things are going on in the massage world today. With the Olympics here we have a huge number of massage therapists coming to join us for this special event. We welcome all of these wonderful therapists to accompany us in this huge volunteer project. I would like to thank Roger Olbrot and Jennifer Pruetz for the incredible amount of hours they have given to make this possible. They have spent the last several months of their lives devoted to getting this project on it's feet. Not only have they done a tremendous job, they have done it in a short period of time, with diligence, and great enthusiasm.

Our chapter is looking ahead and recruiting for our MERT program. In March we are having training in CPR and First Aid which is the first step in getting this program underway. We are asking for support and volunteers in getting as many members trained in case of any emergency that would benefit from this service. Please contact one of us if you have an interest in participating.

In October, many of our board as well as other members of the AMTA-Utah Chapter attended the National Convention in Quebec City. What a wonderful city, beautiful, like walking into old Europe. (Continued on page 2)

National Convention

Quebec City - October 17 - 21, 2001

Eight members of the Utah chapter of the American Massage therapy association attended the AMTA national convention in Quebec City, Quebec. It was a great educational opportunity and a lot of fun.

Several of the Utah members attended the MERT (massage Emergency Response Team) informational session Wednesday morning and listened to information about debriefing after working in the disaster situation as well as listening to several MERT members talk about their experiences in helping in various locations after September 11.

The board members in attendance at the convention attended the Chapter Board Building Meeting and National Awards Ceremony. Several Utah members attended the First Timer/New Member Luncheon and enjoyed the luncheon as well as the presentation by Patricia Benjamin.

On Friday and Saturday we attended various bodywork classes. We ended the day Saturday with the installation of the new national AMTA officers as well as a dinner and dance.

A closing breakfast was provided Sunday, and a number of the AMTA members left to return home.

Attending the national Convention was a great way to learn how to be more effective board members as well as a wonderful opportunity to associate with terrific people from the state of Utah as well as AMTA members from across the country.

~Brenda Swadley, Treasurer



The Utah Chapter of AMTA is throwing a party on Friday February 15th. The purpose is simple HAVE FUN. Many of our visitors will be in town but more importantly, it is for US, the members in UTAH! It will be held at Distinctive Catering located on the northwest corner of 300 East and 2700 South in Salt Lake City. Dinner will be at 7 pm and there will be dancing and a cash bar. To make your reservations, call Brenda Swadley at 801-763-9417. The cost is \$15 each not bad for a dinner and dancing. By the way, the menu will consist of beef and chicken. Vegetarian will be available, please let Brenda know.

Come on out and join us-this is OUR TIME! Meet our visitors, dance into the evening.

Presidents Message Continued from page 1



Utah Chapter President Ron Findlay and friends in Quebec

The convention was a great opportunity to meet other chapters and it's members and hear what is going on around the country in the massage therapy world. I had the opportunity to attend several meetings including the President's council meeting. In this meeting we discussed issues such as MERT, ways to network with other presidents, and voted on action items including placing a modified registry of this association back in publication. I also attended the delegate meeting where many important business issues were addressed. There was a sort of reverence that hovered in the air at this particular convention. After September 11, 2001, the attendance in Quebec was smaller than usual, and we listened to MERT members relate experiences of working on firefighters, police officers, and other rescuers from that tragedy. It was an awesome feeling to hear these accounts of rescue workers commenting, "finally someone is here to take care of us." After listening to these accounts, I know the importance and impact of the work we do, we truly can make a difference. It is such a great responsibility we are trying to live up to. The convention was such a wonderful experience and I wish to extend my invitation to all of our members to join us in Portland in October of this year.

I want you all to know how much work and effort we offer as your board. We are trying to make you feel and understand exactly what you are a part of being a member of this organization.

Being a massage therapist is not always easy. We have many obstacles. We sometimes feel defeated, and we also do feel success. I hope you all feel important and know and feel your worth in this world, you are making a difference, and you are out there every day helping people feel a balance in life. Helping people to heal, what a wonderful profession. I hope you do it with respect, with dignity, and professionally. As AMTA members I hope you rise above the crowd, and not settle for less than the very best that is in you. For, as there are always obstacles, with persistence and hard work, there will also be success. A great man once said "Far better it is to attempt mighty tasks and achieve great victories even when checked with defeat than to take rank with those poor souls who neither risk much nor lose much, for they live in the gray twilight that knows neither victory nor defeat." Let us risk, let us push forward, and let us succeed.

~Ron Findlay, President

March: CPR/First Aid March 16th

In preparation in implementing our MERT (Massage Emergency Response Team), the Utah chapter is offering CPR and First Aid Classes in March. This is a pre-requisite for becoming a MERT responder. First Aid and CPR are important classes, which each massage therapist should be continually taking. Please plan on attending at the Hampton Inn in downtown SLC at 425 South 300 West. We look forward to a large showing for these classes, and see it as an opportunity to meet and get to know more of our membership. Our MERT training will also begin this year, this is such a great opportunity to support, give and participate when disaster occurs. We are looking to prepare MERT leaders, if you are interested please contact us, or show your interest at the CPR/First Aid class.

10:30-5:00

About this Publication

Mission Statement

The mission of the American Massage Therapy association is to develop and advance the art, science, and practice massage therapy in a caring professional, and ethical manner in order to promote the health and welfare of humanity.

Publishing Policies

Hands in Motion is published quarterly by the American Massage Therapy Association, Utah Chapter; a non-profit professional massage therapy association. Articles may be reprinted with permission from the author.

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3rd Vice President

Roger Olbrot
Phone: 801.916.8752
Email: rmolbrot@usa.net

Please feel free to contact any of the listed officers if you have any questions about the American Massage Therapy Association or the Utah Chapter

Salt Lake City, UT National Learning Center

April 19-21, 2002 Sheraton City Center

Friday, April 19, 1:30pm -5:30pm

Habitual Postural Program

This work teaches restoration of voluntary control of the muscular system through neuromuscular retraining principles. This presentation is a learning process of non-strenuous movement and hands-on practitioner tolls to stimulate the brain's release of chronic muscular contractions. (4 CEUs)

Carol Welch has been devoted to developmental movement since 1979. Carol has conducted training seminars throughout the US and Canada for therapists, movement educators and psychologists. In addition to her training seminars, she maintains a private clinical practice in Colorado.

10 Minute Sequence of Russian Method of Seated Massage

The Russian Method is a technique Lee Chaffee developed in 1994 to save her thumbs, wrist and body. This presentation will be with complete hands-on from the presenter so you not only see how it's done but also feel how it's done. Plus, this allows you to judge more clearly what kind of pressure to use safely on your clients. (4 CEUs)

Saturday, April 20, 8:00am-5:30pm; cont. Sunday, April 21, 8:00am-12:00noon

Dissection & Assessment of the Shoulder

Gain a comprehensive understanding of the gross anatomy of the shoulder as David Kent lectures in his "high-energy" style, simplifying complicated concepts by integrating slides and demonstrating the anatomical structures on cadaveric specimens, which will be projected onto a large slide screen. (12 CEUs)

David Kent is a licensed massage therapist who brings a vast knowledge of anatomy to his seminars from years of dissection studies at the University of South Florida, College of Medicine. He is the Educational Director for Dissection Seminars and teaches gross anatomy throughout the US.

Prenatal Physiology/Postpartum Massage

Participants will learn well-researched, reliable guidelines to safely modify their work to meet the needs of pregnant women. You will discover the relevancy of postpartum techniques for women with older children whose chronic back pain began with their pregnancy. (12 CEUs)

Carole Osborne-Sheets has been a somatic practitioner since 1974. Carole is author of *Deep Tissue Sculpting: A Technical and Artistic Manual for Therapeutic Bodywork Practitioners*. She continues to write, train instructors and develop somatic learning programs.

REGISTRATION FEES

(prices are subject to change)

Early Registration Rate-AMTA Member
Postmarked by Friday, March 29, 2002

- Entire Program \$200.00
- 12-hour Session \$180.00
- 4-hour Session \$72.00

Early Registration Rate-Non Member
Postmarked by Friday, March 29, 2002

- Entire Program \$240.00
- 12-hour Session \$215.00
- 4-hour Session \$85.00

Regular Registration Rate-AMTA Member
Postmarked after Friday, March 29 or on-site

- Entire Program \$220.00
- 12-hour Session \$200.00
- 4-hour Session \$92.00

Regular Registration Rate-Non Member
Postmarked after Friday, March 29 or on-site

- Entire Program \$260.00
- 12-hour Session \$235.00
- 4-hour Session \$105.00

A group lunch on Saturday is included in the fees.



Utah Massage Therapists Give Free Massages for the Sept. 11 Disaster Relief Fund



On Saturday, September 29, 2002, Utah massage schools in cooperation with local massage therapists gave free massages at local malls when patrons donated to the September 11 Disaster Relief Fund. For the first time massage therapists, massage schools, Clear Channel Broadcasting, the Red Cross, and the United Way teamed up for this one-of-a-kind event called "Relax and Make a Difference." Janene Jaynes of Spanish fork, Utah was the organizer behind this special event. In 48 hours, she put together these many parties and participants as well as media releases. It finally came together on Saturday with 4 malls and 27 therapists on hand. The 4 hour day totaled over \$1000! That's not bad for such a short time! The therapists said they felt so inspired to use their profession to help those here at home help those victims and families affected by this terrible tragedy. Janene believes these people should be recognized for loving more than mankind could hate. Provo Towne Center Mall, South Towne Mall, Cottonwood Mall, and Red Rock Mall in St. George all deserve much thanks for hosting this event on such short notice. Janene said they bent the rules and advertised on their marquees and did all they could to help this be successful. She would like to thank Provo College and the Utah County Utah College of Massage Therapy as well as Myotherapy College and all the students and professional therapists who joined in this effort. Many heartfelt stories went along with the day. Janene said one store owner sent all his employees one by one to receive a massage then made a nice donation. The response was tremendous and we were proud to be able to report at our AMTA National Convention in Quebec what a few therapists had accomplished.

Can you believe-the Olympics Are Here?!

In just a few short days the Utah Chapter of AMTA is going to begin sponsoring the 2002 Winter Sports Massage Team. The Team is headed up by Roger Olbrot and Jennifer Pruetz. Since October they have assembled 260 people from around the world. Represented are Argentina, Austria, Bulgaria, Canada, England, France, Germany, Iceland, Zimbabwe, and 39 US states including Alaska and Hawaii. Experience levels range from students - including two going through massage school as part of their high school curriculum - to those having nearly 40 years. The team is comprised of 229 massage therapists and 28 Greetings Ambassadors. There are 153 females and 106 males, plus 69 members are from Utah. The team will be working at three venues: the Olympic Village with the athletes, the Main Media Center (Salt Palace), and the Olympic Family Hotel (Little America) with the International Olympic Committee. Thirteen team leaders were chosen to supervise the groups. They are giving extraordinary amounts of time to the project. Four of our therapists are coming from out of state for 57 full days. Already, four newspapers and two magazines around the country have interviewed Roger. NBC is planning to follow one of the Florida team members on his drive to Salt Lake. NBC is also considering a nationwide special during the Olympic Games and WE Media, covering the Paralympic Games, is asking that they be allowed to do a special as well. Some of the entertainers and sponsor executives are considering having the 2002 Winter Sports Massage Team work with them while they are here for the Games. We are still looking for people to house therapists. People are arriving every day from January 26 to March 13. The average stay is 12 to 14 days. If you are interested in helping please contact Roger Olbrot at 801-916-8752.

Important Election Information

This year's candidate elections will be held March 16 at the Chapter Meeting. The offices that will be open are as follows: Chapter President, 1st Vice President, 2nd Vice President and Chapter Secretary.

Duties of the Chapter President include representing the general chapter membership, and chair board meetings. Assign appointed officers and committee chairs with approval of the chapter board of directors. Assign projects to appropriate committees, including calling special meetings of committee or groups. Supervise all affairs of the chapter in accordance with national by-laws and chapter standing rules, and in conjunction with the Secretary and Treasurer, conduct the regular day to day business of the Chapter. Must be a Professional Member.

Duties of the Vice Presidents include presiding in their respective order in the absence of the Chapter president. Oversee and serve as chair in committees, and assume assignments as directed by the Chapter President. Must be a Professional Member.

Duties of Secretary include forwarding up-to-date information to the national office. Recording Chapter and Board meeting minutes, and provide written communication as deemed necessary by Chapter President. Provide and updating current mailing lists to the other Chapter Officers, and to National relations. Secretary along with the President and the Treasurer has banking responsibilities regarding financial concerns of the Chapter. Must be Professional Member.

We are in need of several other volunteer positions including Parliamentarian, Newsletter, Law and Legislation, Membership, etc. These positions do not need to be Associate Members.

If you are interested in giving a helping hand, we welcome your service. All Candidate information needs to be submitted to Carolyn Rowse, 3264 South Plumtree Lane, Bountiful, Utah 84010. Please see application on page 6 for instructions.

Tax Time is around the corner

If you are a massage therapist and have a personal business, then the idea of doing taxes may seem overwhelming. There are so many things to consider when you have a massage practice, and in speaking to some new therapists about the issue of taxes, I found that there are a lot of people in the dark. I recently asked my accountant if he would offer me a few ideas to consider when doing taxes.

1. Do you use your vehicle for business purposes throughout the year? Whether you are an employee that itemizes or a self-employed individual that files Schedule C, you may be able to deduct business related transportation expenses.
2. Are you a self-employed individual who has purchased assets (i.e., furniture, equipment, automobiles, etc.) for your business during the year? If so, you may be able to benefit with an expense deduction.
3. If you operate your business from your home, you may be entitled to claim "The Home-Office deduction".
4. If you have a home office you may be able to deduct business related telephone expenses.
5. How likely are you to be audited? Is there anything you can do to minimize the risk of being audited?
6. Would you like to maximize the deduction of your medical and dental expenses under Schedule A of form 1040?
7. Are you aware of the many business related items you are entitled to write off? I have used an accountant for years, and feel that I benefit from the advice and the knowledge of these professionals in their field. I know many massage therapists who are unaware of the many options they have when filing taxes. You don't want to pay more than necessary. This year educate yourself before doing your taxes, and if you need to, call an accountant! It really pays.

I wish to thank Jake Johnstun, my personal accountant, for offering this information. He can be reached at "Accounting and Financial Services" in South Ogden, Utah located at 1893 East Skyline Drive. If you have questions, call 801-479-6788.

By Ron Findlay

CALENDAR OF EVENTS

Jan. 29th - March 14th
2002 Winter Sports Massage Team:

February 15th
Dinner and Dancing Party
Distinctive Catering 6:30 (page 1)

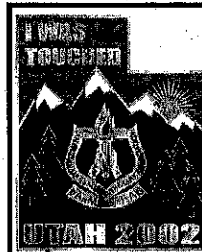
No board meeting in February

March 16th
Chapter Meeting & Elections
CPR/First Aid Classes, MERT Pre-requisite
Hampton Inn 425 South 300 West SLC, UT

April 19-21st
National Learning Center
(Sheraton City Center)
(page 3)

May ~~16~~ 17th - 18th
New officer retreat & board meeting

October 2-6th
AMTA 2002 National Convention
Portland, OR
Now is the time to make your plans to attend



2002 AMTA PINS

Pins are still available for only \$5.00 each.
Great items to sell to clients or for your own collection.

Contact chapter officers to purchase

AMTA-UTAH CHAPTER CANDIDATE APPLICATION AND RESUME

PLEASE PRINT in dark ink or type your responses. You may use additional paper or your resume to answer questions. PLEASE ATTACH A COPY OF YOUR RESUME TO THIS FORM.

I AM SEEKING THE FOLLOWING POSITION:

President 1st Vice President 2nd Vice President Secretary Delegate

Name _____

Address _____ City _____ State _____ Zip _____

Home Telephone _____ Work Telephone _____

Fax _____ Email _____

Employer _____ Address _____

of years practicing massage therapy _____ # of years as AMTA member _____

Massage school you attended _____

Address of massage school _____

Number of hours completed for graduation _____ Graduation Date _____ Massage License # _____

Other Education _____

List AMTA Chapter or National office held and/or committee work (include dates) _____

Statement of intent (list community or professional experiences that will enhance your ability to serve, strengths and qualifications that you would bring to this position and how you see yourself contributing)

Are you able to commit for the entire term of the office you are seeking? yes no

Are you willing and able to commit the time needed to get the job done? yes no

Your signature below indicates that if you are elected for this office, you are able and agree to serve for the prescribed term of office, that the information provided is accurate and that permission is granted for the verification of that information.

Signature _____ Date _____

Return this form to: Carolyn Rowse, 3264 S. Plumtree Lane, Bountiful, UT 84010

FOR NOMINATING COMMITTEE ONLY: Nominated by _____ Date _____

Delegate Report - Carolyn Rowse

AMTA National Convention - Quebec City

October 17 -21, 2001

I. AMTA 57th Annual Convention

- a. 500 Attendees Quebec; 928 Phoenix 2000
- b. 122 Delegates
- c. School memberships began at 35, now have 290
- d. Purpose of convention is to carry out business and exchange ideas
- e. Membership is now at 47,000 compared with 43,000 in 2000
- f. Media coverage is up to 25% from last year
- g. National locator service is up with 66% more inquiries
- h. AMTAMASSAGE.org had one million hits this year

II. National Foundation announces new database for research.
AMTA members receive 1 CEU for attending information session.

III. MERT

- a. National Board approved priorities as submitted to approval proposals for MERT
- b. National presented \$20,000 to MERT Trainers for teams. Teams were able to deploy within 20 hours after 9/11 disaster
- c. 107 team leaders had been trained and there are now 230 team leaders trained
- d. 9 chapters were trained previously and now there are 20 chapters
- e. 6000 massages were given
- f. There was a standing ovation and certificates presented to Pennsylvania, New York, and Virginia chapters. Florida helped sponsor.
- g. Melanie Hayden, President of Massage and Holistic Therapy Practitioners presented their President's award and check to MERT. Donations came from their 3500 members. Presented to Erica Lind and AMTA President Steve Olson.
- h. Also represented were the Federation Massiotherapists from Ontario
- i. Received Volunteer Applications and Responder Handbook.

IV. ELECTIONS: Carolyn Talley, President; Brenda Griffith, President-elect; Elizabeth Lucas is the new AMTA Executive Director

V. AWARDS

- Chapter Growth Award-Oregon
- Outstanding Government Relations Award-Indiana-Mary Beth Brown
- Outstanding Sports Massage Achievement Award-Sheldon Scott Stevens
- Outstanding Sports Massage Team 17 Event 1270 Sports Massage-Washington
- Outstanding Newsletter-Oregon-Glenith Moyle
- Outstanding Committee Chair Award-MERT-Erica Lind
- Outstanding National Committee-Pat Donahue-Insurance Committee
- Humanitarian Award-Work in Community-"Wing Span Domestic Violence"-Arizona-LaVina Tolmes
- National Meritorious Award-Public awareness for 50 years-Kansas-Mildred Huggins
- Distinguished Service Award-Wisconsin-Claude Dagnon
- President's Award-Wisconsin-Claude Dagnon

New Awards for 2002

Exhibitors Award, Website Award, Kay Bene Meritorius Award

VI. KEY NOTE SPEAKER-Dr. Leon Chaitow

Homeostasis-level of well being of an individuals return to balance of self regulation
Synchronicity-dysfunction evoked out of adaptive load and cause and effect/use massage to reduce the load. It is now possible to use instruments to measure biomagnetic fields of organs. To now be able to trace and track meridians using hi technology.

VII. HOUSE OF DELEGATES MEETING--RECOMMENDATIONS

- Connecticut-Task Force to study role of spirituality-defeated
- Indiana-Membership Registry-yes resolve to print and find funding
- Indiana-Tax Records for Chapter-went to President's Council Meeting
- Virginia-Yellow Pages listing to place under Massage-yes

VIII. ACTION-Deadline for National Standing Rules changes are due by March 1, 2002



Utah Chapter members at AMTA National Convention

Anatomylab.com

Continuing Education Courses

Our courses are certified by the NCBTMB to provide category A continuing education for massage therapists. Please feel free to contact us with any questions you have regarding our continuing education program.

On-line Home Study Courses

The Skeletal System

- Explore the human skeleton using beautiful photos of real bones.
- Learn the etymologies of the bones and the landmarks.
- Gain a visual understanding of the skeletal system.
- Explore the complexity of the skull.
- This course is worth 20 category A units.

On-line courses under construction

- The Superior Limb Musculature
- The Inferior Limb Musculature
- The Back Musculature

Summer Seminars

Cadaver Anatomy Seminar

- Learn human dissection techniques while working on your own dissection project.
- Learn developmental patterns of design in human anatomy.
- Learn thought processes that simplify the understanding of human structure.
- Gain a superior understanding of human anatomy.
- This course is worth 37.5 category A units.

Myofascial Anatomy Seminar

- Learn basic concepts of biomechanics.
- Learn how to understand connective tissues in terms of their biomaterial organization.
- Understand the fascial planes of the head and neck, the limbs, and the body wall.
- Explore fascial organization on professionally dissected projections.
- Create a solid understanding of the myofascial system.
- This course is worth 17.5 category A units.

Neuroanatomy Seminar

- Learn to assess neurological problems in the human body.
- Learn how to draw and label the plexuses of the peripheral nervous system.
- Explore the peripheral nervous system on professionally dissected projections.
- Develop a conceptual understanding of nerve/muscle relationships.
- Apply clinical assessment skills to understand neurological deficits.
- This course is worth 17.5 category A units.

**Visit us on the web for contact information at
www.anatomylab.com**

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