



Hands in Motion

A Publication of the AMERICAN MASSAGE THERAPY ASSOCIATION of UTAH

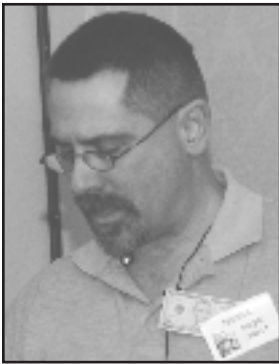
UTAH SPORTS MASSAGE TEAM ROCKS!!

They may have gotten off to a slow start, but once the weather warmed up, the Utah Sports Massage Team took off and now has been a presence in several races and triathlons in the valley. Sporting new t-shirts, new Utah Chapter pins and a huge banner, Jennifer Pruetz has put the team on the map in the sports massage arena. You will want to there at the next race and be part of this great team.

Check the calendar for the remaining events and be there with the team. Pictures on the following pages are from the sports training session; the Salt Lake Marathon, the Wasatch Back relay and the Ogden Off Road Triathlon.



President's Message - By Roger Olbrot



Education as a Foundation

Hi there, everyone. With summer coming on now, temperatures rising, snow melting, and vacations pending, it is no surprise that our lives seem to be filled with more and more activities and we have less and less time for ourselves. It would seem that as we get older, we would have more time to spend doing those things that we want to do rather than what others have planned for us. Remember going through school? We were asked to take classes that we really did not want to take, being trained in techniques that we had no desire to practice and from teachers that we might not have liked? The good news is that now that we have graduated and become Licensed

Massage Therapists, we have the opportunity to choose what we wish to study, where, and with whom.

I wish to take this time to discuss continuing education and the requirements for it. First the State of Utah does not require massage therapists to have continuing education. As members of AMTA, we are required to have 48 hours of continuing education every 4 years. If you are nationally certified by the NCBTMB (National Certifying Board for Therapeutic Massage and Bodywork) you are required to have 50 hours of continuing education during the four-year period of your certification. (NCB requires that 25 of those hours be from an NCB approved provider and you must have 6 hours of ethics.)

As confusing as this may seem, take a moment and think about the requirement. Continuing education is a part of all other health care professions. There is some argument to be made for massage being part of the health care system, but as a profession we continue to seek acceptance for our trade by medical doctors, physical therapists, chiropractors, nurses, dentists, and other professionals. Along with this, more and more insurance companies are paying for massage. As acceptance of our profession becomes more prevalent and our trade becomes incorporated into mainstream health practices of individuals, it stands to reason that the bar of our experience should be raised as well. For many years, AMTA has lead the way with the requirement for continuing education. NCB followed and so has the requirements by some states.

You may wonder why on earth should we have more education in the field of massage after I graduate from a school? Has that much changed? Here is an example. The treatment of trigger points has changed dramatically from the first publication of Travell and Simons. Studies about the effectiveness of massage for treating different soft tissue injuries is becoming more prevalent. We are finding out that there are some conditions for which massage is a benefit to the individual. Using these examples, note that how this information is disseminated. Only those students graduating most recently are getting the information. It was only last year that NCB required some level of pathology be taught to students. With cases concerning breaching ethics continuing to appear in the media, no wonder why NCB requires ethics to be a part of the required continuing education program for certification.

So how do I go about obtaining continuing education? Be smart. Pick up the Massage Therapy Journal and you will find many courses that qualify for continuing education. You can also go to the NCB website and find a list of those approved providers (www.ncbtmb.com). Finally, you will find some advertisers in this newsletter. Note that the Utah Chapter of the AMTA is not an approved provider for NCB recognized classes; however, we hire instructors who are for many of the classes that we offer to you.

Now go out and choose the education that you WANT to have.

AMTA UTAH CHAPTER REMAINING CALENDAR 2006

August	5	Utah AMTA Sports Massage Team @ Cache Valley Classic Triathlon
	9	Board of Directors Meeting @SLC Library 3 rd Flr N East Corner 7:00 p.m.
	26	Utah AMTA Sports Massage Team @ Jordanelle Triathlon
September	9	Trigger Point Class Free for AMTA Members \$60 Non Members
	13	Board of Directors Meeting @SLC Library 3 rd Flr N East Corner 7:00 p.m.
	16	Utah AMTA Sports Massage Team @ Ogden Valley Triathlon
	22-24	Lymphatic Drainage II
	25	Newsletter Deadline for November Issue
October	9-15	AMTA National Convention - Atlanta, Georgia
	22-28	National Massage Therapy Awareness Week
November	10-12	Board of Directors Retreat/Strategic Planning and Budgeting Meeting
December	13	Board of Directors Meeting @SLC Library 3 rd Flr N East Corner 7:00 p.m.
February	23-25 2007	Utah State Convention Place TBA

Welcome New Members To the Utah Chapter

Joined March 2006

Siobhan Barklay
Derek Blatter
D. Allen Brewer
Holly J. Crofts
Clinton P. Curtis
Jessica E. Dalton
Mariah Dates
Enrico DiMauro
Talese Dixon
Camille Elder
Erin Fox
Melissa K. French
Malea Gibson
Michelle Green
Jamie Guerra
Caroline Gygi
Jennifer Hansen
Janet J. Hepworth
Jessica L. Hunter
Staci Itokazu
Eric Jensen
Gloria L. Johnson
Kisha Kinder
Mark Laymon
Caleb Lorenc
Jenny Lybbert
Laura R. McLaren
Hollie Muhlestem
Kristy Mumlock
Aaron G. Nielsen
Erin Oakeson
Susan E. O'Key
Andrew Richmond
Chelsi Ritter

Justin L. Schoenrock
Marianne Szoke
Adam Thorson
Victoria Topaz
Julie Tracy
Kathy Warburton
Janice Lynn Wilson
Luke C. Wyatt
Laura Yerton
Jenny Zickgraf

Joined April 2006

Cathy Hall
Samantha B. Haynes
Candi Henry
Everett W. Hunt
Cleve T. Hurst
Hutch E. Jorgensen
Amanda Kielkowski
Chelsea Korstad
Paula Jo Martin
Danael E. Mobbs
Carol Payne
Warsanuk Rityray
Shanna Schroeder
Kortni Shelley
Carey Ann Thomas

Joined May 2006

Fabian Aroca
Kimberly Blosser
Rebecca L. Boothe
Susan E. Carlson
Deon D. Elangovan
Brad Elkins
Joshua J. Felder
Brandon D. Fisher
Nathan Gee
John H. Gibson
Elizabeth Gilroy
Iana Hartley
Erin Jenkins
Benjamin Lewis
Tiffanie Lorenson
Megan J. Marshall
Doreen L.
Mel Laughlin
Beverly Olsen
Kimberly Pratt
Blair Sutherland
Taylor Webb
Suzanna Wilson
Heidi Zaugg

The Chapter Board and
Committee Members
welcome you to the
Utah Chapter. You are
invited to participate in
Chapter activities and
Continuing Education
Classes.

Next CEU Class

Trigger Point Therapy

Presented by Ivan Thompson, LMT

Renowned local practitioner and instructor of Deep Tissue and Trigger point Massage will present a 6 - hour Trigger Point class

When: Saturday, September 9, 2006
Where: West Valley Recreation Center
 5353 West 3100 South, West Valley, UT
Time: 8:30 am. – Noon (Registration is at 8:00 a.m.)
 Lunch on your own – Bring your own or purchase at Center
 12:30 – 3:00 p.m.

6 CEU's – Class **Free** \$20.00 for book & materials for AMTA Members
\$80.00 Non – Members (includes book & materials)

Registration Form – Complete, detach and send with your check/credit card info and registration payable to Utah Chapter AMTA to:

Joan Thompson, LMT Education Chair
 1138 West 500 North
 Centerville, UT 84014
 801 296-6462 Fax 294-0218

Deadline to register is August 19, 2006 – No refunds after August 26, 2006 **Space is limited so, please, you must register. No onsite registration.**

Name _____	Phone _____
Address _____	Email _____
City/State/Zip _____, _____	
\$20.00 - AMTA Membership No. _____	Trigger Point Class
\$80.00 Non member	
Check No. _____	Exp. Date _____
Master Card# _____	Exp. Date Signature as it appears on card

Update from the Education Chair

By Joan Thompson, LMT

"We are most often in the dark when we are most certain, and most enlightened when we are most confused." M. Scott Peck

As Education Chair, I am happy to report that we had a great class with Marva Beesley this past April with the repeat class on Lymph I. Attendees are all looking forward to the Lymph II class in September. **MOVED FROM AUGUST TO SEPTEMBER BY MEMBER REQUEST.** We had a small class of 12 therapists, which enabled a lot of hands on, and one on one teaching time. Lymph II is right around the corner, so pull out your books and start studying again. Lymph I is a pre-requisite so if you missed it, Call Kerri at Myotherapy College of Utah 484-7624 as Marva teaches there also. Looking forward to seeing you all again.

I would like to thank the members and Utah Chapter AMTA Board for their support this past 7 months. I have learned a lot, and am still trying to absorb all the details that go with this position. Since we are all volunteers and are busy with our own practices, I appreciate your input and suggestions.

The main goal is to bring the members great continuing education classes that fill your needs and yet keep the costs reasonable. As Education Chair, my position is to get registration for classes, make sure the funds are collected and that the class runs as smoothly as possible. I report to Dave Hunter, 3rd Vice President who is responsible for the Chapter Continuing Education Classes and we all work together with the rest of the Board and Committee Chairs. It is a joint effort, but all volunteer work. Your input is appreciated; please feel free to contact Dave Hunter or myself at anytime if you see need for improvement or suggestions. The Utah Chapter works very hard for its members, the AMTA and the massage profession.

AFFIRMATION OF THE MONTH: "I am a human being, not a human doing."

If you obey all the rules, you miss all the fun. - Katherine Hepburn

**AMTA CONTINUING EDUCATION CLASS
LYMPH II (Must have taken Lymph I)**

WHEN: September 22-24, 2006 – 20 Credit hours NCTB approved

TIME: 9:00 – 5:00 p.m. Friday, September 22, 2006
(Registration begins at 8:30 a.m.)
9:00 – 5:00 p.m. Saturday, September 23, 2006
9:00 – 1:00 p.m. Sunday, September 24, 2006

COST: AMTA Members \$250.00
Non-Members \$350.00

WHERE: Salt Lake City, UT (PLACE TBA)

Instructor: Marva Beesley

You must pre-register to receive class materials. No registration will be taken at the door.
Bring: massage table, sheets, paper/pen, small towel, booster, small pillow, blanket, water to drink and your LYMPH Book from Lymph I Class.

Send registration form and check or credit card information to:

Joan Thompson, LMT, Education Chair
1138 West 500 North
Centerville, UT 84014
801 296-6482 – Fax to 801 294-0218

On line registrations is also available at [www. AMTAUtah.org](http://www.AMTAUtah.org)

Deadline to register is August 31, 2006 - No refunds after September 7, 2006.

LYMPH II

Name _____ Phone _____

Address _____ Emergency Contact _____

City/State/Zip _____ Phone _____

Email _____

AMTA Member # _____ \$250.00 Non-Member \$350.00

Check # _____ \$ _____ Visa# _____ M/C _____

Exp. Date. _____ Signature as it appears on the card _____



www.MassageUtah.org
is now
www.AMTAUtah.org
That's Right We've Moved!!!

Please change your browsers to reflect our new address...

Now on the Website you can find:

Volunteer Opportunities
Business Development
Member Networking
Register for Events

Photo Gallery
Continuing Education
Calendar of Events
Find Massage Trades

Coming Soon on the Website:

New Website Look & Style **Message Boards**
Suggestion Forms **Local Classifieds**
Online Payment Options

Being an Effective Member of a Committee

By Lesli Jensen, Secretary

As a member of the AMTA you have the opportunity to volunteer. There are many opportunities, some of which include serving as an officer on the Board of Directors, as a Committee Chair or Member, or on the Utah Sports Massage Team. As a committee member, the time and effort you spend has an impact on others, and your input is very important. In your role as a committee member, you should feel free to ask questions and offer your input. To be a productive member, your input is necessary, your suggestions and ideas help shape the AMTA.

There are many roles you may serve as a committee member. Your role depends on the time, energy and talent you have available to commit. According to the AMTA Chapter Committee Member Guide, some of your responsibilities may include:

- Facilitate committee work
- Plan and lead committee meetings
- Assign tasks to committee members
- Monitor the groups progress and regularly communicate with staff Liaison and board supervisor/liaison
- Resolve conflicts among committee members
- Communicate with the Board of Directors
- Ensure that appropriate reports are submitted to the Board and Executive Committee about committee progress

As a Committee member, your role may include:

- Respect for your fellow volunteers
- Make a serious commitment to participate actively in the committee's work, including substantive participation in committee meetings and discussion
- Attend meetings
- Adhere to deadlines. If unable to do so, inform the chair as soon as possible in case the work can be reassigned
- Volunteer for and willingly accept assignments and complete them thoroughly
- Try new things. Identify areas in which you would like more experience and work toward attaining it
- Communicate

The AMTA Chapter Committee Member Guide suggests you think about the following as you begin your committee service:

- What are your personal and professional motivations for being here?
- How do other people influence your decision?
- How much time and energy do you have?
- How can you develop your talents through this work?
- What are your personal obligations?
- What are your personal strengths and weaknesses?
- Can you differ openly?
- How do you react when another disagrees?
- How do you avoid the lose-win battles?
- When is personal advocacy (one behalf of an issue you find important) appropriate? What is consensus?
- When is it important to act before acting?
- What needs to be reported and what needs to be done on one's own?

As a member of the AMTA, there are many opportunities to volunteer open to you. If you are interested, I would encourage you to share your time and talents with the AMTA. If you have any questions regarding upcoming events or opportunities to volunteer, you may contact any Board Member, or check the Utah Chapter website at www.AMTAUtah.org. Also feel free to attend any of the Board meetings. Volunteering should be fun and rewarding. By volunteering you can make difference in the lives of others and enrich the massage profession. To all those who do volunteer, we extend a sincere THANK YOU!!

SAYING HELLO AND GOOD-BYE TO OUR VOLUNTEERS

Ray Pippen, 2nd Vice President has resigned his position for personal reasons. Thank you, Ray for all your hard work. Ron Findlay has been appointed to finish his term. Welcome back Ron.

Michelle Spencer, Membership chair has asked to be released from this position for personal reasons. Thank you Michelle for doing a great job. Edie Sims has been appointed as our new Membership chair.

Myotherapy College of Utah

Simply Great Bodywork

Continuing Education classes!!

NCBTMB Category A Provider

- Lymphatic Drainage I
- Ethics
- Myofascial Techniques
- Thai Massage I
- Thai Massage II

If you are interested in taking any of these courses please call

Kerri at (801) 484-7624

or email her at

info@myotherapycollege.com

Call now! Space is limited!!

Myotherapy College of Utah is accredited by the
Accrediting Commission of Career Schools and Colleges of Technology
(ACCSCCT)

The Utah Chapter publishes the Hands in Motion newsletter three times a year.

If you have a success story or massage related article, please consider submitting it for publication. Include your name and telephone number.

Electronic submissions by email in Microsoft Word would be appreciated.

Send to:

Carolyn Redington, Editor at

Bodybasics2@msn.com.

Deadline for the Fall-October 2006 issue is September 25, 2006

ADVERTISE in the next edition of Hands in Motion. If you are a massage therapist and would like to get your information out to other members regarding classes, services, products, etc., you can place an ad in the next issue. Deadline for submission is September 25 for the Fall 2006 issue.

Space Rates are :

1/8 page \$25.00

1/2 page \$100.00

1/4 page \$50.00

Full Page \$200.00

Send to:

Carolyn Redington, Utah Chapter AMTA

Bodybasics2@msn.com

Did you know??????

The AMTA website, www.amtamassage.org has information about massage therapists being spamed? Go to http://www.amtamassage.org/member/spam_scams.html to find out more. An excerpt is included with this newsletter

The AMTA website allows you to look for and post employment and business opportunities free of charge? Go to <http://www.amtamassage.org/amta-careercenter/Default.aspx> to find out more.

The Utah Chapter of AMTA donates to the Massage Therapy Foundation? Go to <http://www.massagetherapyfoundation.org> to find out more about what the Massage Therapy Foundation is all about.

The AMTA website has quite a bit of information to help you write a press release? Go to <http://www.amtamassage.org/member/publicrelations.html> to find out more.

CON ARTISTS TARGET PROFESSIONALS BY E-MAIL, TELEPHONE

Excerpt from E-Touch AMTA Newsletter

In recent months many massage therapists have been victims of e-mail and telephone scams. In fact, con artists have targeted many types of professionals with the same approaches. The good news is that once you know what to look for it's easy to spot these swindles.

False Check Scheme

The most common scam involves an e-mail from someone who claims to be planning a visit to the United States and wants to schedule a series of massage sessions. They send a cashier's check in advance for far more than the cost of massage and ask you to return the difference. Unfortunately, the check is counterfeit. Even though your bank may tell you the check has cleared, it actually takes your bank several weeks to process it and discover the fraud. By then, you've lost the amount sent as a refund, and the bank requires you to recover the entire amount of the check.

This scam is even being used against sellers on eBay®, the U.S. Government is warning everyone to be especially cautious with e-mail transactions.

Telephone Area Code Swindle

Another scam that was common a few years ago and has recently regained popularity is the "809, 284 and 876" area code scam. This is a scam that tricks customers into calling an international number, usually through an ad, a page, an e-mail or a voicemail message that asks you to call a certain phone number. These area codes based in the Caribbean don't require you to dial 011 first, as you normally would for an international call. Not only will you be charged international rates when you call these area codes, but some of these numbers are also extremely expensive "pay-per-call" numbers.

In the United States pay-per-call numbers are required to warn you that you will be charged for the call, but because these are outside the United States, they are not subject to U.S. laws. The telephone numbers in this scam charge as much as thousands of dollars per minute. To protect yourself, never return calls from strangers to an unfamiliar area code. You can also do an online area code search to find out where you are calling before you return a call to a strange number.

FTC Resources Are Available

The Federal Trade Commission (FTC) has information available that gives practical tips on what to look for and how to protect yourself from scams. You can read more about the area code scam; spam scams and 10 scams to screen your e-mail or learn how to file a complaint about spam or other forms of computer misuse. The FTC recommends forwarding e-mail you believe is spam or scam to spam@uce.gov and deleting the original message.

BE A LONG-LIFE LEARNER by Dave Hunter, 3rd Vice President

Are you a life-long learner? We know learning is a lifelong process. I believe those who refrain from engaging their brains tend to stagnate and lose their creative edge. I get concerned when I hear comments such as, “ I don’t need to take any more classes, I had 750 hours for my education or I have been in practice for many years and am doing just fine, so why should I be required to take an arbitrary number of continuing education units each year?” As massage therapists, we have an opportunity and an obligation to stay current of the ever-evolving changes that are taking place in this profession, if we are to better serve our clients and community. I believe schools are a part of the massage industry, but they are not part of the massage profession. The profession is comprised of the hard-working therapists treating the public. And as such band together and form associations and organizations to determine and define the standards of the profession, particularly the entry level standard and requirements for the profession. The duty of massage schools is to provide training programs that meet those requirements, whatever the requirements might be.

With the nature of massage education rapidly changing it is important to continue your learning and it is not limited to a traditional school environment.

There was a poll featured in a publication this year that was very disturbing. Over 55% of the respondents felt they received fair or poor training from the massage school they attended. Less than 30% felt their training was excellent. See Poll archives, available at (www.massagetoday.com/massagepoll/01archive/12_01.html). This is disturbing, but it is what you make of it in your learning process. And if you are one who feels this way, you can change that by being pro-active in you educational experience.

When I graduated from massage school, I found there was a whole new world of education available to help me make great strides in my capabilities. There were many “ah-ah moments” for me. The manner in which you continue your learning is not limited to a traditional school environment. You can read books, attend workshops, go to conferences and even continuing education courses offered by schools are usually administered quite differently than the diploma programs. Let’s not get caught up where continuing education becomes about fulfilling requirement and not about learning. The depth, breadth, and overall quality of continuing education courses vary greatly. Do proper research before enrolling in any course, review the marketing materials, what are the qualifications of the instructors, are there professional affiliations held? Does the company/individual have credentialing status like approved NCBTMB provider?

Continuing education is a foundation to enhance the competency of our profession as massage therapists and body workers. If we want to be recognized and be accepted as an alternative to health care in the eyes of other professions and the public we need to acquire a higher standard of commitment to professional excellence, integrity, and a commitment to actively participate in the evolution of the profession through education.

**AMTA UTAH CHAPTER
Board of Directors**

President	Roger Olbrot rmolbrot@usa.net	801-916-8752 (c)
1st Vice President	Carolyn Redington bodybasics2@msn.com	801-661-7602 (c) 801-298-9552 (h)
2nd Vice President	Ron Findlay nik_777@yahoo.com	801-864-7477 (c)
3rd Vice President	Dave Hunter healinghands4u@msn.com	801-450-5466 (c) 801-467-9350 (h)
Treasurer	Brenda Swadley master_touch_massage@hotmail.com	801-763-9417 (h)
Secretary	Lesli Jensen nrgwork@yahoo.com	801-458-8899 (c) 801-774-9988 (h)
Member At Large	Ivan Thompson advancedtherapeuticmassage@yahoo.com	801-296-6462 (o) 801-589-7291 (c)
Immediate Past President	Ron Findlay nik_777@yahoo.com	801-864-7477 (c)
	Committee Chairs* appointed positions	
Membership Chair	Edie Sims qualitytouchmassage@yahoo.com	801 597-3019 (c) 801 294-7864
Sports Chair	Jennifer Pruetz jpzenergy@yahoo.com	801-573-7382 (c) 801-253-4039 (h)
Web Master	Therron Ricks trickse@hotmail.com	801-879-3583 (c) 801-359-0182 (h)
Law & Legislation	Ron Findlay (see above)	
Education Chair	Joan Thompson advancedtherapeuticmassage@yahoo.com	801-296-6462 (o)

SUPPORTING PREGNANCY WITH MASSAGE THERAPY by Carol Osborne Sheets

Nurturing touch during pregnancy, labor, and the postpartum period is not a new concept. Cultural and anthropological studies reveal that massage and movement during the childbearing experience was and continues to be a prominent part of many cultures' healthcare.¹ Studies indicate that most of the more peaceful cultures use touch prominently during pregnancy and early childhood. ² Midwives, who for centuries have provided maternity care, have highly developed hands-on skills.

Current research on the benefits of touch is providing a contemporary basis for its reintroduction in many technological societies, including the United States. Scientist have found that rats restricted from cutaneous self-stimulation had poorly developed placentas and 50% less mammary gland development. Their litters were often ill, stillborn, or died shortly after birth due to poor mothering skills. ³ Pregnant women massaged twice weekly for 5 weeks experienced less anxiety, leg and back pain. They reported better sleep and improved moods, and their labors had fewer complications, including less premature births. ⁴ Studies show that when women received nurturing touch during later pregnancy they touch their babies more frequently and lovingly. ⁵ During labor the presence of a doula, a woman providing physical and emotional support, including extensive touching and massage, reduced the length of labor and number of complications, interventions, medications, and Cesareans. ⁶

Why Pregnancy Massage Therapy?

Profound local and systemic changes in a women's physiology occur as a result of conception and the process of labor. Changes during pregnancy span the psychological, physiological, spiritual, and social realms, according to Carole Osborne-Sheets, author of *Pre-and Perinatal Massage Therapy* and maternity massage specialist since 1980. "Massage therapy can help a women approach her due date with less anxiety, as well as less physical discomfort," says Osborne-Sheets.

A typical session performed by a therapist specializing in pre- and perinatal massage therapy can address pregnancy's various physical challenges: edema, postural changes, and pain in the lower back, pelvis, or hips. Swedish massage may facilitate gestation by supporting cardiac function, placental and mammary development. ⁷ and increasing cellular respiration. It also reduces edema and contributes to sympathetic nervous system sedation. ⁸ Deep tissue, trigger point, and both active and passive movements alleviate stress on weight-bearing joints and myofascial structures, especially the sacroiliac and lumbrosacral joints, lumbar spine, hips, and pelvic musculature. ⁹ Structural balancing and postural reeducation reduce neck and back pain caused by improper posture and strain to the uterine ligaments. "Prenatal massage therapy also can facilitate ease of labor by preparing the muscles for release and support during childbirth", according to Osborne-Sheets.

"Beyond these physical effects, an effective prenatal massage therapy session provides emotional support," says Osborne-Sheets. In the safe care of a focused, nurturing therapist, many women unburden their worries, fears, and other anxieties about childbearing. She believes that bodywork helps the mother-to-be develop the sensory awareness necessary to birth more comfortably and actively. "Laboring women whose partners learned and provided basic massage

strokes to their backs and legs had shorter, less complicated labors. 10 Imagine the benefits generated by the skilled hands of a trained touch specialist!”

The Postpartum Period

Beginning with the baby’s birth, a new mother must cope with more changes. She is typically only 10 to 12 pounds lighter, yet she is still maintaining her body with an anterior weight load posture. The massage practitioner can facilitate proprioceptive reprogramming to gently return the body to its pre-pregnancy state, to alleviate pain, and to bring about a renewed sense of body and self.

As a specialist in postpartum work, Osborne-Sheets focuses on repositioning the pelvis and repatterning overall body use. Postpartum massage sessions can restore function muscle use in the lumbar spine area, as well as strengthen and increase tonus in the abdominal musculature stretched and separated by pregnancy. Additionally, the overtaxed, hypo toned iliopsoas muscle functions can be improved. Upper back muscles that now support larger breasts and the carried infant’s weight need work reduce strain, and to help maintain flexibility despite the physical stresses of infant feeding and care. For post-Cesarean mothers, specific therapeutic techniques also can reduce scar tissue formation 11 and facilitate the healing of the incision and related soft tissue areas, as well as support the somato-emotional integration of her childbearing experience.

Pre- And Prenatal Massaged Therapy Education

To safely massage pregnant, laboring and postpartum women, Osborne-Sheets feels that it is imperative that practitioners be knowledgeable about normal pre-and perinatal physiology, high risk factors, and complications of pregnancy. “Many of these conditions necessitate adaptations and consultation with physicians and/or midwives prior to sessions. Various techniques and methodologies must be modified or eliminated, depending on the individual and the trimester of pregnancy”, according to Osborne-Sheets.

“Somatic practitioners will find reliable detailed research based protocols and contraindications in *Pre- and Perinatal Massage Therapy*, and in my home study course based on that text,” says Osborne-Sheets. For those seeking comprehensive hands-on training and certification as a maternity massage specialist, she recommends her 32-hour workshop.

“**My Pre- & Perinatal Massage Therapy** book and training programs developed from 27 years as a somatic practitioner and educator and 22 years of specialization in maternity and infant massage,” says Osborne-Sheets. “Our students benefit from our continually expanding body of knowledge, research, clinical experience, and consultations with other perinatal health care providers.”

“Our instructors offer somatic therapists a safe and comprehensive approach to pregnancy, labor, and postpartum massage therapy. We also encourage an empathetic, non-judgmental attitude in supporting women’s ‘pregnant feelings’. These certification workshops include over 80 techniques specifically adapted for pre- and perinatal needs, and the practical marketing strategies, ethics, and skills to elicit collaboration with other perinatal specialists and to build a successful pre- and prenatal massage therapy practice.”

Carole Osborne-Sheets is approved by numerous American associations and agencies. She is approved by the National Certification Board for Therapeutic Massage and Bodywork as a continuing education provider (32 Category A units: workshops include two ethics hours). Her workshops and staff are also approved by the Florida Board of Massage, California Board of Registered Nursing, and International Childbirth Educations Association; meet current American Massage Therapy Association continuing education standards; can be used for Associated Bodywork and Massage Professional membership; and can be used for continuing education credit with Doulas of North America.

Since 1980, she has trained over 2,500 massage and perinatal specialists throughout the United States, Canada, Ireland and Scotland. Her first textbook, *Deep Tissue Sculpting*, is an established professional text.

Convenient Training Locations

Massage therapists seeking certification in this specialty can attend a Pre- and Perinatal Massage Therapy workshop taught by prenatal specialist, Linda Hickey, November 2-5, 2006 in Salt Lake City. Other workshops are held at nationwide locations. (Obstetrical nurses, midwives, Doulas, and other perinatal healthcare providers are admitted with instructor approval.) Contact Body Therapy Associates at (800) 586-8322 / (858) 748-8827 or visit us on the Internet at www.bodytherapyassociates.com for further information or to purchase books and home-study materials.

Footnotes:

- 1 Goldsmith, Judith. *Childbirth Wisdom*. New York: Congdon and Weed. 1984
- 2 Prescott, James. “**The Origins of Love & Violence and the Developing Human Brain.**” *Touch the Future*, Long Beach CA, Fall, 1995, pp 9-15
- 3 Rosenblatt, J. S. and D.S. Lehman. **Maternal behavior of the laboratory rat.** *Maternal Behavior in Mammals*, Wiley, New York 1963. p. 14
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