

Hands In Motion
 AMTA Utah Chapter
 1360 West 500 South
 Salt Lake City, UT 84104



Hands in Motion

American Massage Therapy Association Utah Chapter

Triannual Newsletter

www.amtautah.org

Spring 2011 Edition

PRESIDENT'S MESSAGE by Lisa Moen

AMTA WANTS YOU

When I decided to become a massage therapist I just wanted to find a way to help provide for my family and have a job no matter where I went. I became involved with the American Massage Therapy Association by encouragement from a mentor of mine, he called me up one day and said "Our Secretary is stepping down and it would only be till the next vote (in 3 months), your first meeting would be our annual retreat which is great fun"! I may have volunteered for all of the wrong reasons but what I've learned as a result is invaluable, have never regretted a moment of service. I never thought that being a volunteer would ever result in being the President I always thought I would just help out and do what was asked of me because it would look great on a resume. With times changing so have my reasons to be a volunteer and here I am the president of our Utah Chapter. Filling out my application to run for office proved to be much more difficult than it appeared in the beginning for I never was one to be interested in politics.

Now as time has gone on I have realized that as a business owner there is a lot of politics involved with doing business, and believe it or not there is a lot of politics involved with being a LICENSED Massage Therapist. I know for myself when

I received my license all I wanted to do was to find a place open my doors and practice Massage Therapy, I wonder how many of you felt the same way. Well that simple thought is in jeopardy for all of us.

For the first time I'm asking you to step away from that simple thought and get involved. I'm asking you to help us all.

I'm not talking about getting body work I'm talking about protecting our profession. The American Massage Therapy Association is willing to help us with our practices, but the Association is neither the keeper nor the protector of our profession, we are. We no longer have the luxury of sitting back and letting someone else take care of our business. We are extremely understaffed and it has been difficult to enroll members to attend classes as well as filling some of our much needed leadership positions. I have seen many of you attend classes even spoken to you on the phone. I know that people see me coming and probably turn and walk the other way because they know that I want to talk to them about being a volunteer for the AMTA.



Lisa Moen, President
 AMTA Utah Chapter

Cont. on page 3

Calendar

- | | | |
|--|---|---|
| March 2011 | 15 Board of Director's Meeting | 14,15 Spa Modalities Class |
| 7 E-Newsletter | 19 Newsletter Submission Deadline | 19-22 National Convention – Portland, OR |
| 9 Board of Director's Meeting | July 2011 | 23-29 National Massage Therapy Awareness Week |
| April 2011 | 1-7 Newsletter Posts | November 2011 |
| 10 Technology Class | 8-10 CVOP | 4-6 Board of Director's Budget/Strategic Planning Retreat |
| 16 Salt Lake City Marathon | 30 Membership Celebration / Delegates Meeting | 13 Newsletter Submission Deadline |
| 20 Board of Director's Meeting | August 2011 | January 2012 |
| May 2011 | 17 Board of Director's Meeting | 18 Board of Director's Meeting |
| 7 St George Ironman | September 2011 | February 2012 |
| 18 Board of Director's Meeting | 21 Board of Director's Meeting | 2-4 Utah Chapter Convention 2012 |
| June 2011 | October 2011 | |
| 11 Shiatsu Class – Free to Professional Members (see ad for details) | 2 St. George Marathon | |

Save These Dates!! Techniques in Myofascial Massage

When: October 13-16, 2011
 Cost: \$520 AMTA members
 \$600 Non-AMTA members
 \$350 Students
 Registration:
 Register and get more info on-line at WWW.AMTAUTAH.ORG.
 Class size is limited. Preregistration on-line is required. 40 NCBTMB continuing education hours.

Spa Knowledge Turned into Profit

When: October 14-15, 2011
 Cost: \$175.00 AMTA Members
 \$225.00 Non-AMTA Members
 \$125.00 Students
 Registration:
 Register on-line at WWW.AMTAUTAH.ORG.
 This class fills up quickly, there will only be a few extra spots for same day registration. Class is limited to 20 participants.

16 continuing education hours, *nonNCBTMB approved credit*. (50% may be used for recertification with NCBTMB).

For more information for these and other classes go to:

WWW.AMTAUTAH.ORG

AMTA Utah State Convention

The AMTA Utah Chapter annual convention was held February 3rd through the 5th in Salt Lake City. As usual, the event was a rousing success. We enjoyed three jam-packed days of learning, growing, and socializing with the best therapists in the US.

We had an International presenter, James Waslaski, come again this year to continue his series on Orthopedic Massage. His presentation taught us to think outside the box on assessment and treatment of a variety of body alignment and injury issues. Marva Beesley brought her expertise on Lymph Drainage and



Kim Paget, Karen Prier talking with James Waslaski

the effects of functioning and non-functioning lymph system. Janet Peacock Taught the essentials of energy work through Reiki 1 and 2. That ever vital part of our curriculum, Ethics, was presented by Meade Steadman and lastly Bob

Holley presented Business Enhancement. Over all everyone who attended built up their toolbox and was enlightened in some way through their associations with other members. The Vendor Expo at this year's Convention was held on Friday, February 4, 2011. Vendors had their booths setup at Poolside at the Salt Lake City Airport Hilton Hotel During Lunch and from the end of classes at 6:00 PM to the beginning of the Annual Meeting at 7:30 PM. Every person registered and attending the Business Meeting got one ticket for the Door Prize Drawings. Instead of a Raffle, everyone received an additional ticket for each vendor booth visited. We are truly grateful to the Vendors that have contributed



Myotherapy College Benevolent Fund Student Fundraiser

Cont. on page 7

AMTA UTAH CHAPTER

Board of Directors

President	801.870.8229
Lisa Moen	bodyworkersetc@comcast.net
1st Vice President	No phone
To Be Appointed	No email
2nd Vice President	801.864.7477
Ron Findlay	nik_777@yahoo.com
3rd Vice President	No phone
To Be Appointed	No email
Treasurer	master_touch_message@hotmail.com
Brenda Swadley	801.879.0070
Secretary	801.879.0067
Ivan Thompson	atmincijt@yahoo.com
Immediate Past President	801-450-5466
Dave Hunter	healinghands4u@msn.com

Committee Chairs

Membership	bodybasics2@msn.com
Carolyn Redington	
Member at Large	801.879.0067
Ivan Thompson	atmincijt@yahoo.com
Education	No Email
To Be Appointed	No Phone
Convention	No Email
To be Appointed	No Phone
Commission on Candidacy	bodybasics2@msn.com
Carolyn Redington	
Finance	801.864.7477
Ron Findlay	nik_777@yahoo.com
Law & Legislation	801.864.7477
Ron Findlay	nik_777@yahoo.com
Sports	801.879.0067
Ivan Thompson	atmincijt@yahoo.com
Website	801.560.7370
Kirk Jorgensen	kirk_jorgensen@yahoo.com
Newsletter	801-910-0965
Shirlene Davis	amtautnewsletter@gmail.com
Awards	No Phone
To be appointed	No Email

Delegates

Brenda Swadley	801.879.0070
master_touch_message@hotmail.com	
Susan DeLegge	801-485-7887
Ivan Thompson (alternate)	801.879.0067
atmincijt@yahoo.com	

AMTA Mission Statement

The mission of the Utah Chapter of the American Massage Therapy Association is to help develop the art and science of massage therapy as a visible means of treatment and preventative medicine; and to practice the profession of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah.

AMTA Goals

- To raise public recognition of massage therapy as a health care profession and its benefits
- To substantiate massage therapy as a means of regaining and maintaining good health
- To exhibit high standards in providing massage therapy to the public
- To be reputable healthcare providers in our communities
- To maximize access of quality massage therapy for all individuals
- To strengthen the professional maturation and personal growth of our members
- To be a collective wealth of information in the field of massage therapy and to share our knowledge with fellow therapists and the public (e.g. Licensing, educational requirements, legislation, etc.)
- To befriend massage therapy students and fellow massage therapists
- To promote membership growth and continue the organization's efficacy, visibility and viability In our quest, the Utah Chapter of the American Massage Therapy Association will be guided by the standards of care and accountability.

AMTA Code of Ethics

This Code of Ethics is a summary statement of the standards by which massage therapists agree to conduct their practices and is a declaration of the general principles of acceptable, ethical, professional behavior.

Massage therapists shall:

- Demonstrate commitment to provide the highest quality massage therapy/bodywork to those who seek their professional service.
- Acknowledge the inherent worth and individuality of each person by not discriminating or behaving in any prejudicial manner with clients and/or colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, limitations, and effectiveness by continued education and training.
- Acknowledge the confidential nature of the professional relationship with clients and respect each client's right to privacy.
- Conduct all business and professional activities within their scope of practice, the law of the land, and project a professional image.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Accept responsibility to do no harm to the physical, mental and emotional well-being of self, clients, and associates.

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Convention cont from page 1

generously donating items for prizes and for auction to help raise funds for the Benevolence Fund. This fund is setup to assist members in difficult times and situations. This is truly a community effort to assist each other. This years fund raising efforts raised \$940.00! Thank you to all who participated and bid!!

Please visit the Vendors online Expo (www.amtautah.org) and learn about what they offer the field of Massage Therapy. Express your gratitude to the Vendors contributions by clicking

Be an Active AMTA Member

Get involved and give back as you help shape the future of your association—and your local community—by sitting on a committee, becoming a chapter officer or holding a national volunteer position.

Whether you're looking to get involved within AMTA nationally or within your community, AMTA has numerous ways for you to be active in the profession you love.

Volunteer Leadership Opportunities

1st VP—Shares the duties and responsibilities of chapter management. The 1st Vice President acts in the absence or incapacity of the Chapter President. Duties are to oversee the Website and Newsletter.

their links under the “Sponsors” Section online and by supporting their businesses.

If you missed this great get-together this year we encourage you to join us next February. Our annual convention is a super way to find out what is happening within our profession, connect with old friends, and learn something new. Be sure to save the dates of February 2nd through the 4th of 2012. If you have any special requests for continuing education programs that you would like to see included please contact Roger Olbrot through the AMTA website. Hope to see you there.

3rd VP—The Vice Presidents are administrative advisors to the chapter president and share the duties/responsibilities of chapter management. Their duties are to oversee Convention, Education and Sports Team.

Education chair—Organizes and oversees all education and convention responsibilities.

Convention Chair—Organizes, oversees, and implements all aspects of the chapter annual convention.

Awards Chair—Taking in nominations for chapter awards and presenting nominations to the BOD.

For a full list of responsibilities go to www.amtautah.org About page and click on the Board of Directors link

Members Corner

Utah AMTA Members,

Thank You! I had a great time at the convention meeting and saw a few people that I, unfortunately, only get to see a few times a year. With all the activity there was not much time to talk though. I will start with a sincere thank you for electing me as a delegate and I hope to hear from members throughout the state on what they want to see from the state and national AMTA organizations. I also hope and expect that members call to get involved in helping to make the changes they want to see take place. For those in the Salt Lake City area, I invite you to come to a few board meetings. If you are a little nervous call me and I will meet you and do my best to walk you through your 1st meeting. I will even try to hook you up with a board member and twist their arm into mentoring you in a volunteer position you if you have interest in participating in that way; giving 2-4 hours a month can change your profession and you can have some fun at the same time with others in your field.

I have always sought ways to volunteer. Throughout most of my life, I have been

taught to give time and/or money to causes I believed in. I have always had more of the former than the latter to offer. Right now I volunteer politically, being involved in party governance and organizing, and with hospice (giving massages). No, neither one brings more money into my business but they each make a difference in the lives of others. Over the last year and more I have volunteered with the Utah chapter of the AMTA. I have been conducting the very important vital assignments of making cold calls for donations, stuffing envelopes and stuffing bags, running to get this or that and showing up at a few board meetings to add ideas and hear even more great ones than I could never dream up. I have watched this small group put in a lot of time energy and expertise to ensure my chosen profession stays respected and professional. They need help - we need help in doing this work. I want to keep my chosen profession strong and viable. I want good enforceable regulations so that every patient/client that comes to my table/chair, or yours, knows they are literally in the hands of a well trained, conscientious, skilled professional and that they are safe and respected and prop-

erly cared for whatever modality is used to attend to their needs. They best way I can do that is to learn well in my classes, practice being very attentive to my clients and hold the highest standards I can. But to keep that level of professionalism and commitment for all LMT's is to volunteer with my professional organization so that whoever someone chooses for a therapist they know they will get the highest level of care possible and have faith in the hands they are in. So, I am asking you to start out with 2 to 5 hours a month. This time, some may be able to provide more or less, is quite reasonable to make a great world to work in with pride in your profession. I could spend the time watching TV, having a drink with friends or maybe even going out dancing. I can dance when I'm on the phone making calls. It's hard to do when writing but I could be singing (off key) right now for all you know. Please come join us and get involved. There is usually good food, smiling faces, sometimes prizes, always something new to learn and a few laughs and a strong respected viable profession as the outcome.

Susan DeLegge – Delegate

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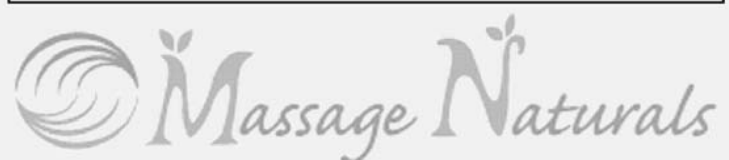
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Phone: (801) 566-7579 or (877) 215-9004

Email: info@massagenaturals.com

Open 9 am — 5 pm Monday to Friday



Presidents Message (continued from page 1)

We are not a club, but an Association of Massage Therapists' who care about what we do enough to volunteer to help others in our profession. We all work hard to assist the members during the year. There aren't enough awards to cover the amount of time these people spend for others. They take time away from their families and practices to attend meetings to go to conventions all for the good of the members. There are many big positions and many small positions that are available. You don't need any special skills just a passion for massage. For example, Shirlene Davis a therapist in Salt Lake, who you might know. She has put our vendor expo together for our conventions in 2010, & 2011 and done an excellent job I might add. Due to some unfortunate circumstances last year she had to close her office. She asked the chapter for some assistance to make a payment towards her AMTA Membership, the benevolent fund pitched in to help her and now she has graciously agreed to be our Newsletter chair person, and we are very lucky to have her. Also Mike Forest who you may not know, lives down in St George. We contacted him to assist us with some sport events down there. He told me that he had gone through some tough times and had to let his membership laps. We assisted him through the benevolent fund and since then he has gotten his practice back on track and even moved in to a larger office with enough space to hold classes and is in the process of starting a unit of AMTA Utah Chapter in St George. Sometimes volunteering can really change your life! If you have special skills tell us what they are so that we can find the best possible place for you. You may all think this is a big job, it might be for one person but with many the job is small. I know that you are all busy and so am I but I have never not answered a phone call or message and I'm getting better at texting and email. If you really want to be a part of your future as a massage therapist please sign up for something. There is information regarding what is needed in this issue. We have opportunities for all sorts of

volunteer work. It might be just making a few phone calls it might be organizing a Convention, or a sporting event, or just reaching out to someone who needs some reassurance. Who knows where the future will bring us but let's go there together.

"Be the Change you seek in the World."
-Ghandi

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2011 Election Report

by Carolyn Redington
Chair, Commission on Candidacy

At the membership meeting held, in conjunction with the AMTA Utah Chapter State Convention on February 4, 2011, at the Airport Hilton Inn, Salt Lake City, UT, elections were held for the following positions:

- First Vice President – 2-year term
- Third Vice President – 2-year term
- Treasurer - 2-year term
- Delegate - One 2-year term
- Delegate – One 1-year term
- Alternate – One

No applications were received for the first three positions. These positions will remain open until a candidate is appointed.

Robyn Ryther volunteered for the Treasurers position and will be appointed by the BOD effective March 1, 2011 and then elected for the balance of this position at the next Utah State Convention. Thank you Robyn.

Applications, resume and an AMTA Volunteer Code of Conduct were received from Brenda Swadley, Susan DeLegge and Ivan Thompson.

Susan DeLegge was elected for the two-year term, **Brenda Swadley** was elected to the one-year term and **Ivan Thompson** was voted alternate.

Nominations for the Utah Chapter Meritorious Member were taken from the floor and **Shirlene Davis** was voted on to receive this award. Shirlene will receive this award at the AMTA National Convention in Portland, Oregon, October 2011.

INSTRUCTOR:
Ron Stewart, LMT

Ron is a massage therapist, small business coach, and founder of YourNextMassage.com; a National Directory dedicated to promoting massage therapy and helping therapists reach their ideal clients.

His most recent accomplishment is creating **clientWEBpro™**, a suite of online tools designed to help therapists, grow and manage their business using the power of the Internet.

Prior to becoming a massage therapist, Ron worked as a Marketing Director for several high tech companies. Fed up with the stress and politics of corporate life he decided to pursue a more fulfilling career as a massage therapist.

One year after starting his massage business he was amazed to discover that his practice was thriving while many of the therapists he knew were struggling to make it.

One by one he began helping them market their business and it has developed into another career. It combines his love of the massage industry with his expertise in technology and marketing.

Ron has a Bachelor of Science in Psychology and Communication from Utah State University. He is a member of AMTA and licensed as an LMT in the state of Utah. He currently resides in Salt Lake City.

Where: Myotherapy College of Utah Room 4
336 West Bugatti Street (2275 South)
Salt Lake City, Utah

When April 16, 2011
Registration Deadline is April 6, 2011 (Space is limited to 15 participants! Register now!!)

****You may also register online at www.amtautah.org under the Education link!****

REGISTRATION FORM: Using Technology to Transform Your Career April 16, 2011
Instructor: Ron Stewart, LMT

Name: _____ Phone: _____
 Address: _____ Cell: _____
 City/State/Zip: _____ AMTA Member # _____
 Check appropriate blank ___ \$75 Member ___ \$125 Non-member ___ \$25 Student
 Check # _____ \$25 Late Fee TOTAL REGISTRATION FEE: \$ _____
 Email Address: _____

AMTA Seminar APRIL 16th

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Where: Myotherapy College of Utah
336 W. Bugatti Street
(Approx. 2275 S.)

When: April 16th
Time: 9:00 am - 12:00 pm

Learn More At:
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Ron Stewart, fellow massage therapist and author of *The Modern Practice*, will speak on how to incorporate technology into your career. This presentation will include a free Web-Marketing Tool Kit for everyone that attends.



Shiatsu – Integrating Mu, and Shu Point, and Hara Assessment Into your Practice

INSTRUCTOR: Jane DeBlieux – Aspen Healing Arts

Participants will take shiatsu to a new level with added knowledge, understanding and assessment, and practice of the front Mu and the back Shu points, and an increased depth of knowledge of Hara assessment. You will learn what the Mu and Shu points are, where they are located, and how they can be used for assessment. You will also learn an in-depth method of assessment of the hara as an alternate and ancillary way of connecting to and balancing the meridians.

Jane DeBlieux, RN, LMT, is a graduate of the Bryn Mawr Hospital School of Nursing and is a Board certified Registered Nurse with over 24 years of nursing experience. She graduated Myotherapy College of Utah in massage therapy and is Nationally certified in therapeutic massage & bodywork and has been practicing as a Licensed Massage Therapist since her graduation in 2005. Jane has also had numerous trainings in Thai Yoga Massage, is a Reiki Master, and a certified Baptiste yoga instructor.

Jane's chosen lifestyle has brought her to some of the most beautiful places in the world offering her a variety of experiences that have challenged her expertise and enhanced her professional skills. She is unique in combining her education in modern medicine and traditional holistic teachings along with her love for the outdoors to foster a creative blend of modern nursing, yoga, therapeutic bodywork, and natural healing.

Class is limited to 60 participants.

CEU's: 8 continuing education hours, non-NCBTMB approved credit. (50% may be used for recertification with NCBTMB).

DATE: June 11, 2011, Saturday

Deadline for registration is May 28, 2011

TIME: 9am-5pm LOCATION: Holiday Inn – Salt Lake City Airport
5001 Wiley Post Way
Salt Lake City, Utah 84116

COST: Free to AMTA members (there will be a \$5 charge for printed materials)
Non-AMTA members \$75
Students \$25

What to Bring: Massage Table, Bottom sheet, Blanket, Loose Clothing, Water, Something to write with.

****You may also register online at www.amtautah.org under the Education link!****



REGISTRATION FORM: Shiatsu – Integrating Mu, and Shu Point, and Hara Assessment Into your Practice
INSTRUCTOR: Jane DeBlieux – Aspen Healing Arts

Name: _____ Phone: _____
 Address: _____ Cell: _____
 City/State/Zip: _____ AMTA Member # _____
 Check appropriate blank ___ \$5 Member ___ \$75 Non-member ___ \$25 Student
 Check # _____ \$25 Late Fee TOTAL REGISTRATION FEE: \$ _____
 Email Address: _____

