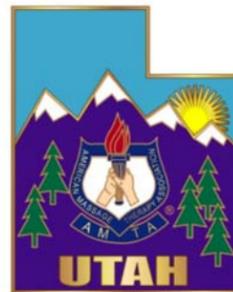




Hands in Motion

AMTA UTAH CHAPTER
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Hands in Motion

American Massage Therapy Association Utah Chapter

Triannual Newsletter

www.amtautah.org

Spring 2011 Edition

Tresa Hansen

or current resident

57 N 960 E

American Fork, UT 84003-2937

PRESIDENT'S MESSAGE by Lisa Moen

Why I became a Massage Therapist And was it Worth It!

My mother used to say to me "anything worth having is worth working hard for". I'm certain that she must have known that I was going to be a Therapist because I firmly believe that all Massage Therapists are hard workers, they have to be to sustain a practice. I'm certain that when we began our education we all had big dreams of a beautiful clinic and a large client base. Once you are finished with your first term you wonder if you will be able to remember all of the Anatomy and Pathology a Therapist is required to know to receive licensure in the State of Utah. When I was ready to open my own clinic I wished I had more confidence in my ability to handle any problem my clients may have. That was seven years ago and since then many things have changed. What I'm certain is that I have more confidence and knowledge to assist my clients, and if I can't I know someone who can. As I continue my education (via the fantastic classes offered by the AMTA) I feel more confident about my knowledge of the body and remember a lot more that I did seven years ago. As a child growing up it never

occurred to me that I would become a Massage Therapist, however I'm grateful for all this career has given me. As a Therapist I have had the opportunity to assist many people feel better, have less pain, and more productive lives. I have had the greatest opportunity to assist in the process of Education, teaching is an honorable occupation and it is very gratifying to watch students learn and see what they are capable of. Being a member of the Board for the local Utah Chapter of AMTA is something that I never thought I'd do but has given me an opportunity to travel and to meet some incredible people and learn what other therapists are doing all over the country. I have made some wonderful friends and created an extensive networking community. The most important thing is I couldn't have done any of this without the support of my family and to be able to help someone you love the most is the best part of all. Sometimes all we need is to check in and ask ourselves "Am I doing what I really love?" I'm looking forward to the next seven years. Are you?



Lisa Moen, President
AMTA Utah Chapter



Calendar

- | | |
|---|---|
| July 2011 | 23-29 National Massage Therapy Awareness Week |
| 1-7 Newsletter Posts | |
| 8-10 CVOP | |
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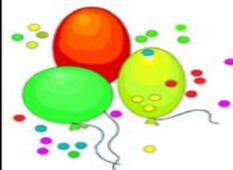


www.amtautah.org

Hands in Motion is published triannually by the American Massage Therapy Association, Utah Chapter, a non-profit, professional massage therapy association. This publication welcomes contributions from readers that are type-written or in electronic format with a legible signature, name, address, phone number and email address. Articles, letters, success stories, advertisements and other materials must be related to massage therapy to be of benefit to our reader/membership. Electronic formats such as .DOC, .RTF, .JPG, .GIF or other universally recognized formats are appreciated. For rates and sizes please visit:

http://www.amtautah.org/?page_id=18

MARK YOUR CALENDARS FOR THE UPCOMING AMTA DELEGATE MEETING AND MEMBERSHIP CELEBRATION!!



SATURDAY, JULY 30, 2011
2:00 P.M.
HOLM PARK 3865 S 1000 W
SOUTH SALT LAKE

THIS WILL BE A GREAT OPPORTUNITY TO FIND OUT MORE ABOUT THE DELEGATE PROCESS WHERE CHAPTER DELEGATES WILL REPRESENT UTAH AT THE NATIONAL CONVENTION IN PORTLAND IN OCTOBER, 2011. THIS IS ALSO A GREAT OPPORTUNITY TO MINGLE WITH OTHER MASSAGE THERAPISTS IN THE UTAH CHAPTER. FAMILIES ARE ALSO INVITED.

THE BEST REASON OF ALL FOR ATTENDING IS THAT WE WILL AGAIN HAVE A FABULOUS MEAL PREPARED FOR US BY AN INCREDIBLE COOK, RON FINDLAY. WE APPRECIATE RON SHARING HIS TIME AND TALENTS.

PLEASE RSVP TO
BRENDA SWADLEY
(801) 879-0070 BY JULY 25



AMTA UTAH CHAPTER

Board of Directors

President Lisa Moen	801.870.8229 bodyworkersetc@comcast.net
1st Vice President To Be Appointed	No phone No email
2nd Vice President Ron Findlay	801.864.7477 nik_777@yahoo.com
3rd Vice President To Be Appointed	801.870.8229
Treasurer Robyn Ryther	rryther@comcast.net 801.209.4103
Secretary Ivan Thompson	801.879.0067 atmncijt@yahoo.com
Immediate Past President Dave Hunter	801-450-5466 healinghands4u@msn.com

Committee Chairs

Membership Carolyn Redington	bodybasics2@msn.com
Member at Large Ivan Thompson	801.879.0067 atmncijt@yahoo.com
Education To Be Appointed	No Email No Phone
Convention To be Appointed	No Email No Phone
Commission on Candidacy Carolyn Redington	bodybasics2@msn.com
Finance Brenda Swadley	master_touch_message@hotmail.com 801.879.0070
Law & Legislation Ron Findlay	801.864.7477 nik_777@yahoo.com
Sports Ivan Thompson	801.879.0067 atmncijt@yahoo.com
Website Kirk Jorgensen	801.560.7370 kirk_jorgensen@yahoo.com
Newsletter Shirlene Davis	801-910-0965 amtautnewsletter@gmail.com
Awards To be appointed	No Phone No Email

Delegates

2011

Brenda Swadley 801.879.0070
master_touch_message@hotmail.com
Susan DeLegge 801-485-7887

Ivan Thompson (alternate) 801.879.0067
atmncijt@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.

What Does your Professional Membership Mean to You? By Carolyn Redington, LMT Membership Chair Utah Chapter

In the last year, I accepted the position as Membership Chair for the Utah Chapter. Part of my job is to notify new members of the benefits offered by the Chapter, contact students and non-renewing professionals that their membership is lapsing.

In keeping track of the statistics of this process it has come to my attention that a large percentage of therapists, who join as students; do not renew their membership after the initial first year. This is of great concern to our Chapter and the massage profession as a whole. Therapists who plan to start their career without the protection of a professional organizations behind them are headed for many pitfalls.

Your AMTA membership puts you in an elite group of professional Massage Therapists. As a member of the longest standing nonprofit massage association, you have access to the "BEST" benefits. This is all in addition to the broadest liability coverage in the massage profession. Now, you can network from the comfort of home—through AMTA's presence on Facebook, Twitter, LinkedIn and YouTube. You now have access to webinars, useful and timely seminars you can attend online. You can utilize a free website—to attract clients, promote

your skills and build your practice. Stay up-to-date on the latest news through *e-Hands On*, a monthly publication that includes massage headlines from around the nation. Gain fresh ideas for your practice and the latest in continuing education, all within the pages of "Massage Therapy Journal". Locally, you can sign up for low cost continuing education classes offered three to four times a year. You have a lobbyist watching out for you and the massage profession involving legislative and law changes. You have a network of chapter members who are just a phone call away and are ready to help with mentoring and career guidance. With your Certificate of Insurance and your AMTA member verification in hand you are already two steps ahead of the therapist looking for a massage job and you are representing yourself as a professional. Without a professional membership, you are out there alone.

Are you looking for....

- Training that has high value in today's job market
- Academic support that will help you reach your highest potential
- Accessibility, including online, evening and part-time options
- A network of friendly, caring individuals there for you from the time you enroll until long after graduation

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Lymphatic Drainage II

Lymphatic Drainage II builds on the knowledge you have gained in Lymphatic Drainage I. In Lymphatic Drainage II, you will have the opportunity to perfect the strokes and touch techniques, demonstrating a greater finesse and quality while adding new pieces to the protocol. You will be taught in more detail the physiology of the lymphatic system, lymphatic loads, edemas, vascular insufficiency and lymphedemas. Upon completion of the class, you will be able to perform a detailed lymphatic drainage procedure, including the intra-oral cavity, breast, deep abdomen and specific organs, as well as be able to work with post-surgical edemas, scars and fibrotic tissue. This is an information-packed class presented in a comfortable, learning centered atmosphere with a great teacher.

Cost	Member \$190 Non Member \$240 Students \$140	Dates	August 12,13,14
Registration	Deadline July 29, 2011 Late Registration Fee (+ \$25)	Times	August 12 3pm -9:30pm August 13 9am -12n Lunch-1pm -6pm August 14 9am -3pm
Instructor – Marva Beesley		Location	BroadView University 1942 West 7800 South West Jordan UT 84115 Park in the West end Parking Lot behind Goodyear Repair Shop

What registrants should bring / how to be prepared- 1 set of Sheets, Note Paper, Massage Table and a bolster, Drink plenty of water and your *Foundations of Manual Lymphatic Drainage by M.Foldi* Book and all of your handouts from Lymph I. This class is only available to participants who have taken Lymph I from Marva Beesley and who are currently practicing the art of Lymph Drainage. The instructor will not have time to review.

*****If you don't have a book you will have to purchase one we will not have them available!*****

Marva J Beesley, LMT, LLCC, APP

Marva J Beesley is a successful and highly skilled massage therapist, maintaining a private practice in the Salt Lake valley since 1994. She has had extensive training in lymphatic drainage and is certified to work with individuals with post-surgical and traumatic edemas, lymphedema and post cancer lymphatic problems. She has also extensively studied Cranial Sacral Therapy, numerous other therapies and is certified as an Applied Polarity Practitioner. She has been on the faculty of Myotherapy College since 1999, teaching numerous classes, most notably Polarity Therapy and Lymphatic Drainage. Her experience and training, together with her life experiences, make her well qualified and highly regarded as a teacher.



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

REGISTRATION FORM: Lymphatic Drainage II INSTRUCTOR: Marva Beesley
Send Registration to: AMTA UT c/o Robyn Ryther 3699 south 4565 west WVC UT, 84120

Name: _____ Phone: _____
Address: _____ Cell: _____
City/State/Zip: _____ AMTA Member # _____

Check appropriate blank ___ \$190 Member ___ \$240 Non-member ___ \$25 Student
Check # _____ \$25 Late Fee TOTAL REGISTRATION FEE: \$ _____

Laws and Legislation

2011 Utah Legislation Report

The 2011 legislative session this year proved to be one that raised many questions regarding the practice of massage in Utah. If you have ever taken the opportunity to read the Massage Practice Act, which is the law that regulates you and I as LMT's, you would see that it has been well written and has served us well for many years now. In the past several years other states have many times asked for assistance in helping them write their own laws and have used ours as a reference to do so.

This year we found ourselves in an interesting situation. There were a few incidences in where there were some "Reiki" practitioners, who were being prosecuted for practicing massage without a license. You see, in our law, it is written that if you practice massage without being an LMT, it is punishable with a class A misdemeanor. Interestingly enough, this penalty is worse than a charge for prostitution, which is a class B misdemeanor. And in the case of many of these self titled "Reiki" therapists, whom are consistently accused of non-ethical practices; it makes it much easier for the law to find them practicing massage without a license. During the prosecution of these supposed "Reiki" therapists, their cunning attorney found a small loophole in our Practice Act.

In the definition of massage, it stated..."for the therapeutic practice of..." This attorney stated that since in the definition it states, "therapeutic purpose of", he claimed that his clients were *not* practicing *therapeutic* massage. His claim was that they were practicing "recreational" massage, which made them NOT subject to our Massage Practice Act. He was successful in arguing this and therefore something had to be changed. The Department of Occupational and Professional licensing decided to make a change to the definitions portion of the law.

AMTA did not make the decision to make a change to our law. When we were told what was happening, we decided to take a hold of it and make sure it was protected all the way through the session. You see when a bill is open during the legislative session, anyone can come and try to make changes to it. You must be ever attentive to every step of the process of the bill. We (AMTA) did just this, and jointly with DOPL, made sure this bill made it through the process without unwanted changes.

The changes that were made to the bill were that we pulled the word therapeutic out of one sentence, which absolutely does not make the statement that what we do is not therapeutic, it makes ANY sort of massage governed by our law. The word recreational was also added to assure that it could not be used as a term not governed by the Utah Massage Law.

Unfortunately there were some very ignorant people who misunderstood what we were accomplishing by making these changes. Many people thought that we were stating that massage is not therapeutic...this is NOT true at all. We practice Massage Therapy, the mere word "therapy" comes from therapeutic. Some also made it sound like we were legislation unethical massage, by adding the word recreational. This is very untrue as well. First of all, the word recreational does not mean anything related to "sensual" or "sexual", secondly, by adding these words, no matter what sort of massage you practice, you are governed by the Massage Practice Act. In that Massage Practice Act, it is very clear that we do not do any sort of sexual or sensual massage, nor do we not drape appropriately, etc.

These small changes to the law enforce the ethical practice of massage in Utah. The Utah Massage Practice Act is a very strong bill. It governs us as well and better than before.

~Ron Findlay

Welcome New Members!!!

Glad to have you along for the ride!

Gabriela Aguillon
Kassidy Chatterton
Tarra Clements
Frances Cooley
Haley Crane
Lisza Fabert
Katherine Foster
Aaron Jenkins
Sandra Johnson
Aaron Keefe
Trayln Layne
Christiana Lee
Jennive Miller
Melina Moreno
Erica Pace
Dave Patterson
Natalie Rasmussen
Angelyn Stroh
Taylor Suval
Janette VanLeer

Myotherapy College of Utah

Simply Great Bodywork

Approved by the
National Certification Board of Therapeutic Massage and
Bodywork (NCBTMB) as a continuing education provider.
Provider #450162-06

Continuing Education courses
Available during the Autumn 2011 Term

Thai Massage III (Thai For the Table)
Pre and Post Natal Massage
Lymphatic Drainage II
Therapeutic Touch
Russian Massage
Medical Massage

If you are interested in taking any of these courses, please
call Janet at (801) 484-7624
or email her at info@myotherapycollege.com

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

Spa Education Integration
Friday October 14 and Saturday October 15, 2011

Spa Education Integration is a hands-on interactive workshop designed to get attendees into both creative and business modes. Students will learn several different options for adding spa service derivatives that can integrate into their existing menu of services. They will explore the difference between add-on and add-in services and how they can benefit your bottom line no matter where you practice. Attendees will learn about the most popular offerings, such as, aromatherapy, hand and foot treatments, applications for hydrotherapy, scalp treatments, and sleep! The business and marketing side of these treatments will be explored and illustrated. Students will be able to streamline the inventory needed for those services that fit their practice. Upon completion, students will have the skills and resources to build a successful business plan for creative and profitable menu development.

INSTRUCTOR: Matthew Howe - Touch Education NCBTMB # 450438-07

Matthew Howe, L.M.T., C.S.T. has been a licensed massage therapist since 2000, and has been practicing Craniosacral Therapy as long. Mr. Howe works in private practice as well as working as the Spa Therapy Supervisor at an Orlando Resort/Destination Spa. In addition to his hands on practice Matthew also is an instructor at the Central Florida School of Massage Therapy, where he helps to educate future massage professionals. As the Director of Touch Education, LLC Matthew draws on his knowledge base and blends it with his "in session" experience to create an educational format rooted in practicality. Matthew has worked with the biggest and the best in the spa industry over the years. During this time he has taken his experience and framed it into the Spa Therapy Certification Series and its individual workshops. Through his conversations with clients in the spas he noticed a need for Lifestyle Education, to help people feel their bodies and connect the mind with it. After 10,000 massages he tended to notice certain patterns on "non-relaxation ability". His massage style blends Craniosacral therapy, Myofascial release, and other modalities with a relentless pursuit of knowledge to help bring balance to the body. Matthew sees and treats each client's body as one comprehensive unit focusing on the self correcting ability of the body; building on the concepts of Osteopathy (which is where Craniosacral Therapy has its roots). Matthew is certified to teach CE (continuing education) by the NCBTMB (#4450438-07). He is spreading and growing the education on the benefits of Spa Therapies to all massage therapists. These treatments are growing in popularity and are part of a \$9.4 Billion industry. Mr. Howe enjoys teaching workshops on various wellness topics for the massage/wellness community, colleges and at corporate events.



COST:	AMTA Members \$ 175.00	TIME for Both Days:	8:30 am Registration
	Non-AMTA Members \$ 225.00		9:00 am Class Begins
	Students \$ 125.00		12:00-1:00 pm Lunch Break
			6:00 pm Class Ends

REGISTRATION: Register on-line at AMTAUTAH.ORG. As this class fills up quickly, there will only be a few extra spots for same day registration. **Class is limited to 20 participants.**

LOCATION: To be Determined

CEU's: 16 continuing education hours, non-NCBTMB approved credit. (50% may be used for recertification with NCBTMB).

What to Bring:
 Table, Sheets - 1 set minimum 2 sets required, Hand Towels - 8 minimum, Bath Towel - 2 minimum, Plastic bag For dirty/wet laundry
 Favorite aromatherapy Essential Oil or blend, either is fine.

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

REGISTRATION FORM: Spa Knowledge Turned Into Profit Instructor: Matthew Howe, LMT, CST
 Send Registration to: AMTA UT c/o Robyn Ryther 3699 south 4565 west WVC UT, 84120

Name: _____ Phone: _____
 Address: _____ Cell: _____
 City/State/Zip: _____ AMTA Member # _____
 Check appropriate blank ___ \$175 Member ___ \$225 Non-member ___ \$125 Student
 Check # _____ \$25 Late Fee **TOTAL REGISTRATION FEE: \$** _____

Techniques in Myofascial Massage

Techniques in Myofascial Massage is designed for the therapist interested in learning a more clinical approach in massage techniques. Myofascial Release refers to the manual techniques for stretching the fascia and releasing bonds between fascia, skin, muscles, and bones. It aims to free the body of pain and increase the range of motion thereby fringing about a balance in the body. Participants will learn direct and indirect techniques for accessing and releasing the fascia in many parts of the body. You will also learn the basic concepts of fascia; how it develops, layers, nomenclature, indications and contraindications for doing the work, and many other research based findings that have come to light in the past four years. You will learn how to find restrictions in fascia and how to release them. Stretching exercises are a necessary part of any myofascial release. You will learn how to apply stretching to the specific fascial part.

COST:	\$300 AMTA members	TIME:	8:30 am Registration
	\$350 Non-AMTA members		9:00 am – 6:00 pm Class daily
	\$250 Students		

The price includes a manual and a set of foam rollers.

REGISTRATION: *Preregistration on-line is required.*****
 Class size is limited. A book is included in the price of the class. Participants will receive the book at the registration desk.

DATE:	Thursday – Sunday October 13-16
LOCATION:	to be Announced
CEU's:	40 NCBTMB continuing education hours

ABOUT THE INSTRUCTORS:



Anna Gammal

A native of Poros, Greece, Anna moved to the United States in 1993. She is the founder of Body & Beyond Massage Therapy. All of her life has been involved in sports and fitness. In 1989, she was the third national champion of Greece in the 10,000 meter run. She is a nationally certified personal trainer, and has several years experience as a children's fitness instructor, and children's gymnastics instructor. She is a graduate of Bancroft School of Massage Therapy, Worcester, Massachusetts and has numerous additional certifications including Myofascial Therapy from the Chicago School of Massage Therapy, and Myofascial & Anatomical Structure/Posture Analysis from the CORE Institute. She has studied Core Integration. Anna co-directed the Health Services Sports Massage Team for the 2004 Athens Olympic Games. She is also a continuing member of the massage therapy team for elite athletes of the Boston Marathon and the U.S. Indoor Track & Field National competitions. She lives in Hopkinton, Massachusetts with her husband Joe and her two sons Nicholas and Lucas.

Roger Olbrot

A native of the Chicago area, Roger began his studies at Trinity Christian College in Palos Heights, Illinois. There he received bachelor degrees in Biology and Chemistry. He went on to further graduate studies at Ball State University where his emphasis was Medical and Environmental Microbiology. He worked in the area of environmental remediation for 14 years. He attended Awakening Spirit Massage School in Salt Lake City. Since graduation, he has studied over 2000 hours in the area of sports massage and orthopedic massage and is the founder and President of R&R Bodyworks LLC. He served as the President of the Utah Chapter of the American Massage Therapy Association from 2004 - 2008. Among his notable events, he directed the massage therapy for the 2002 Olympic Winter Games in Salt Lake City 2002, co-directed the massage therapy for the International Gay Games in Sydney Australia 2002, and co-directed the massage therapy for the 2004 Olympic Summer Games in Athens, Greece. He is currently the Director of Education at Myotherapy College of Utah in Salt Lake City, Utah where he also teaches.



Anna and Roger have been teaching myofascial massage together since 2005 and have taught in the United States, Greece and Cyprus. They bring a refreshing look to the art and science of this modality.

****You must register for this class online at:**

www.amtautah.org/?page_id=2160

or under the Education link!**



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Spring 2011 Edition

Timothy Barlow
or current resident
10507 N 5470 W
Highland, UT 84003-8853

PRESIDENT'S MESSAGE by Lisa Moen

Why I became a Massage Therapist And was it Worth It!

My mother used to say to me "anything worth having is worth working hard for". I'm certain that she must have known that I was going to be a Therapist because I firmly believe that all Massage Therapists are hard workers, they have to be to sustain a practice. I'm certain that when we began our education we all had big dreams of a beautiful clinic and a large client base. Once you are finished with your first term you wonder if you will be able to remember all of the Anatomy and Pathology a Therapist is required to know to receive licensure in the State of Utah. When I was ready to open my own clinic I wished I had more confidence in my ability to handle any problem my clients may have. That was seven years ago and since then many things have changed. What I'm certain is that I have more confidence and knowledge to assist my clients, and if I can't I know someone who can. As I continue my education (via the fantastic classes offered by the AMTA) I feel more confident about my knowledge of the body and remember a lot more that I did seven years ago. As a child growing up it never

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Lisa Moen, President
AMTA Utah Chapter



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http://www.amtautah.org/?page_id=18

MARK YOUR CALENDARS FOR THE UPCOMING AMTA DELEGATE MEETING AND MEMBERSHIP CELEBRATION!!

SATURDAY, JULY 30, 2011
2:00 P.M.
HOLM PARK 3865 S 1000 W
SOUTH SALT LAKE

THIS WILL BE A GREAT OPPORTUNITY TO FIND OUT MORE ABOUT THE DELEGATE PROCESS WHERE CHAPTER DELEGATES WILL REPRESENT UTAH AT THE NATIONAL CONVENTION IN PORTLAND IN OCTOBER, 2011. THIS IS ALSO A GREAT OPPORTUNITY TO MINGLE WITH OTHER MASSAGE THERAPISTS IN THE UTAH CHAPTER. FAMILIES ARE ALSO INVITED.

THE BEST REASON OF ALL FOR ATTENDING IS THAT WE WILL AGAIN HAVE A FABULOUS MEAL PREPARED FOR US BY AN INCREDIBLE COOK, RON FINDLAY. WE APPRECIATE RON SHARING HIS TIME AND TALENTS.

PLEASE RSVP TO
BRENDA SWADLEY
(801) 879-0070 BY JULY 25



AMTA UTAH CHAPTER

Board of Directors

President Lisa Moen	801.870.8229 bodyworkersetc@comcast.net
1st Vice President To Be Appointed	No phone No email
2nd Vice President Ron Findlay	801.864.7477 nik_777@yahoo.com
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Treasurer Robyn Ryther	rryther@comcast.net 801.209.4103
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Member at Large Ivan Thompson	801.879.0067 atmincijt@yahoo.com
Education To Be Appointed	No Email No Phone
Convention To be Appointed	No Email No Phone
Commission on Candidacy Carolyn Redington	bodybasics2@msn.com
Finance Brenda Swadley	master_touch_message@hotmail.com 801.879.0070
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Awards To be appointed	No Phone No Email

Delegates

2011

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.

What Does your Professional Membership Mean to You? By Carolyn Redington, LMT Membership Chair Utah Chapter

In the last year, I accepted the position as Membership Chair for the Utah Chapter. Part of my job is to notify new members of the benefits offered by the Chapter, contact students and non-renewing professionals that their membership is lapsing.

In keeping track of the statistics of this process it has come to my attention that a large percentage of therapists, who join as students; do not renew their membership after the initial first year. This is of great concern to our Chapter and the massage profession as a whole. Therapists who plan to start their career without the protection of a professional organizations behind them are headed for many pitfalls.

Your AMTA membership puts you in an elite group of professional Massage Therapists. As a member of the longest standing nonprofit massage association, you have access to the "BEST" benefits. This is all in addition to the broadest liability coverage in the massage profession. Now, you can network from the comfort of home—through AMTA's presence on Facebook, Twitter, LinkedIn and YouTube. You now have access to webinars, useful and timely seminars you can attend online. You can utilize a free website—to attract clients, promote

your skills and build your practice. Stay up-to-date on the latest news through *e-Hands On*, a monthly publication that includes massage headlines from around the nation. Gain fresh ideas for your practice and the latest in continuing education, all within the pages of "Massage Therapy Journal". Locally, you can sign up for low cost continuing education classes offered three to four times a year. You have a lobbyist watching out for you and the massage profession involving legislative and law changes. You have a network of chapter members who are just a phone call away and are ready to help with mentoring and career guidance. With your Certificate of Insurance and your AMTA member verification in hand you are already two steps ahead of the therapist looking for a massage job and you are representing yourself as a professional. Without a professional membership, you are out there alone.

Are you looking for....

- Training that has high value in today's job market
- Academic support that will help you reach your highest potential
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Lymphatic Drainage II

Lymphatic Drainage II builds on the knowledge you have gained in Lymphatic Drainage I. In Lymphatic Drainage II, you will have the opportunity to perfect the strokes and touch techniques, demonstrating a greater finesse and quality while adding new pieces to the protocol. You will be taught in more detail the physiology of the lymphatic system, lymphatic loads, edemas, vascular insufficiency and lymphedemas. Upon completion of the class, you will be able to perform a detailed lymphatic drainage procedure, including the intra-oral cavity, breast, deep abdomen and specific organs, as well as be able to work with post-surgical edemas, scars and fibrotic tissue. This is an information-packed class presented in a comfortable, learning centered atmosphere with a great teacher.

Cost	Member \$190 Non Member \$240 Students \$140	Dates	August 12,13,14
Registration	Deadline July 29, 2011 Late Registration Fee (+ \$25)	Times	August 12 3pm -9:30pm August 13 9am -12n Lunch-1pm -6pm August 14 9am -3pm
Instructor – Marva Beesley		Location	BroadView University 1942 West 7800 South West Jordan UT 84115 Park in the West end Parking Lot behind Goodyear Repair Shop

What registrants should bring / how to be prepared- 1 set of Sheets, Note Paper, Massage Table and a bolster, Drink plenty of water and your *Foundations of Manual Lymphatic Drainage by M.Foldi* Book and all of your handouts from Lymph I. This class is only available to participants who have taken Lymph I from Marva Beesley and who are currently practicing the art of Lymph Drainage. The instructor will not have time to review.

*****If you don't have a book you will have to purchase one we will not have them available!*****

Marva J Beesley, LMT, LLCC, APP

Marva J Beesley is a successful and highly skilled massage therapist, maintaining a private practice in the Salt Lake valley since 1994. She has had extensive training in lymphatic drainage and is certified to work with individuals with post-surgical and traumatic edemas, lymphedema and post cancer lymphatic problems. She has also extensively studied Cranial Sacral Therapy, numerous other therapies and is certified as an Applied Polarity Practitioner. She has been on the faculty of Myotherapy College since 1999, teaching numerous classes, most notably Polarity Therapy and Lymphatic Drainage. Her experience and training, together with her life experiences, make her well qualified and highly regarded as a teacher.



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

REGISTRATION FORM: Lymphatic Drainage II INSTRUCTOR: Marva Beesley
Send Registration to: AMTA UT c/o Robyn Ryther 3699 south 4565 west WVC UT, 84120

Name: _____ Phone: _____
Address: _____ Cell: _____
City/State/Zip: _____ AMTA Member # _____

Check appropriate blank ___ \$190 Member ___ \$240 Non-member ___ \$25 Student
Check # _____ ___ \$25 Late Fee TOTAL REGISTRATION FEE: \$ _____

Laws and Legislation

2011 Utah Legislation Report

The 2011 legislative session this year proved to be one that raised many questions regarding the practice of massage in Utah. If you have ever taken the opportunity to read the Massage Practice Act, which is the law that regulates you and I as LMT's, you would see that it has been well written and has served us well for many years now. In the past several years other states have many times asked for assistance in helping them write their own laws and have used ours as a reference to do so.

This year we found ourselves in an interesting situation. There were a few incidences in where there were some "Reiki" practitioners, who were being prosecuted for practicing massage without a license. You see, in our law, it is written that if you practice massage without being an LMT, it is punishable with a class A misdemeanor. Interestingly enough, this penalty is worse than a charge for prostitution, which is a class B misdemeanor. And in the case of many of these self titled "Reiki" therapists, whom are consistently accused of non-ethical practices; it makes it much easier for the law to find them practicing massage without a license. During the prosecution of these supposed "Reiki" therapists, their cunning attorney found a small loophole in our Practice Act. In the definition of massage, it stated..."for the therapeutic practice of..." This attorney stated that since in the definition it states, "therapeutic purpose of", he claimed that his clients were *not* practicing *therapeutic* massage. His claim was that they were practicing "recreational" massage, which made them NOT subject to our Massage Practice Act. He was successful in arguing this and therefore something had to be changed. The Department of Occupational and Professional licensing decided to make a change to the definitions portion of the law.

AMTA did not make the decision to make a change to our law. When we were told what was happening, we decided to take a hold of it and make sure it was protected all the way through the session. You see when a bill is open during the legislative session, anyone can come and try to make changes to it. You must be ever attentive to every step of the process of the bill. We (AMTA) did just this, and jointly with DOPL, made sure this bill made it through the process without unwanted changes.

The changes that were made to the bill were that we pulled the word therapeutic out of one sentence, which absolutely does not make the statement that what we do is not therapeutic, it makes ANY sort of massage governed by our law. The word recreational was also added to assure that it could not be used as a term not governed by the Utah Massage Law.

Unfortunately there were some very ignorant people who misunderstood what we were accomplishing by making these changes. Many people thought that we were stating that massage is not therapeutic...this is NOT true at all. We practice Massage Therapy, the mere word "therapy" comes from therapeutic. Some also made it sound like we were legislation unethical massage, by adding the word recreational. This is very untrue as well. First of all, the word recreational does not mean anything related to "sensual" or "sexual", secondly, by adding these words, no matter what sort of massage you practice, you are governed by the Massage Practice Act. In that Massage Practice Act, it is very clear that we do not do any sort of sexual or sensual massage, nor do we not drape appropriately, etc.

These small changes to the law enforce the ethical practice of massage in Utah. The Utah Massage Practice Act is a very strong bill. It governs us as well and better than before.

~Ron Findlay

Welcome New Members!!! Glad to have you along for the ride!

Gabriela Aguillon
Kassidy Chatterton
Tarra Clements
Frances Cooley
Haley Crane
Lisza Fabert
Katherine Foster
Aaron Jenkins
Sandra Johnson
Aaron Keefe
Trayln Layne
Christiana Lee
Jennive Miller
Melina Moreno
Erica Pace
Dave Patterson
Natalie Rasmussen
Angelyn Stroh
Taylor Suval
Janette VanLeer

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If you are interested in taking any of these courses, please
call Janet at (801) 484-7624
or email her at info@myotherapycollege.com

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

Spa Education Integration
Friday October 14 and Saturday October 15, 2011

Spa Education Integration is a hands-on interactive workshop designed to get attendees into both creative and business modes. Students will learn several different options for adding spa service derivatives that can integrate into their existing menu of services. They will explore the difference between add-on and add-in services and how they can benefit your bottom line no matter where you practice. Attendees will learn about the most popular offerings, such as, aromatherapy, hand and foot treatments, applications for hydrotherapy, scalp treatments, and sleep! The business and marketing side of these treatments will be explored and illustrated. Students will be able to streamline the inventory needed for those services that fit their practice. Upon completion, students will have the skills and resources to build a successful business plan for creative and profitable menu development.

INSTRUCTOR: Matthew Howe - Touch Education NCBTMB # 450438-07

Matthew Howe, L.M.T., C.S.T. has been a licensed massage therapist since 2000, and has been practicing Craniosacral Therapy as long. Mr. Howe works in private practice as well as working as the Spa Therapy Supervisor at an Orlando Resort/Destination Spa. In addition to his hands on practice Matthew also is an instructor at the Central Florida School of Massage Therapy, where he helps to educate future massage professionals. As the Director of Touch Education, LLC Matthew draws on his knowledge base and blends it with his "in session" experience to create an educational format rooted in practicality. Matthew has worked with the biggest and the best in the spa industry over the years. During this time he has taken his experience and framed it into the Spa Therapy Certification Series and its individual workshops. Through his conversations with clients in the spas he noticed a need for Lifestyle Education, to help people feel their bodies and connect the mind with it. After 10,000 massages he tended to notice certain patterns on "non-relaxation ability". His massage style blends Craniosacral therapy, Myofascial release, and other modalities with a relentless pursuit of knowledge to help bring balance to the body. Matthew sees and treats each client's body as one comprehensive unit focusing on the self correcting ability of the body; building on the concepts of Osteopathy (which is where Craniosacral Therapy has its roots). Matthew is certified to teach CE (continuing education) by the NCBTMB (#4450438-07). He is spreading and growing the education on the benefits of Spa Therapies to all massage therapists. These treatments are growing in popularity and are part of a \$9.4 Billion industry. Mr. Howe enjoys teaching workshops on various wellness topics for the massage/wellness community, colleges and at corporate events.



COST:	AMTA Members \$ 175.00	TIME for Both Days:	8:30 am Registration
	Non-AMTA Members \$ 225.00		9:00 am Class Begins
	Students \$ 125.00		12:00-1:00 pm Lunch Break
			6:00 pm Class Ends

REGISTRATION: Register on-line at AMTAUTAH.ORG. As this class fills up quickly, there will only be a few extra spots for same day registration. **Class is limited to 20 participants.**

LOCATION: To be Determined

CEU's: 16 continuing education hours, non-NCBTMB approved credit. (50% may be used for recertification with NCBTMB).

What to Bring:
 Table, Sheets - 1 set minimum 2 sets required, Hand Towels - 8 minimum, Bath Towel - 2 minimum, Plastic bag For dirty/wet laundry
 Favorite aromatherapy Essential Oil or blend, either is fine.

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

REGISTRATION FORM: Spa Knowledge Turned Into Profit Instructor: Matthew Howe, LMT, CST
 Send Registration to: AMTA UT c/o Robyn Ryther 3699 south 4565 west WVC UT, 84120

Name: _____ Phone: _____
 Address: _____ Cell: _____
 City/State/Zip: _____ AMTA Member # _____
 Check appropriate blank ___ \$175 Member ___ \$225 Non-member ___ \$125 Student
 Check # _____ \$25 Late Fee TOTAL REGISTRATION FEE: \$ _____

Techniques in Myofascial Massage

Techniques in Myofascial Massage is designed for the therapist interested in learning a more clinical approach in massage techniques. Myofascial Release refers to the manual techniques for stretching the fascia and releasing bonds between fascia, skin, muscles, and bones. It aims to free the body of pain and increase the range of motion thereby fringing about a balance in the body. Participants will learn direct and indirect techniques for accessing and releasing the fascia in many parts of the body. You will also learn the basic concepts of fascia; how it develops, layers, nomenclature, indications and contraindications for doing the work, and many other research based findings that have come to light in the past four years. You will learn how to find restrictions in fascia and how to release them. Stretching exercises are a necessary part of any myofascial release. You will learn how to apply stretching to the specific fascial part.

COST:	\$300 AMTA members	TIME:	8:30 am Registration
	\$350 Non-AMTA members		9:00 am – 6:00 pm Class daily
	\$250 Students		
	The price includes a manual and a set of foam rollers.	DATE:	Thursday – Sunday October 13-16
REGISTRATION:	***Preregistration on-line is required.***	LOCATION:	to be Announced
	Class size is limited. A book is included in the price of the class. Participants will receive the book at the registration desk.	CEU's:	40 NCBTMB continuing education hours

ABOUT THE INSTRUCTORS:



Anna Gammal

A native of Poros, Greece, Anna moved to the United States in 1993. She is the founder of Body & Beyond Massage Therapy. All of her life has been involved in sports and fitness. In 1989, she was the third national champion of Greece in the 10,000 meter run. She is a nationally certified personal trainer, and has several years experience as a children's fitness instructor, and children's gymnastics instructor. She is a graduate of Bancroft School of Massage Therapy, Worcester, Massachusetts and has numerous additional certifications including Myofascial Therapy from the Chicago School of Massage Therapy, and Myofascial & Anatomical Structure/Posture Analysis from the CORE Institute. She has studied Core Integration. Anna co-directed the Health Services Sports Massage Team for the 2004 Athens Olympic Games. She is also a continuing member of the massage therapy team for elite athletes of the Boston Marathon and the U.S. Indoor Track & Field National competitions. She lives in Hopkinton, Massachusetts with her husband Joe and her two sons Nicholas and Lucas.

Roger Olbrot

A native of the Chicago area, Roger began his studies at Trinity Christian College in Palos Heights, Illinois. There he received bachelor degrees in Biology and Chemistry. He went on to further graduate studies at Ball State University where his emphasis was Medical and Environmental Microbiology. He worked in the area of environmental remediation for 14 years. He attended Awakening Spirit Massage School in Salt Lake City. Since graduation, he has studied over 2000 hours in the area of sports massage and orthopedic massage and is the founder and President of R&R Bodyworks LLC. He served as the President of the Utah Chapter of the American Massage Therapy Association from 2004 - 2008. Among his notable events, he directed the massage therapy for the 2002 Olympic Winter Games in Salt Lake City 2002, co-directed the massage therapy for the International Gay Games in Sydney Australia 2002, and co-directed the massage therapy for the 2004 Olympic Summer Games in Athens, Greece. He is currently the Director of Education at Myotherapy College of Utah in Salt Lake City, Utah where he also teaches.



Anna and Roger have been teaching myofascial massage together since 2005 and have taught in the United States, Greece and Cyprus. They bring a refreshing look to the art and science of this modality.

****You must register for this class online at:**

www.amtautah.org/?page_id=2160

or under the Education link!**