

A M T A F L O R I D A

Journal



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2009 Annual Meeting,
Conference and Trade Show
January 11, 12, 13, 2009



Fall 2008 #47 • \$4.00 • AMTA FL Annual Meeting • Touch in the Pursuit of Health • Gaining Flexibility

Mission:

"To serve AMTA members while advancing the art, science and practice of massage therapy."

Acting Managing Editor

Pat Donohue

Publisher

AMTA Florida Chapter

AMTA Florida Journal is published quarterly by the Florida Chapter of the American Massage Therapy Association, a non-profit professional massage therapy association. This journal welcomes contributions from the readers. Contributions must be submitted on disk. Include the author's name, address, phone number, and photo.

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Fall Advertisement Deadline

November 10, 2008



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Volunteers Needed!

To fill Committee positions call Pat Donohue if interested.

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Message

PAT DONOHUE



Dear Colleagues,

This summer has gone by fast....your officers have been busy working for you. Please think about volunteering for your organization in the future.

Over this summer I attended the FSMTA Convention — Summit Meeting, where the Federations of State Massage Therapy Boards, the National Certification Board of Massage Therapy and Bodywork, Florida Department of Education, and Florida Massage Board representatives spoke on behalf of our profession. The main issue was quality and standards for education and rating scores for future therapists. Passing rate verses placement rate for schools needs to be reviewed in order to keep the standard high in Florida.

As your president, I was invited to attend the Health Sciences Cluster Consortium Working Group. This is a division of the Workforce Education overseen by the Chancellor of Education Lucy Hadi. This group is analyzing the strategic plan for the professional training tracts for students in the secondary, certificate and AS degree programs. Massage therapy has been put on the agenda to review its qualification and needs for the future for 2009-2010. This group contains, LMTs, Professional Organizations, Certification Boards and Business entities who will discuss and make recommendations for the future needs of our profession.

Please make sure you read the Board of Massage Therapy Report in this issue of the Journal. The Florida BOM is now reviewing requirements and terminology for massage therapy licensing.

As you know, the National Certification Board is taking the Florida Board of Massage to court for changing the exam to the Federation of State Massage Therapy Boards (MBLEx). The original transition date was October 2008. We'll see how it turns out. I have requested the executive directors of each organization to write an article for our Journal....please look inside for their reports to the profession.

At the World Massage Festival, I gave chair massages along with the Pensacola Unit Chair Suzanne Bradley and Eileen Newsome at the AMTA Florida Booth. We spoke to many therapists from all over the states on the benefits of joining AMTA while collecting donations for The Massage Foundation.

I am very excited about our upcoming 2009 State Conference scheduled for January 11-13, 2009. Our 1st Vice President, Jackie Kincaid and her committee, have been doing an outstanding job getting things together. There will be something from the norm and promises to be very educational along with great fun. There will also be more vendors than ever and a special social event to top them all.

On that note, our Annual Chapter Meeting will be held during this conference. There are three positions open for elections:

- 1st Vice President & 3rd Vice President for a (2) two year term
 - *Secretary for a (1) one year term
 - 5 Delegates for a (1) year term
- *(Proviso: Effective: January 1, 2009, the Secretary shall be elected for a term of one (1) year or until a successor is elected. Commencing in 2010, the Secretary shall be elected every even year for a term of a term of two (2) years or until a successor is elected.)*

Interested in running for any position in the Board of Director? If so, contact me at 321 254 4194, and I will discuss all the job responsibilities with you or you can go to the national website for job descriptions at amtamassage.org (under map site).

Well, before I sign off, I wish you all the Joys of the Holidays bring to us, from turkey to tinsel. May the roads of our lives cross until we meet again.

Yours in Service,
Pat Donohue



Welcome NEW FLORIDA MEMBERS

May New Members

Giselis Abad	Miami	Beverly J. Reece	North Lauderdale	Deborah Hester	Jacksonville
Diana M. Alvarado	Bradenton	Karina Rivera	Tampa	Cheri L. Houle	Fort Lauderdale
Mark Baldwin	Jupiter	Kimberly Rodormer	Delray Beach	Joe Jimenez	Miami
Carole L. Barone	Tampa	Lauren Sauvageau	Margate	Eirik Kydland	Saint Petersburg
Jennifer N. Bates	Oneco	Rev. Thomas L. Shanklin	Lutz	Karen Law	Clearwater
Joy Irene Bouchard-Thompson	Sanford	Andrey Shchegolev	Hollywood	Andrew Spencer Livingston	Miccosukee Cpo
Julian A. Brown	Fort Lauderdale	Emily A. Shepherd-Vorlicek	Key West	Elvira Martin	Miami
Robin M. Bruce	Seminole	Stephanie D. Smith	Jacksonville	Donna K. McElreath	Youngstown
Colleen P. Cahill	Tampa	Valeria M. Soto de Fazio	West Palm Beach	Sarah Minsky	Wesley Chapel
Eduardo Campos Jr.	Tampa	Christopher J. Stewart	Wellington	Alex I. Muniz	Miami
Tiffany A. Caraway	Brooksville	Timi Storms	Palm Springs	Sheila D. Noiles	Ormond Beach
Lisa Chlapowski	Saint Petersburg	Liliana S. Suarez	Land O Lakes	Jean Olsen	Sarasota
Lynny Conklin	Panama City	Stephanie D. Sykes	Tampa	Aldren Orozco	Miami
Bonnie E. Cooper	Jacksonville	Tarsha Thomas	Apopka	Jose R. Pajon-Roure	Hialeah
Rowena M. Cordes	North Fort Myers	Rossana A. Trujillo	Miami	Sarah Palmer	Homestead
Amanda S. Couch	Hollywood	Harry Valencia	Gainesville	Isis Rose Pastrana	Miami
Jerome Couve	Lutz	Teanny M. Ventura	Miami	Amber N. Purdy	Wellington
David B. Cowell	Miami Beach	Melissa A. Walker	Riverview	Jennifer W. Rieck	Dunnellon
John R. Ellis	Fort Myers	Lauren Michele Ward	Kissimmee	Candi M. Roach	Crystal River
Anita Farren	Cape Coral	Jessica Weiss	Cape Coral	Christine Rodriguez	Miami
William H. Fletcher	Tallahassee			Melissa Ruel	Fort Myers
Sara S. Garcia	Miami			Edward N. Sams	Davie
Agnes Grenier	Windermere			Melissa A. Spector	Miami
Tatemati Guerrier	North Lauderdale			Christina Suarez	Miami
April M. Heath	Pembroke Pines			Elizabeth A. Thompson	Winter Spgs
Jessica A. Hernandez	Lutz			Deborah L. Tillman	Pensacola
Pamela K. Hunter	Lady Lake			Rosa Vega	Cutler Bay
Emilce Karpiuk	Windermere			Tanisha M. Walters	Orlando
Holli J. Latreille	Mc Alpin			Travis Wertz	Casselberry
Jennifer Lindsey-Miceli	Mount Dora			Magali Wilensky	Miami
Jose Lopez	Tampa			Catherine E. Williams	Tallahassee
Kevin N. Mackinlay	Hollywood			Luisa Yesenia Wilson	Orlando
Adriane Silvaes Manhaes	Bay Harbor Islands				
Kathryn McCormick	Orlando				
Nicola C. Montgomery	Boca Raton				
Brandon Parsons	Bradenton				
Crissy Marie Popwell	Jacksonville				
Zaida M. Quinones	Deltona				
Yadira V. Ramirez	Arcadia				

June New Members

July New Members

Anthony Campanaro	Gainesville	Christine M. Pearson	Fort Lauderdale
Daniel P. Christie	Coral Gables	Stephanie M. Perdew	Osprey
Alexis Clasca	Miami	Barbara H. Petteway	Williston
Sheila M. Claudio	Orlando	Marta Isabel Rendon	Sunrise
Ebijan E. Cox	Orlando	Jeremiah Rhym	Altamonte Springs
William R. Cunningham	Longwood	Alex Rodriguez	Gainesville
Sara Daughtry McClain	Lake City	Barbara-Ann Salcito	Lady Lake
Angela Danette Dee	Yulee	Khema Seubarran	Maitland
Christina Demetre	Miami	Dakotah Sky	Saint Petersburg
Katherine Devlin	Orlando	Kathleen L. Thorne	Alachua
Bernard A. Diab Harake	Miami	Laurie Vachon	Davenport
Jeffrey Duck	Jacksonville	Amaury Valdes	Miami
Tomonori Ebisawa	Ocala	Donna Verfaillie	Stuart
Allegra Fiore	Miami	M. Susan Justus Weinstein	Gainesville
Fred Fishbein	Gainesville	Carol M. White	Holly Hill
Tracy Fletcher	Gainesville	Lisa L. Wood	Ocala
Lesley Gamble	Gainesville		
Lourdes M. Gomez	Miami		
Marianela Gonzalez	Miami		
Jennifer Harris	Gainesville		
Alexander Hassinger	West Palm Beach		
Marketa Havrlandova	Bokeelia		
Stacey Heidreth	Longwood		
Rashal Cain Henderson	Palm Harbor		
Allan Herec	Lantana		
Bobbilee Jadwin	Jacksonville		
Min Kim	Gainesville		
Jonathan Koota	Margate		
Marygail Isobel Lakner	Trenton		
H. Anneliese Lane	Gainesville		
Mario Leon	Hialeah		
Peter Levitov	Gainesville		
Meryl Best Lowell	Ocala		
Kayla Mann	Sanford		
Jordan McDonough	Lady Lake		
Monica Navarrete	Miami		
Marie Nilsson	Tampa		
Gladys Ochoa	Miami		
Keri Patrick	Gainesville		
Greg Pattoukian	Pompano Beach		

May Transfers

Mallika Albert	Land O Lakes
Douglas Carroll	Tampa
Keith Garvin	Ormond Beach
Mary S. Hirsch	Newport
Amy Johnson Chong	Maitland

June Transfers

Yon Son Baker	Pompano Beach
Jenn Gilgan	Tampa
Margaret Holtzman	Burlington
Robert E. Myers	Fulton
Louis V. Palermo	North Bay Village
Slava Galperina Weinberg	West Palm Beach
Alena Zbrozhek	Brandon

July Transfers

Alma Detten	Pensacola
Steven Jurch	Saint Petersburg
M. Dale Mabry	Deland
Dylan Ward	Miami Shores

October

- 19-25** National Massage Awareness Week
- 20** Pinellas Sun Coast Unit
- 21** AMTA Florida Chapter Board conference call
- 30-31** BOMT , Orlando
- 31** Pin Contest Deadline

November

- 4** Inverness Unit
- 10** Deadline for Journal
- 18** AMTA Florida Chapter Board conference call

December

- 15** Pinellas Sun Coast Unit
- 15** AMTA Florida Chapter Board conference call
- 16** AMTA Florida Chapter BOD Conference Call
7pm-10pm call in number

January 2009

- 6** Inverness Unit
- 10-13** AMTA FL Conference, Palm Beach
Annual Meeting, Election of Officers
- 14** AMTA FL Board Retreat

February

- 16** Pinellas Sun Coast Unit

March

- 3** Inverness Unit

May

- 5** Inverness Unit

Unit News

THERAPISTS IN ACTION!

Heart of Florida Unit

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fteutonic@aol.com

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Vacant

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classicalmassage@tampabay.rr.com

Southwest Unit

Vacant

West Palm Unit

Vacant

First Coast Jacksonville

Vacant

Sarasota Unit

Chair: David Kasprzyk
dreamaker2005@verizon.net

Heart of Florida Unit

The following dates will be our next meetings:

Tuesday September 2nd, 2008

Time: 6:00pm till 8:30pm
2-hour CEU "Marketing Massage as a Medical Necessity" by Jeffery B. Wood LMT, COTA/L, B.S.
@ W.T.I.

Tuesday November 4th, 2008

Time: 6:00pm till 8:30pm
2-hour CEU "Event Massage" by Jeffery B. Wood LMT, COTA/L, B.S.
This course will be designed to prepare for National Massage Therapy Awareness Week
@ W.T.I.

Tuesday January 6th, 2009

Time: 6:00pm till 8:30pm
2-hour CEU "Shoulder Assessment & Treatment Protocols" by Jeffery B. Wood LMT, COTA/L, B.S.
@ W.T.I.

Tuesday March 3rd, 2009

Time: 6:00 till 8:30pm
I would love to have someone come present a 2 hour CEU this night (other than myself)
@ W.T.I.

Tuesday May 5th, 2009

Time 6:00pm until 8:30pm
2-hour CEU "Hip Assessment & Treatment Protocols" by Jeffery B. Wood LMT, COTA/L, B.S.
@ W.T.I.

- Members will receive 10 FREE CEU's if they attend every meeting
- Also plan is to give a Home Study Packet for Ethics, Medical Errors, HIV/AIDS, & FL Law to members that attend 3 out of the 5 meetings.

July's 2009 Meeting will be a Weekend Workshop July 18-19th: 16 hour CEU course TBA.

All meetings will be held at the following location: (except for the Weekend Workshop)

Withlacoochee Technical Institute
1201 W Main Street
Inverness Fl 34450
Room 301
<http://www.wtionline.cc/>

Jeffery B. Wood LMT, COTA/L, B.S.
AMTA Heart of Florida Unit Chairman
(352)-817-3071

Pinellas SunCoast Unit Journal Report

"Communication is Key"

As your AMTA FL Chapter, Pinellas SunCoast Unit Chairs, we have discovered the wonders of organized communication. We have learned that effective communication with each other, AMTA members, AMTA State and National leaders, and the community as a whole, takes a certain level of commitment and compassion. Witnessing this spectacular effort of teamwork, constantly reminds us why we are a part of the AMTA and the massage profession. When times get tough or certain projects get, "lost in translation" via email or telephone, AMTA volunteers make every effort to move forward and complete the task at hand, without losing their cool. For us, this is the pure essence of teamwork.

Moving forward with our second year as an active AMTA FL Chapter Unit, we have a wonderful calendar of events for AMTA members. We welcome all massage therapists to join us in our efforts to establish a network in Pinellas County, where members and non-members can learn, grow & share, as we open the lines of communication between therapist & therapist, therapist & teacher, therapist & profession, as well as, therapist & associations. Join us in one or more of our unit events/meetings scheduled to take place this year. For more information on exact

Come join us at a meeting near you!

dates, times, locations, etc, please read through our Pinellas SunCoast Calendar of events below or visit, www.amtaflorida.org, click on calendar of events, look for Pinellas events.

Current Yearly Calendar 2008-2009

FRIDAY OCTOBER 17, 2008

Alzheimer's Caregivers Conference
The Hospice of the Florida
Suncoast/Mid-County & Alzheimer's
Association Florida Gulf Coast Chapter
"Taking care of your loved one & taking
care of you, How Hospice &
Alzheimer's Association can help"
Location: The Hospice of the Florida
Suncoast/ Mid-County
Time: 10:00am - 2:45pm
(Volunteers please arrive @9:15am)

MONDAY OCTOBER 20, 2008

Unit Meeting & 2 Hr CE
Location: Cortiva Institute-Humanities
Center School of Massage
Time: 6:15pm - 9:00pm
Registration: 6:15pm-6:30pm
Unit Meeting: 6:30pm-7:00pm
Presentation: 7pm-9pm
Meeting Agenda: National Massage
Therapy Awareness Week Volunteer
Organization Session
Program: Dwight Byers - International
Institute of Reflexology, Introduction to
Reflexology

WEDNESDAY OCTOBER 22, 2008

National Massage Therapy Awareness
Week Event
Location: Hospice of the Florida
Suncoast/North County
Time: 10:00am - 2:00pm
(Volunteers please arrive @ 9:15am)

MONDAY DECEMBER 15, 2008

Volunteer Award Presentation &
Member Celebration
Location: The Woods Community Center
39650 US Hwy 19 North
Tarpon Springs, FL 34689
Time: 6:00pm - 9:00pm
Program: Networking, Door Prizes,
Refreshments, Music, Great Food and
Friends!

MONDAY FEBRUARY 16, 2009

Unit Meeting & 2 Hour CE
Location: Cortiva Institute- Humanities
Center School of Massage
Time: 6:30pm-9:00pm
Registration: 6:30pm-6:45pm
Unit Meeting: 6:45pm-7:00pm
Presentation: 7pm-9pm
Program: Judith Walker Delany,
International Academy of
NeuroMuscular Therapies
(Topic to be announced)

Below you will find more detailed information regarding some of the individual events taking place throughout the year.

- **Continuing Education-** As you can see, we have an exceptional line up of speakers scheduled this year! Each class is a 2 hour CE presentation, and is complimentary for AMTA members & students (students do not receive CE credit). The Non-Member fee is only \$35 (Non members may only attend 4 AMTA events). For more detailed information on each speaker please call Cheryl Back Steinke, Unit Membership Sub-committee Chair, @ 727-581-2225
- **Unit Meetings-** A brief Unit meeting is held before each CE presentation to discuss hot topics for our members, profession &/or association. If you would like to suggest a topic for discussion, contact Karen Godfrey, Unit Chair, @ 727-422-7289.
- **Volunteers Needed!!!**
October 17, 2008- Alzheimer's Caregiver Conference-
The Hospice of the Florida Suncoast staff appreciated our efforts so much last year, they requested we join them for the Alzheimer's Caregiver Conference they will be hosting in conjunction with the Alzheimer's Association Florida Gulf Coast Chapter on October 17, 2008. We will provide seated massage for Caregivers, Volunteers and Staff from 10:00am-2:45pm. If you are interested in volunteering please call Cheryl Back Steinke, Unit Membership Sub-committee Chair @ 727-581-2225

October 22, 2008- NMTAW Event-

In celebration of NMTAW we will again provide The Hospice of Florida Suncoast/North County Volunteers & Staff with seated massage from 10am-2pm. Last year's event was such a success and so appreciated, they can't wait for us to come back this year! We had 15 volunteers last year and this year we are expecting an even bigger turnout; therefore, we are in need of even more volunteers. This is a wonderful opportunity for us to share our gift of touch with some very deserving people. If you are interested in volunteering please call Cheryl Back Steinke, Unit Membership Sub-committee Chair @ 727-581-2225.

Sign up today for one or both of these important events. Your help and support in representing our profession and association is greatly needed and extremely appreciated! We look forward to volunteering with you!

As we become actively involved in the community and our profession, it is vital for us as massage therapists to have open communication with each other; and we believe the AMTA FL Chapter Pinellas SunCoast Unit is an excellent avenue, allowing each of you to get involved, speak your concerns and give back to the profession and association we all love so much.

"Communication is Key...and Teamwork is vital for our survival".

Respectfully Submitted,
Karen Godfrey
Unit Chair

Maureen Benoist
Unit Vice Chair

Marilyn Martinez
Unit Secretary/Treasurer

Cheryl Back Steinke
Unit Membership Sub-Committee Chair

Correction

There was an error in the last issue, Paula Termini's Story was written by Jean Ives.

Touch in the Pursuit of Health — Part 1

by Donna C. Cerio

In every adversity, no matter how horrific or destructive, there is always a treasure far beyond what you or those you touch could ever imagine.

The Treasure

The good news is that people can and do have a complete recovery from the trauma of sexual abuse. In my 24 years of practice, I have had the privilege of participating with many clients as they heal their wounds, resume finding their incredible selves, and move on to create productive, happy lives free from the obstacles that sexual abuse puts in their way.

One client in particular comes to mind. She was in a hopeless, desperate condition when we started our work. She had been brutally beaten and sexually molested regularly throughout her childhood. By age 36, the effects were pushing their way out of suppression and making themselves blatantly evident. She had developed numerous body symptoms that made her day-to-day life very painful. Being touched by another person was extremely uncomfortable for her. Her internal landscape was bleak; it resembled a city that had been bombed over and over again. This terrified her and she resisted visiting it in sessions. We would time ourselves and only visit there for 3 minutes at first. Because she could not hold it herself, I held the vision for her that there was treasure to salvage and we only needed to be patient and look for it.

Reclaiming Personal Power - "Participatory Health Care"

I worked progressively and gradually with her, always honoring her pace and treating her as an equal partner in the process. We became allies in her recovery. By having a say in what we were doing, she took control over her experience. The more she participated, the more confident she grew. Much of the damage done from sexual abuse occurs because the person has no control over what is happening and no power to stop it. As she responded to the opportunity to consent to the details of the therapeutic process, she developed self-determination and

reclaimed her right to say yes or no. As a result, the negative energetic imprints from the unwanted abusive touch began to release. The very act of participating in her touch therapy was a significant part of her healing.

Little by little we found bits and pieces of salvageable material in her inner world. We restored, refurbished and rebuilt. Eventually she had a strong foundation with a structure that she had designed herself. She completed our work having gained tools and developed strategies that served to maintain and continue to enhance what she had created. She is now 46 and enjoys optimal health, happiness, a satisfying profession, and a family. She is just one of many clients who found her treasure buried in her personal hardship.

Toxic Touch

To understand how survivors of sexual abuse heal, it is necessary to examine how negative touch affects the development of people who experience it. When a person is sexually assaulted, the impact of the assault leaves imprints that will remain permanent until there is intervention. Some forms of sexual assault are sudden and overt, much like a dent in a car resulting from the impact of a collision. Repairing a dent is a gentle, gradual process that takes time and patience. Step one is to reverse the force in exactly the same direction it came from. If this is not done, the dent will not be completely removed and the surface of the car will remain damaged. The people who repair dents must be well trained and develop a practiced and refined skill through experience. This is also the case in health care; it takes specific training and experience in order to develop the approach to touch that will help survivors of sexual abuse.

Some forms of sexual assault are gradual, slowly undermining the foundation of the person. In Ancient and Medieval times, city and castle walls defended the inhabitants from attacking forces. One way of getting through the walls was to dig under a section of the wall. When a long enough section of the wall had been undermined, the section would collapse from its own weight.

Long-term domestic violence and child molestation both work like this. The process of undermining the boundary system is insidious and often not even noticeable until it falls apart. The boundary system is like the wall, and the gradual verbal and emotional abuse is like the tunneling that causes the collapse. Undermining leads to a skewed, distorted view of the world, and the boundary system is modified to accommodate this altered perception.

The collapse sets up an internal dynamic that places the person in a perpetual state of victimhood. Events that would not cause a problem for someone else become threatening and unmanageable to the survivor. They perceive that they are being victimized over and over again. The ultimate healing is when the survivor steps out of the distortion, unveils the truth, and reclaims their right to grow into a capable, functioning, empowered adult.

The Energetics of Sexual Abuse - Imprints & Landmines

It is essential to understand the impact of sexual abuse on the energetic level, since this is where health care professionals who touch will intersect with it. The exact moment of the first sexually traumatizing event is a point in time marking when the person's life is forever changed. This is the intersection where toxic touch meets the human energy system. Reversing the effects of sexual abuse includes working at that same intersection, the intersection between touch and the energy system, just as the auto body repair specialist works to remove a dent in a car by reversing the direction of the force that caused it.

The concept of energy in relationship to human health is primarily rooted in the Eastern Medical Model. In this model, function is more important than structure. The relationship between things and how they function together is much more important than measuring and describing each individual element. For several decades, Western-trained scientists have been trying to understand what it is.

Dr. Aminah Raheem, Developer of Process Acupressure and a forerunner in holistic thinking, defines energy in this way:

“A dynamic quality associated with activity or with processes; the primal medium which interpenetrates, regulates and integrates the realms of body, mind, emotion and soul.”

In short, energy or life force is the common element in all levels of the human system — physical, mental, emotional/psychological and spiritual. Energy is the underlying force that directs human growth and development. If there is an imprint in the energy body, the imprint will have effects throughout the person's whole system and life. Likewise, a change in the imprint will have the same kind of global effect. Because energy is a dynamic quality, it can be healed and changed, even years after trauma.

Every event stimulates a response. Every response has an energetic aspect. Both positive and negative events leave imprints in the energetic aspect. Studies indicate that the positive events do not usually cause a problem or interrupt normal growth and functioning, whereas the negative ones do.

Imprints from abuse rarely impinge on only one part of the human system because all aspects of a person are connected by energy. This means that a disturbance in one area of the human system, no matter where the impact is first felt, whether physical, mental or emotional, can cause a reaction in another part of the system that is seemingly unconnected.

When sexual assault takes place and the distress goes unhealed, the tremendous impact in the victim's system is embedded and its imprints are filled with energy from emotions such as pain, grief, shame and anger. Like a landmine, it is concealed until it is set off, triggered by some type of pressure. A container builds up around the energy as a survival mechanism. I call this container the “protective field”.

An explosion is a rapid displacement of energy. Triggering a landmine in a client also causes a rapid displacement of energy and it is often an explosive experience for the client. Like imprints, these landmines usually occur in multiple, connected places in the human system. The health care practitioner who uses touch is most likely to encounter a landmine in the physical body.

Intentional Touch™

The Intentional Touch™ model of health care delivery has two equally important purposes. One is to prevent hands-on therapies from inadvertently triggering landmines, thereby retraumatizing survivors of sexual abuse. The other is to train specialists to work directly and intentionally with the effects of the abuse, assisting the survivor in healing the damage and emerging completely recovered.

The Contact Point

The contact point is a point in time when a direct, high quality rapport is established between practitioner and client. This rapport can establish a link of communication and a connection of mutual trust. We work at the contact point, where the potential for healing, transformation and growth is infinite.

We reach the contact point through one or more kinds of touch. These include, but are not limited to, physical contact, mental

exchange (verbal and auditory), emotional understanding, and eye contact. We develop contact points with our clients and we may also draw on contact points from their past.

June's story illustrates the magnitude of the long-term effect of the contact point. June grew up in a horrific environment. Her mother beat her regularly. Her father was a hired killer who took her to the scene of his crimes when she was very young. She was sexually abused by her uncle. Her family members saw her as a problem child and made sure she knew it. In the midst of this chaotic and harmful life, she spent one weekend a month with her grandmother. Her Grandmother was the only person in her young life who treated her gently, and with respect and regard. June always felt listened to and taken seriously. She counted on her "Grandma" to hold her and be present for her. She eagerly looked forward to her times with "Grandma" knowing that she could let down her guard and just be herself. Years later, at 55, she realized that her connection with her Grandmother was the life-line that carried her through the hard times. June's visits were a series of contact points. When June found herself in tough territory; she drew strength from the imprints that the time with her Grandmother gave her.

June's story illustrates how the healing effects of touch are connected the relationship between the two people. The contact point establishes this relationship and gives touch the possibility of positive long-term effects which can offset the damage sustained from the abuse.

Developing an approach to touch that promotes participatory health care and an effective therapeutic relationship is paramount in working with survivors of sexual abuse. PECE, the acronym for the four stages of safe touch, provides the practitioner with guidelines to accomplish this goal.

Stage I - Preparation

We as health care practitioners must take care of ourselves in order to offer the highest quality services possible to our clients.

The act of touching is so natural to us that it may require a jump in professional consciousness to think about preparing for it. When practitioners intentionally prepare themselves, they are most ready to engage in the healthy exchange of communication through touch that promotes healing. The risk of retraumatizing the client is greatly reduced and the potential for positive effects is significantly increased. Intentionality around touch will create a potential for health benefits beyond the confines of the modality

being used. Whether it is a nurse taking blood pressure, a bodywork therapist giving a massage or a doctor examining a hurt knee, in fact the approach and intentionality of the touch is at least as important to healing as the techniques employed.

Practitioner self-care is another essential part of preparation. The practitioners are equal partners in the therapeutic relationship. As such, their condition and state of mind is a significant factor in how effective they are with clients. Self-care prevents drain, illness, and burn out. It enhances the ability to give the highest quality touch.

Stage II - Entry - The Initial Touch

An environment of safety and comfort is necessary for promoting healing in clients.

The interaction between the health care practitioner and the health care recipient is a very important aspect of the healing process. Before touching a person, it is important to be prepared and enter with regard, respect and presence. This establishes a two-way, cooperative communication, preparing the mind of the recipient to cultivate and strengthen confidence in the provider, the procedure, and their own body's ability to respond. There have been several recent studies that suggest confidence, trust, and safety increase biological changes resulting in positive influences on the healing process. If you touch a survivor of sexual abuse too abruptly or randomly, it can activate defensive guarding that will interfere with the effectiveness of your work. Respectful and careful entry gives the recipient an experience of safety, security and comfort. This kind of entry establishes direct, high quality contact. The non-verbal rapport that ensues eases any emotional distress that may be present.

Stage III - Working at the Contact Point - High Quality Touch

Health depends on the quality of life, not the absence of illness or disease.

We work at the contact point because this is where there is infinite possibility for change. Here our client has given us full permission to touch and is participating in the procedure. Touch is well defined, rather than random. It is a pure partnership of practitioner and recipient on all levels.

At the contact point the practitioner is able to accommodate the depth and pace of the touch by calibrating it to the signals the

body is giving. Here, we can listen through touch to the wisdom of the symptom. More times than not, symptoms hold important information that is essential for the healing to be complete. At the contact point, our hands become tools to assist the client in developing a direct functional relationship to themselves.

Stage IV - Exit - Completing your time with your client

We have a moral obligation to deliver our services with responsibility and respect.

Bringing touch to a comfortable completion for your client is as important as the entry into touch.

Because trust is a major issue, survivors of sexual abuse do not let people into their personal space very often or very quickly. A clear, clean, intentional disconnect from the touch reinforces the reality of what has taken place, the partnership of practitioner and client, and the benefit received through the touch. It affirms the existence and ongoing nature of the therapeutic relationship, allows integration and assimilation of the work and a satisfactory, gradual yet well-defined completion for the client and practitioner. The client will feel nurtured, trust in themselves and the practitioner will be deepened, and they will feel calm and settled.

“Protective Field” - The Key to Healing

The “protective field” is made up of the energetic, mental, physical, and emotional patterns that function in a person’s daily life. They were created at the time of the trauma as a survival mechanism. I call this the “home” the person lives in. I have encountered the “protective field” in a variety of forms. Some of the more common forms in the physical body are chronic muscle tension; chronic structural problems and chronic body symptoms that the medical diagnostic techniques have failed to diagnose and treat.

In the mental and emotional body of survivors of sexual trauma we often encounter seemingly unwarranted fear of routine medical procedures, phobias, the need to micromanage and control the environment, longer recovery time for injuries, apprehension about being touched and an undeveloped boundary system.

It is important to realize that the “protective field” is not a pathology, even though its mechanisms are usually no longer useful, and may even be contributing to, or causing, problems or

dysfunction for the client. At the time of the trauma, these defenses were needed as a coping mechanism.

The “protective field” is a skillful, ingenious creation by the victim’s system in order to make it through an unbearable situation. When we consider the severity of sexual abuse trauma, the “protective field” seems profoundly creative rather than pathological. Its presence indicates that the person tapped into the universal primal will to live.

When the abuse occurred, the stakes were high — life or death on a physical, emotional and/or psychological level. Since the stakes were so high the “protective field” has provided long-term survival, the instinctive will to live prompts the “protective field” to hold on for dear life. This makes sense. Until there is something to take its place that proves to work as well, it would be dangerous to destroy or eliminate it. Without a viable replacement, it will not disappear no matter what technique you use. It may hang on as a chronic symptom, or appear to be resolved and go deeper into the body, becoming a more serious condition.

As responsible practitioners, we must “respond to our ability” to touch based on the needs to our client. Touching according to a theoretical plan or standard is dangerous and often not useful.

Dr. Arnold Mindell, Originator of Process Oriented Psychology working on the cutting edge, states:

“It is dangerous to restructure people simply because the restructuring goes along with a physical ideal or a theory of health. The term ‘normal’ cannot be generalized. Each individual has his or her own norm... Timing a change in the body is not up to the therapist, rather it is up to the person’s body indications.”

It follows that the elimination of body symptoms that are not life-threatening is not necessarily the highest priority when working with this client population. The physical technique or procedure is an important tool; however, there may be essential steps to take first if you are to obtain sustainable long-lasting results. A one-sided approach based on the practitioner’s values and agenda can have serious consequences for the client.

Establishing trust and rapport is always paramount for complete healing to occur. A human landmine explodes as the result of a violation of the “protective field”, whether the violation is known or unknown, intentional or unintentional, acknowledged or not. The “protective field” is violated when there is not per-

mission to enter it. The establishment of a healthy therapeutic relationship is a key element in gaining permission to enter the “protective field”. Developing the grace and skill to recognize a “no” directly from the “protective field” and not to override it in pursuit of an external agenda is as important as knowing how to gain permission to enter the “protective field” in the context of the scope of practice. At these times, not touching can have a profound effect and be the key to healing.

Conclusion

We have seen how the toxic touch of sexual abuse undermines the stability of the victim. Distorting the perception of touch, subsequent responses to commonly positive touch experiences become unpredictable and less dependent on the giver’s motive.

The most benign touch can trigger a landmine, setting off a re-experiencing of all or some of the original trauma. Respecting the “protective field” as the brilliant survival mechanism that it is, we are catapulted into the transformation from tragic consequence to personal evolutionary change.

*The names of all clients have been changed to protect their privacy.

Donna C. Cerio, MsT, HHE, PhDc has been a Health Care Practitioner and Educator since 1979. Donna C. Cerio is the developer and primary instructor of the Intentional Touch™ certification program. This is training for health professionals who want to specialize in working the sexual abuse survivors. Visit www.thecerioinstitute.com & www.intentionaltouch.com for more information

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Reviewing Our History in Florida

by Joe Ferguson

The following is a brief chronology with high lights of the history of the massage law. If any one has any other information regarding this please contact me.

1943 CH 480, F. S. "THE MASSAGE REGISTRATION LAW OF 1943, is the law enacted to regulate the practice of massage. It regulated the practice, education and establishments of massage. It also exempted medicine, surgery, osteopathy, chiropractic, naturopathy, chiropody (podiatry) or persons holding a drugless practitioners certificate under the laws of the state, registered nurse, barbers, and beauticians.

Massage schools were approved by the board of massage. The school had to have a licensed physician and physical therapist as instructors. The course of study of 1200 hours over a two year period. The curriculum included practical demonstrations; written and oral tests; and practical and theoretical instructions in sanitation and sterilization and the use of antiseptics, oils, massage creams and lotions and electrical appliances.

Sanitary requirements: Massage schools and establishments were required to have hot and cold running water; use clean linens for each patron; and have a massage table or tables from 20 - 25 inches wide by 60 - 70 inches long and 24 - 27 inches high. Showers were required if the school or establishment gave cabinet baths.

There were a series of changes to the law over the years as follows:

- 1947** the definition of massage was expanded to include electrical apparatus for the purpose of body massaging, reducing or contouring. The minimum age requirement was lowered to eighteen and a six-month Florida residency requirement was added.
- 1955** Colon irrigation was added to the definition of massage and the definition expanded to include movements such as stroking, friction rolling, vibration, kneading, cupping, petrissage, rubbing, effleurage and topotement. There were other additional exemptions for licensed practical nurses, orderlies, attendants, nurse's aids in hospitals under the direction of a licensed physician.
- 1972** Massage establishments could not be issued occupational licenses until approved by the Board and they had to have in their employ and on-duty fulltime at least one registered masseur or masseuse.
- 1977** revisions and rewriting of Chapter 480, F.S. law was changed to the "Massage Practice Act". The definition of

massage was simplified to mean the manipulation of the superficial tissues of the human body with the hand, foot, arm or elbows whether or not such manipulation is aided by hydrotherapy or thermal therapy or any electrical or mechanical device and the application to the human body of a chemical or herbal preparation. The title of "Masseur" would now describe male & female practioners of massage.

The Board of Massage was created within the Division of Occupations of the Dept. of Professional and Occupational Regulation and was granted the power to make rules and take disciplinary actions. Massage schools and establishments were to be registered with the Board and masseurs were to be certified by the Board.

The course of instruction was changed to not less than 750 hours or more than 1200 hours over a period of one year. The practice of massage by students outside a massage school was prohibited. The Board of Massage was granted the power to administer an exam which was not to be confined to a specific system or method of massage.

Physical Therapist was added to the list of practioners who were exempted as well as reflexologists.

*this exemption was removed in 1978 during the "Sunset Review"

Certification by endorsement (without examination) was provided for persons who were licensed by examination in another state with testing requirements similar to Florida.

- 1978** Chapter 480, F.S. was revised and re-enacted in 1978 under the Sunset Review, and a new section was added; "Purpose" The Legislature recognized that the practice of massage is potentially dangerous to the public in that masseurs must have a knowledge of anatomy and physiology and an understanding of the relationship between structure and function of the tissues being treated and the total function of the body. Massage is therapeutic, and regulations are necessary to protect the public from unqualified practioners.

The Board of Massage was expanded to seven members with the addition of two lay members. The Florida Practice Commission was established comprising of the Board and Secretary of the Dept. of Professional and Occupational Regulation (DPOR) * the name changed to Dept. of Professional Regulation (DPR) in 1979. Continuing education was required as part of the renewal process. However was not enacted by rule until 1985. The Dept. of Legal Affairs provided legal services, and the DPOR provided

investigative services and periodic inspections as well as initial inspections of establishments. The DPOR was required to license massage establishments. Renewal procedures for practitioners and establishments were by rules created by the commission. The commission could adopt rules specifying the procedures for licensure of practitioners desiring licensure in Florida who were licensed in other states with licensing standards similar to Florida. The commission was also established minimum training requirements for apprentices.

All fees collected were deposited into the DPOR Trust Fund to administer the provisions of the chapter. Any excess funds could be appropriated by the Legislature to go to the General Revenue Fund.

Complaints against a licensee were filed with the DPOR, which investigate and determine probable cause existed to before petitioning the Board for a hearing. The Board was granted the power to revoke, suspend, reprimand, censure or deny licensure of any masseur or establishment whose license was obtained by fraud or misrepresentation or license-holder, upon proof was guilty of fraud, deceit, gross negligence, in competency or misconduct in the practice of the profession. Violators of this act were guilty of a first degree misdemeanor.

Local occupational licensing authorities were required to have the applicant produce the license issued by the DPOR. They could also regulate the practice of massage except such regulation shall not exceed the powers of the state nor be inconsistent with the act.

1985 “Sunset Review” processing saw most of the existing language of Chapter 480 FS retained. During committee hearings much of the discussion and concerns focused on “colonic irrigation” and the qualifications of “masseurs” to be able to perform this procedure. After much debate the Legislature retained colonic irrigation in the Massage Practice Act.

The Board by rule set forth curriculum and training requirements of at least 500 classroom hours for applicants who have completed a course of study from a Board approved massage school.

The Board was required to have mandatory continuing education of not less than 12 hours per biennium in order to renew a license.

The Board adopted rules requiring establishments to carry minimum liability insurance coverage when applying for an establishment license.

A result of many of the disciplinary actions regarding practicing or offering to practice beyond the scope permitted by law or by accepting and performing professional responsibilities, not being competent to perform.

The Board was asked to determine the scope of practice of masseurs.

Each masseur or massage establishment was required to include the license number in any advertisements.

1988 It became legal for a masseur to make “house calls”. The Board was empowered to adopt rules exempting a masseur from practicing in a licensed establishment while providing massage services at the residence of a client, office, sports event, convention or trade show.

1989 After several attempts, all statutory references to “masseur” were changed to “MASSAGE THERAPIST”.

The Board could approve correspondence courses for continuing education requirements.

1994 The testing for the practical portion of the exam was eliminated.

The minimum age requirement was established by the Dept. at eighteen years old.

Other Laws Affecting Massage Therapists

455.2228 Established the requirement for instruction regarding human immunodeficiency virus and acquired immune deficiency syndrome. This February 1st 1993.

865.09 Fictitious Name statute. Any person engaged in “business” under any name other than their legal name shall register the name & mailing address of the business along with the name & address of the owner of the business with the Division of Corporations of the Dept. of State with Federal Employers Identification Number (FEIN) and Florida incorporation or registration number.

627.6407 and 627.6619 Massage. Any policy of health insurance that provides coverage for massage shall also cover the service of persons licensed to practice massage pursuant to CH 480 F.S. where the massage has been prescribed by a physician licensed under CHs 458 (MD) 459 (DC) 461 (DPM) as being medically necessary and the prescription specifies the number of treatments.

AMTA Florida Chapter 2009 Annual Meeting, Conference and Trade Show January 11, 12, 13, 2009



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M.K. Brennan, AMTA
National President

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 - Mike McGillicuddy sponsored by Hygienic Performance Health
 - Bruce Baltz
 - Sharon Puszko
 - Pete Pfannerstill
 - Matt Michaud
 - Nathalie Cecilia

Please Join Us for a fun filled time of Learning, Socializing and Growing Together in the Field of Massage.

AMTA FL Chapter Board Meeting Saturday, January 9th 9AM - 1PM MEMBERS WELCOME!

Class Schedule

	Room A	Room B	Room C	Room D	Room E	Room F	Room G	Exhibits	
Sunday AM 8:00 - 12:00	Class 1 Upledger Cranial Sacral Therapy I	Class 2 Geriatric Massage I	Class 3 Required I <i>CEUs for license renewal</i>	Class 4 Pre and Post Sports Massage	Class 5 Creating a Strong Therapeutic Presence	Florida Chapter Office/ Lounge	Exhibitor Hospitality	Setup	
Box Lunch 12:00 to 1:00PM									
Sunday Afternoon 1:00 - 5:00	Class 6 Upledger Cranial Sacral Therapy II	Class 7 Geriatric Massage II	Class 8 Required II <i>CEUs for license renewal</i>	Class 9 Kinesio Taping		Florida Chapter Office/ Lounge	Exhibitor Hospitality	Setup	
Sunday Evening	Dinner - On Your Own 7:00 PM Keynote Speaker Followed by Exhibit Hall Opening Reception							Exhibits Open Reception	
Monday AM 8:00 - 12:00	Class 10 Creating a Strong Therapeutic Presence	Class 11 Geriatric Massage I 8:30 - 12:30		Class 12 Kinesio Taping 8:30 - 12:30	Class 13 Bamboo Fusion (English)	Florida Chapter Office/ Lounge	Exhibitor Hospitality	Exhibits Open	
**** Extended Box Lunch in Exhibit Hall from 12:00 to 2:30PM ****									
Monday PM 1:00 - 5:00	Class 14 Visceral Manipulation Barral Institute	Class 15 Geriatric Massage II 2:30 - 6:30		Class 16 Kinesio Taping 2:30 - 6:30	Class 17 Bamboo Fusion (Spanish)	Florida Chapter Office/ Lounge	Exhibitor Hospitality		
Monday Evening	7:00PM Dinner & Annual Meeting and Elections								
Tuesday AM 8:00 - 12:00	Class 18 Upledger Cranial Sacral Therapy I		Class 19 Required I 8:30 - 12:30 <i>CEUs for license renewal</i>	Class 20 Active Isolated Stretching Spa Method	Class 21 Visceral Manipulation Barral Institute	Florida Chapter Office/ Lounge	Exhibitor Hospitality	Exhibits Close 3PM	
**** Extended Box Lunch in Exhibit Hall from 12:00 to 2:30PM ****									
Tuesday PM 1:00 - 5:00	Class 22 Upledger Cranial Sacral Therapy II 2:30 - 6:30		Class 23 Required II 2:30 - 6:30 <i>CEUs for license renewal</i>	Class 24 Active Isolated Stretching Spa Method		Florida Chapter Office/ Lounge	Exhibitor Hospitality		Teardown

Speaker Bios and Class Descriptions



Roy Desjarlais, LMT, CST-D:

Craniosacral Therapy. Roy is a licensed massage therapist who specializes in CranioSacral Therapy, will present the history, concepts, and theory behind this gentle approach. You'll learn how to develop the light-touch palpation skills that bring about profound results. And you'll practice performing whole-body evaluations using the craniosacral rhythm as a guide. (Bring table to session.) 8ceu's must take both sessions



Gayle Mya Breman, MSW, LMT, CST-D:

Creating a Strong Therapeutic Presence. This course provides you with powerful techniques to become a more effective therapist and improve your client outcomes. You'll learn precise steps to remain centered in your therapeutic sessions, to rejuvenate even under stress, and to connect deeply with others so you can help more clients without burning out. 4 ceu's



Bruce Baltz, LMT AIS The Spa Method. Bruce Baltz, Bruce is the founder of SpiriPhysical® Inc., and an internationally recognized educator. This workshop takes stretching to a new level within the spa environment based on Aaron Mattes' clinical approach. In this class you will be learning specific routines which will be broken down into two segments: Neck & Shoulders and Lower Body. You will be taught a series of stretches and the muscles involved.

Your clients will be amazed by the fluidity of your work and its therapeutic benefits Bring Table, wear loose comfortable clothing 8 ceu's

Sharon Puszko, PhD CMT

Owner/Educator
Day-Break Geriatric Massage Institute.
Sharon will be teaching a very innovative 8 hour course for us on Geriatric Massage. Please see the feature article about her in this issue. Please bring tables sheets and wear loose comfortable clothing.



Matt Michaud LMT, Florida Requireds.

Michaud, MA, LMT, NCTMB, is an energetic presenter with over 10 years experience as a professor. Florida & NCTMB Requires: Law & Order: Massage Therapy Unit (2 hrs.), Ethical Boundaries and Business Settings (2 hrs.), Medical Errors in the Massage Practice (2 hrs.), Aids (1 hr.) Q&A session with Fla Board of Massage Members Lecture only, no tables required, total 8 ceu's



Nathalie Cecilia, the founder and original source for Bamboo Massage in the United States (since 2004) will be presenting an introductory course for Bamboo-fusion (Full-body on the Table). The class will consist of 75% "hands on" application for the students utilizing the bamboo tools and 25% lecture. Students will give and receive various strokes during the workshop.

During the lecture portion of the class, students will learn about the modality founder, history of bamboo, contraindications, benefits, and proper care/cleaning of bamboo tool sets.

Students need to bring a massage table with face cradle, bolster or pillow, linens massage cream, oil or lotion, 4 ceu's



Pete Pfannerstill, Ph.D., LMT, CKTI,

Pre and Post Event Sports Massage. Pete has been a licensed massage therapist since 1997. His focus is in clinical sports massage therapy and soft tissue injury rehabilitation. Pre event sports massage: It is used to loosen muscles prior to the activity. Along with light stretching, it will help make sure that the muscles are warmed up and ready to go. It can also help to calm pre-race jitters, allowing the athlete to better focus on the event. Post-event sports massage can help to minimize pain and discomfort, prevent stiffness, reduce inflammation and return muscles to their normal state more quickly after the race. Post-event massage is more calming and relaxing and is usually combined with light stretching. It can decrease recovery time dramatically.

Visceral Manipulation Barral Institute

(Presenter to be announced) Visceral manipulation is a form of manual therapy that focuses on the internal organs, their environment and the potential influence on many structural and physiological dysfunctions. This is an introductory class with hands on work. Please bring table and wear loose comfortable clothes.



Michael McGillicuddy, LMT, NCTMB, Introduction to Kinesio Taping. Michael is nationally Certified in Therapeutic Massage and Bodywork.

In this presentation you will learn the concepts of the Kinesio Taping Method, discover the unique functional qualities of Kinesio Tape, comprehend the various cutting techniques and their clinical application and comprehend the functional difference between Kinesio taping and other methods You will also learn how to incorporate Prossage and Biofreeze into a pain management protocol that will take your practice to a new level. 4 ceu's

Please make a copy of your completed registration and send in with your remittance to:

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Non-Members			
Full Registration	\$359	\$409	\$429**
Daily Fees	\$179 (4 hrs)* \$229 (8 hrs)*	\$209 (4 hrs)* \$259 (8 hrs)*	\$259 (4 hrs)** \$309 (8 hrs)**
AMTA Student Members***	\$ 99 (no CEU credit)	\$ 99 (no CEU credit)	\$ 99 (no CEU credit)
Non-AMTA Students***	\$139 (includes AMTA Student Membership)	\$139 (includes AMTA Student Membership)	\$139 (includes AMTA Student Membership)

* Includes continental breakfast and box lunch for attendance day only

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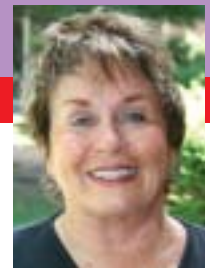
All cancellations must be made in writing and submitted to the Registrar, Eileen Newsome. A \$75 administrative fee is assessed on cancellations. Cancellations postmarked after December 10, 2008 and no-shows are not eligible for refunds.

	Sunday			Monday			Tuesday		
	1st Choice	2nd Choice	3rd Choice	1st Choice	2nd Choice	3rd Choice	1st Choice	2nd Choice	3rd Choice
Morning	#	#	#	#	#	#	#	#	#
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The Marvelous Benefits of Geriatric Massage

by Sharon Puszko PhD, CMT
 Owner/ Director Daybreak Geriatric Massage Institute (GMI)



Massage can be an effective way to not only maintain health in the later years but also regain some functions that seemed forever lost.

Massage is rapidly coming of age in America, and great strides are being made to get massage into the mainstream American life. We see massage for couples, babies, athletes, pregnant women and the harried business person. However, rare is the word about those who could profit the most, elderly.

Noticeable improvements can be achieved most readily in the older client as health problems settle in over a long life. That is also why the best and most eager massage therapist seeks the special training that will qualify them to work successfully with elderly clients.

Older Americans represent the greatest challenge to the therapist's skills. This group spans the range from preparing the 70-year old

marathoner for the next event to simply holding the exhausted hospice patient. Proper bodywork techniques can improve a great number of age-related problems better than any other treatment method.

The effects of massage rest in the fact that it affects the whole body. Not only does it ease muscles and joint pain, it also is a great stress reducer. Add to this that it is almost impossible to do damage with properly selected hands-on techniques, and the reason is clear why massage is increasingly employed in the care of both the well and the ill elderly.

The effect of massage rests on sound scientific basis. Even a gentle massage has a tremendous effect on blood circulation and on the nervous system. These two body systems are especially affected by aging.

DAY-BREAK



The DAYBREAK Geriatric Massage Institute is an organization dedicated to enhancing quality of life in order to make living more enjoyable for the elderly by teaching health care professionals the use of skillful hands-on work and current trends in massage modalities for the aging. This type of massage takes age-related health conditions, from robust to frail seniors into focus.

The Institute was founded in 1982 and has been teaching 40 plus workshops a year from Nova Scotia to Singapore and from coast to coast in the USA.

The Workshops are both beginning and advanced levels and each is approved as a continuing education by the NCBTMB, FSBTMA and CMTBC (British Columbia) for 17 CE each.

Day-Break Geriatric Massage Institute Upcoming Workshop Dates

Level 1

Sept 5 - 7 Traverse City, MI
 Sept 12 - 14 Houston, TX
 Sept 26 - 27 Sitka, AK
 Sept 26 - 28 Santa Cruz, CA
 Sept 26 - 28 Spokane, WA
 Oct 5 - 5 Tampa, FL

continued

Level 1 Continued

Oct 10 - 12 Philadelphia, PA
 Oct 10 - 12 Seattle, WA
 Oct 17 - 19 Ankeny, IA
 Nov 7 - 9 Lancaster, PA
 Nov 14 - 16 Pittsburgh, PA
 Nov 14 - 16 Charlotte, NC
 Nov 14 - 16 Dallas, TX
 Nov 21 - 23 Indianapolis, IN

Level 2

Sept. 26 - 28 Sycamore, IL
 Oct 10 - 12 Citrus Heights, CA
 Oct 24 - 26 Virginia Beach, VA
 Nov 7 - 9 St. Louis, MO
 Nov 7 - 9 Citrus Heights, CA
 Nov 7 - 9 Atlanta, GA

continued

Level 2 Continued

Nov 7 - 9 Seattle, WA
 Nov 21 - 23 Philadelphia, PA
 Dec 5 - 7 Santa Cruz, CA

September 17 - 20 AMTA Conference in Phoenix, AZ



Sharon Puszko, PhD, LMT

DAY-BREAK GMI

Geriatric Massage Institute

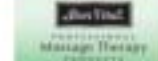
7434 A King George Drive • Indianapolis, IN 46260

(317) 722-9896 Fax: (317) 722-0511

E-mail: spuszko@juno.com

Web Site: www.daybreak-massage.com

Day-Break
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Geriatric massage stimulates these systems in a natural way. Because of this, there are no side effects as are present with almost all medications.

This can be of importance for those who are being treated for high blood pressure, Parkinson's disease, diabetes, depression and many other diseases requiring regular medications. In many cases, regular massage (once a week) enables the physician to reduce medications. This is why the professional geriatric massage therapist routinely asks for permission to talk with the client's physician.

Far from being frivolous pleasure, massage can be an effective way to not only maintain health in the later years, but even to



regain some functions that seemed lost forever. For example, there are documented cases where the three times a week application of specific massage techniques saved legs that were scheduled for amputation due to the blockage of blood circulation. Outside of such dramatic events, massage can be very effective in the reduction of pain and stiffness in the hip, knee and shoulder joints.

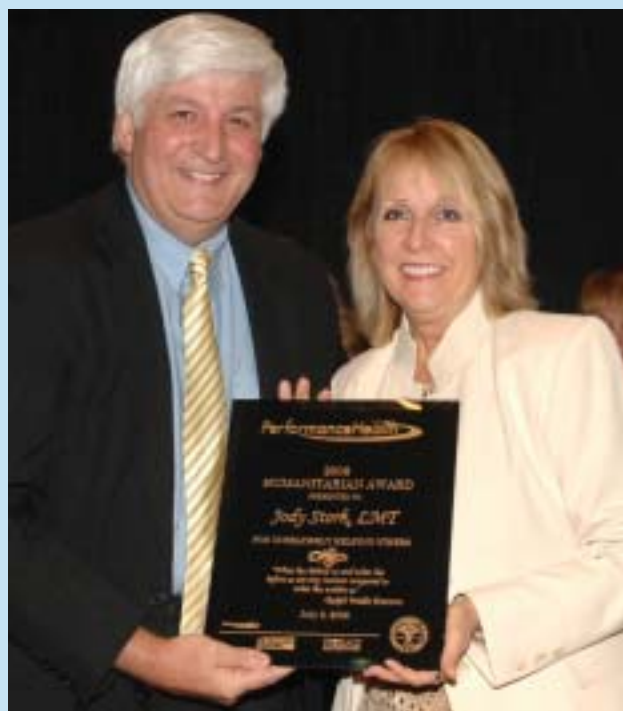
2008 Humanitarian Award Winner: **Jody Stork**

On the evening of July 5, 2008, at The FSMTA Annual Convention, Jody Stork of Melbourne, Florida, received the Performance Health Products Humanitarian Award.

Jody graduated in 1985 from the Reese Institute. She went on to open a Massage Therapy School, The Space Coast Institute, in 1991. Bob Poirier, of Performance Health, presented Jody the Humanitarian Award "Her true passion for massage has always been obvious to those around her," stated Mr. Poirier, "when people speak massage in Brevard County, their first thought is of Space Coast Health Institute and its owner.

Performance Health Products, manufacturer and marketer of Biofreeze(r) Pain Reliever, chooses one distinguished individual each year to receive its Humanitarian Award at the Annual FSMTA convention. Performance Health will donate \$500.00 on Jody's behalf to her charity of choice, The Candlelighters of Brevard, Inc.

Please join Performance Health Products in congratulating and thanking Jody Stork for all she does for Massage Therapy and her community.



CVOP Report

by Karen Roth, LMT

Hello Members,

Well CVOP started out with a big bang! We all had the pleasure of being welcomed warmly by Chris Voltarel our chapter relations chair. Then it was on to our keynote speaker Darryl Harris. Oh my goodness if any one of you ever have the chance to sit in on one of his talks I highly recommend it .

His talk was all about remembering the member. It was phenomenally awesome.

He showed us just how important it is to remember not only the member but to also remember we are all members as well. To show not only our members respect but ourselves as well. He showed just how different we all are . That communication is the key. Communicating not only with our voice , our body language but also with e mails. What exactly is our intent , with our body language , our voice and how we put our words together in emails. How words, body language and emails can so very easily get misconceived. To always be conscious of exactly what we mean and to communicate it in a way that is respectful and precise to whom ever we are talking to. He was riveting and full of energy

and showed in so many ways just how things can be taken so many different ways. We are all a group of volunteers and we all deserve to serve each other with respect and admiration.

From there we were on to our specific groups. We had the pleasure of Leadership Outfitters talking a bit about our association basics , and risk management. Some of the talks consisted of leading an effective meeting, creating memorable member experiences, meeting and planning, governmental issues, and legal consultations.

Our groups were broken up into specific categories according to chapter sizes. From there we were able to get into the nitty gritty of things like conflict management with Steve Swafford. This was a very interesting concept for all of us which again mirrored our talk with Darryl regarding treating the member with respect. He showed us all the different personality types, as well as showing us our own. There are 4 personality types. They are Controller, Analyzer, Persuader and Stabilizer.

For instance if you as a board member have a problem with your budget, and you ask your treasure for more money, and he or she says well how much more do you need and you respond



back with, well I don't know I just need more. This can be very frustrating with a treasure because ,there more than likely to be a Analyzer personality type. So for this type you want to be very conscious and respectful and approach them with all the facts. I need X amount of dollars for X project and we can take it from X Y or Z. The premise for this dialog is to show the Analyzer that you respect there position and want to have all your homework done before you ask for more money. This way they don't feel overwhelmed trying to read your mind of how much you need and for what and where its going to come from. This keeps the line of communication open and fare to all parties concerned. No one feels backed into a corner or feels that there is any bilateral decisions going on. Of course as we all know it all must be voted on, but it keeps things moving smoothly.

Some of the other breakouts consisted of Chapter Budgeting and Planning with Jill McCroy,Chapter Relations with Chris Vollatrel, Volunteer Development, and Governance with Monica Love and Melisa Spani.

All in all it was a wonderful experience and I recommend that you take full advantage of things they all bring to the table. One of things I walked away with is when in doubt don't hesitate to call Mark Tyle!!!! If he can't answer your question he will get you in touch with some one who can. That National is there for you at all times as a member to help. That we are all members together.

Respectfully,

Karen Roth
*2nd Vice President
Medical Liaison
Web Liaison
PR Liaison*

Gaining Flexibility

by Nina Ramos

As licensed massage therapists we must always take care of our body mechanics, remember our bodies are our working tools. A perfect body is the exception, not the rule. By simply being left or right-handed we produce an unequal muscular development. Very few people keep their posture right or move as easy as they should. We repeat the same actions days after day, we acquire certain habits, and it is inevitable that we use a range of movements below our possibilities, therefore the bad body positions and the rigidity becomes something habitual in an imperceptible form.

At first the human animal was destined to walk on four legs, and when converting itself into biped, great transformations in the skeleton took place. Pelvis tilted backwards, and the necessity to raise the arms and to use the hands developed the concave curvature of the lumbar region. At the end of the process four curvatures of the spine appeared, because a curved column is strongest and more flexible and has more capacity to face gravity than if it were straight.

The spine is a prodigious engineer masterpiece, flexible and stable at the same time. Like the mast of a boat, this inserted in the "pelvic bridge" and arrives to the head, holding shoulders like the mast holds the weight of the sails.

Muscles and bands maintain the fibers in place allowing the body to be alert when it moves.

If we want our life as LMT to be long and lasting we must maintain our working tools up to day, the bad positioning can be corrected straightening muscles of the back and the abdomen. It will take some time to appreciate the results, but with a little effort we will be compensated with a good posture, as a contribution to the best operation of our body.

We cannot forget our hands that are our working machine, they must be prepared for the effort that is going to realize, all massage demands an effort of the intrinsic and extrinsic muscles of the hand. Mainly it demands resistance if we perform many massages during a certain period of time.

It is for this reason that we must have a great force in all the fingers, but also we have to know how to coordinate and to regulate that force to be able to apply it in a satisfactory way to the body of our clients. We do have to remember that the massage is performed with two hands and that the two should work the same.

Our hands are vital and precious, to give massage and to manipulate the fascia and the joints with the objective to feel the muscles.



(The strange posture): fortifies and tones the muscles of the legs and increases the flexibility on the toe and ankles.

(Posición rara): Aumenta la fuerza del cuerpo en general, fortalece y tonifica los músculos de las piernas, aumenta la flexibilidad en los dedos de los pies y los tobillos y alinea el sistema óseo.

(Wind release posture): alleviates lower back pain, fortifies and tones the abdominal muscles.

(Posición removedora de vientos): alivia el dolor de la espalda baja, endurece y tonifica los músculos de la pared abdominal, muslos y caderas.



(The half moon posture): Works with the skeletal and circulatory system, increases and strengthens each muscle in the center of the body and increases spine flexibility.

(Media Luna con manos a los pies): Trabaja todos los sistemas óseo y circulatorio, aumenta y fortalece cada músculo en la parte central del cuerpo y aumenta la flexibilidad de la columna vertebral.



(Mudras): exercises for the hands and wrist



Unfortunately due to the little attention that we pay to movements, the poor position and their unsuitable use, our hands end up undergoing on use and disuse.

That is why it is recommended to practice a series of exercises for our hands to have them in total condition to be able to render to the maximum of their capacity, in the same way all those who plan to be manual therapists will have to work to correct their posture.

With time the correct posture would happen to be one-second nature.

As Licensed Massage Therapists we must practice the preventive medicine that we recommend to our clients.

Here are some descriptions and methods based on Yoga, to alleviate the rigidity of our body and hands. Enjoy and practice them.

Remember to ask your doctor before practicing any exercise.

Ganando Flexibilidad

(The tree posture): Assist and correct bad posture. Increase hip and knee flexibility and mobility.

(Posición del Árbol): Asiste en corregir mala postura, Aumenta la flexibilidad y movilidad de las caderas y las rodillas



(The dead body posture): normalize the blood flow, increases the heartbeat, reduces high blood pressure, and teaches profound relaxation.

(Cuerpo muerto): Reduce el ritmo cardiaco, reduce la presión de la sangre, enseña relajación total.

(Mudras): ejercicios para las manos y las muñecas



Como masajistas terapéuticos debemos siempre cuidar nuestra postura, ya que nuestro cuerpo es nuestra herramienta de trabajo. Un cuerpo perfecto es la excepción, no la norma. El simple hecho de ser zurdo o diestro produce un desarrollo muscular desigual.

Muy pocas personas se mantienen erguidas o se mueven con la facilidad que deberían. Realizamos las mismas acciones días tras día, adquirimos ciertos hábitos, y es inevitable que empleemos una gama de movimientos por debajo de nuestras posibilidades, así las posturas se deterioran y la rigidez se hace algo habitual de una forma imperceptible.

En un principio el animal humano estaba destinado a caminar a cuatro patas, y al transformarse en bípedo tuvieron lugar grandes transformaciones en el esqueleto. La pelvis se desplazó hacia atrás, y la necesidad de alzar los brazos y emplear las manos desarrolló la curvatura cóncava de la región lumbar. Por último, en la columna vertebral aparecieron cuatro curvas, porque una columna curvada es más fuerte y más flexible y posee mayor capacidad para enfrentarse con la gravedad que si fuera recta.

La columna es una prodigiosa obra de ingeniería, flexible y estable al mismo tiempo. Como el mástil de un barco, esta insertada en el “puente” pélvico y llega hasta la cabeza, sujetando los hombros al igual que el mástil sujeta el peso de las velas.

Los músculos y bandas fibrosas la mantienen en su sitio permitiendo al cuerpo espabilarse cuando se mueve.

Para que nuestra vida de masajista sea larga y duradera debemos mantener al día nuestra herramienta de trabajo, las malas posturas pueden corregirse enderezando los músculos de la espalda y el abdomen.

Tardará algún tiempo en apreciarse los resultados, pero con un poco de esfuerzo nos veremos recompensados con una buena postura, que contribuirá al mejor funcionamiento de nuestro cuerpo.

Por supuesto no podemos olvidar nuestras manos que son nuestra máquina de trabajo, deben estar preparadas para el esfuerzo que van a realizar. Todo masaje exige un esfuerzo de la musculatura intrínseca y extrínseca de la mano. Sobre todo exige una resistencia si realizamos muchos masajes seguidos.

Es por ello que debemos tener una gran fuerza en todos los dedos, pero también hemos de saber coordinar y regular esa fuerza para poder aplicarla de una manera satisfactoria sobre el cuerpo de nuestros clientes. No debemos olvidar que el masaje se realiza con las dos manos y que las dos deben funcionar por igual.

Nuestras manos son vitales y preciosas tanto para dar masaje, manipular el tejido y las articulaciones o con el objetivo solo de palpar los músculos

Lamentable debido a la poca atención que prestamos a sus movimientos, a la pobre postura y su inapropiado uso, nuestras manos terminan sufriendo sobre uso y desuso.

Es por eso que se aconseja realizar una serie de ejercicios de manos con el fin de tenerlas en plenas condiciones para poder rendir al máximo, de la misma manera todos aquellos que planean una carrera en terapias manuales deberán trabajar para corregir su postura.

Con el tiempo la postura correcta pasará a ser una Segunda naturaleza

Como masajistas terapéuticos debemos practicar la medicina preventiva que recomendamos a nuestros clientes.

Aquí les dejo algunas descripciones y métodos basados en el Yoga, para aliviar la rigidez de nuestro cuerpo y manos.

Recuerde consultar con su médico antes de hacer cualquier ejercicio.

Education Report

by Eileen Newsome

I must say that while driving to the 3rd World Massage Festival in Panama City on July 31st it did cross my mind once or twice that Florida, although beautiful is just too big! Four hundred plus miles later, at 10:45 pm, I knocked on the villa that I would be sharing for the weekend with Pat Donohue, Joe Ferguson, and Suzann Bradley.

After a good night sleep we arrived refreshed at the conference center to set up our AMTA table where for the next three days we would meet and greet attendees from as close as Pensacola and Alabama, and far away as New York & Tennessee. During our stay at the conference we offered chair massage, collected donations for the Massage Foundation, and answered the numerous inquires about AMTA. It was a good opportunity to meet folks and to chat about the many benefits of belonging to this member focused national organization.

The exciting atmosphere of the symposium on Friday evening launched the weekend off to a good start. Symposium moderator Judy Upledger and the outstanding panel (Pat Donohue, Ralph Stephens, James Waslaski, Judi Calvert, Laurie Azzarella, Sandy Fritz, Raul Sr. & Estrellita Izquierdo, Joe Ferguson, Michael Buck, Margie Meshew, Natalie Cecilia, Vivian Madison-Mahoney, Julia Hayes, and Paul St. John) responded to the many questions asked by attendees. Not surprisingly; Florida Law, continuing education, changes in the Florida State massage exam and portability were important topics. Moreover "What is Medical Massage" was an attention-grabbing topic actively discussed, and undoubtedly a topic that will continue to take center stage among educators and members at large. Following the symposium and entertainment by comedian Lanny Moody, attendees enjoyed the chance to network and reconnect with colleagues. During the evening, I was delighted to have the chance to chat with Raul Sr. & Estrellita Izquierdo both of whom were inducted into the 2008 Massage Therapy Hall of Fame during Sunday's closing ceremonies. As always this charming couple provided yet another glance into their amazing life story that began with dance and continues today with their passionate support of the massage profession.

As education chair, I had the privilege to observe many of the sessions which included, Michael Buck's Thai Yoga, James Waslaski's Structural Approach to Pain Management, Margie Meshew's Traditional Thai Massage, Sandy Fritz's Body Mechanics, Ralph Stevens Medical Massage for the Lower Torso, Karen Reifinger's Lomi Lomi, Julia Young Hayes Aquatic Therapy, Vivian Madison-Mahoney's Insurance & Legal Topics, and Nathalie Cecilia's Bamboo Fusion. All wonderful topics presented by experts dedicated to our profession.



Eileen Newsome, AMTA Florida Education Chair

Observing Waslaski's class, I learned of his research and his thoughts on how an incorrect tendonitis diagnosis often leads to prolonged pain for the client. According to Waslaski's staff, his upcoming book will detail important information about tendinitis verses tendinosis. Meskew's wonderful Thai stretches reinforced how important it is to understand and apply good touch with right positioning. Moving out doors to observe Julie Young Hayes aquatic massage, this relaxing water session encouraged me to also enjoy a little shut eye in the afternoon sun. Later, Ralph Steven's session on medical massage for the abdominal wall, lumbar & pelvic provided yet another example of the how quality instruction gives the massage therapist the appropriate tools too skillfully address client needs. Michael Buck's Thai Yoga was yet another wonderful experience that put me as ease after a busy day.

The festival's finale was the induction of the hall of famers; Tiffany Field, Paul St. John, Erik Dalton, Ralph Stephens, James Waslaski, Sandy Fritz, Judi Calvert, John Upledger, Vivian Madison-Mahoney, Elizabeth Dicke and Raul Sr. & Estrellita Izquierdo. Pat Donahue accepted the award posthumously for Elizabeth Dicke, an early pioneer who developed Bindegewebsmassage Connective Tissue Massage in 1929. Dicke's technique is based on the theory that any disruption or imbalance in any part of the body affects the entire system. This is a massage on the reflexes of the autonomic nervous system on a dermatome level. Our evening concluded with Ralph Stephen's key note talk on the profession and how it may evolve going forward.

AMTA Florida Chapter sincerely thanks Mike Hinkle for providing this outstanding opportunity to get the word out about our organization and for me to observe the seminars all of which were excellent. Thank you Mike!

On a related education topic, our web site will shortly contain a dropdown to attract speakers who may be interested in providing 2 hour sessions at one of the chapter's unit meetings. Educators receive \$200 stipend and must be able to provide continuing education credits to attendees. If interested please contact me at www.eileennewsome@etouchmassage.com or via telephone at 727 781 1034.

FCA Dinner and Awards

by Karen Roth, LMT



Hello fellow members,

Our FCA dinner and awards couldn't have gone better. I was so proud, pleased and honored to be able to be apart of this wonderful award presentation.

It was held at the Gaylord Palms resort and convention center. I was able to join fellow FSMTA Board members along with my fellow AMTA board members Kathy Reid 3rd Vice president, Candy Morris secretary, and Eileen Newsome our treasury.

This year Vivian Madison-Mahoney has been selected as 2008 FCA Massage Therapist of the Year. We are very proud of Vivian and her accomplishments. Her dedication to the Massage Profession is outstanding.

Vivian has been a FL LMT since 12/17/1984 as well as TN since 2000. She is an approved CE Provider by FL BOMT and NCBTMB. Vivian is the FSMTA Insurance Consultant. She's been instructing massage therapists on how to accept, bill and receive payment from insurance companies since 1990.

Vivian has served as expert witness and consultant for defense and plaintiff's attorneys as well as for insurance auditing, fraud and investigative units regarding massage therapists' insurance billing practices.

Owning and operating her own massage establishment in Palm Beach County for 16 years with referrals from more than 172 physicians, being the first to ever bill insurance for reimbursement of massage services, treating 28 to 32 patients visits a day and with experience in nearly every insurance scenario imaginable, makes Vivian the most qualified to teach others insurance procedures.

Dedicated to helping massage therapists with insurance issues, she instructs them how to be fair and ethical to patients, insurers and referring physicians. She is proactive in legislative and legal events that could negatively affect massage therapists and is always available to answer insurance questions for FSMTA Members.

Writing for a variety of massage magazines and newspapers she also authored the insurance billing and practice building manual and home study course called, "Manipulate Your Future."

Some of the other recipients of this award are:

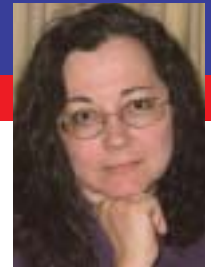
Deborah Karlan - 1997
Lynda Solien-Wolfe - 1998
Judith Walker Delaney - 1999
Michael McGillicuddy - 2000
David Kent - 2001
Tom Oakley - 2002
Aaron Mattes - 2003
Nancy Vail - 2004
DeVarah Lovett - 2005
Maureen Gilbert - 2006
Diana Wassman - 2007

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Current roster includes:
Living with AIDS
Conscious Ethics
Florida Massage Law
Medical Errors Prevention
Sun and Skin - The Myths and the Facts,
The Sun & Skin Cancer Parts 1 & 2
The Anatomy of Communication
and more on the way!

Today More Than Ever....

by Carolyn Pardue



Early voting begins today (the day I penned this missive). It is expected that over 10% of those who are going to vote will vote during this early election time. Others, like our daughter in France and my husband here at home, have already requested absentee ballots. Most will still wait until August 26 — primary election day — to cast their all important vote. Others will sit out the primary and wait until the General election in November. Whether LMTs vote through early voting, absentee voting, or at the polls - voting is more important today than ever and that vote are cast in primary elections and general elections.

As gas prices rise and home prices sink and the government seems only willing to assist the airline executives, bank executives, and Freddie Mac executives, there appear to be two camps — (a) those who are voting hoping for great change and (b) those who are not voting because they believe their vote does not count in the great scheme of things.

Eleanor Roosevelt once said “No one can make you feel inferior without your consent”. Not casting a vote because one does not believe things will change no matter the vote is giving consent to a small number of people to maintain power, thereby making everyone else feel inferior.

Now that I have had my ‘sermon of the day’, let’s look at the question: Why should licensed massage therapists vote?

1. Practice acts are created by legislators, who are elected.
2. Agencies who implement the rules have heads of said agencies who are appointed by the Governor of the State, who is elected;
3. Education Departments who determine, ultimately, education standards and licensing of schools are headed by persons who are appointed by the Governor of the State, who is elected;
4. Administrative Law Judges who hear cases brought by professions who feel rules are inaccurately written, interpreted, etc. are in an agency headed by a person who is appointed by the Governor of the State, who is elected.

5. Circuit courts who hear appeals to agencies decisions by professionals are presided over by judges, who are elected.
6. The Supreme Court of the State who is the final decision maker on interpretation of laws, rules and decisions, has justices all appointed by the Governor of the State, who is elected.

See the theme? Every facet of the professional life of persons licensed in the state of Florida is, ultimately, decided by elected officials. Voting provides the opportunity for professionals to stand up for their license — their profession — their way of life.

Today more than ever...vote for yourself.



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October 25 - 26 / 9:00am - 5:00pm / 14 hours
Instructor: Jeff McConnell

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FSACOFP (Florida Society of the American College of Osteopathic Family Physicians)

by Karen Roth, LMT

Dear AMTA Membership

We had the opportunity to attend this function in Orlando at the Hyatt Regency Grand Cypress on July 30th thru August 3, 2008.

It was a huge success!!! Over 400 hundred doctors attended this, and we had the chance to speak with so many of them. Kathy Reid with membership and myself Karen Roth Medical Liaison took this wonderful opportunity to discuss with the medical field the importance of having a qualified massage therapist in the office working closely along side of them to help better educate and better assist there patients in there own health care.

Candy Morris our own AMTA secretary brought along the school she works very closely with to help out with the complimentary chair massage, along with some of their very fine instructors. I would like to personally thank Candy and Everest School for making this such a great success. The students came out enthusiastic, incredibly educated in chair massage and ready to spoil anyone who sat in their chair. Everyone walked away with a smile and a new perception on just how important touch can be. I was in awe to watch the instructors interact with their students, and to watch their students perform with such expertise. Hats off to Everest, keep up the good work with your students.

I would like to encourage any LMT if you have the time to come out to one of these events listed on the web site, in the calendars. www.amtaflorida.org it's a great opportunity to discuss this awesome profession with other fellow medical providers. It's also a great time to network with fellow medical providers in your own area.

Please if you love your profession come out get involved. We are always looking for volunteers. Come out and enjoy seeing how every little bit helps.

Sincerely,

Karen Roth
2nd Vice President
Medical Liaison
PR and Web Liaison



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- ☐ MAY 15 - 19, 2009
- ☐ JULY 24 - 28, 2009
- ☐ OCTOBER 23 - 27, 2009

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www.RNRMassageTherapy.com

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Federation of State Massage Therapy Boards

by Debra Persinger, Ph.D.



It is a pleasure to be able to connect with the AMTA Florida Chapter and to share a little about the Federation of State Massage Therapy Boards (FSMTB). Our mission is to support our member boards in their work to ensure that the practice of massage therapy is provided to the public in a safe and effective manner. We currently have 29 members comprised of the various state massage licensure boards in the United States and territories. In fulfilling our mission, we strive to facilitate and improve communication between States and offer prospects for enhanced licensing reciprocity for the ultimate benefit of safe massage and bodywork practice protecting consumers.

Basically, the FSMTB serves the regulatory community and provides benefit from the knowledge gained by combining the individual State resources into a larger organization. This combined intelligence provides the individual State Boards with information and resources with which knowledge-based decisions in the regulation of the profession within their State can be made.

Creating the eagerly-awaited Massage & Bodywork Licensing Examination (MBLEx) has been a key objective for FSMTB as it provides the regulatory community with the only reliable, valid exam to assess entry-level competence. The FSMTB developed the MBLEx to provide a reliable exam under control of state regulatory agencies responsible for overseeing massage and bodywork practice, rather than having examinations administered by a third-party organization. This approach benefits the massage and bodywork community by providing a single, uniform standard which facilitates professional mobility across state lines as well as offering a streamlined process that supports, rather than delays, their licensure and entry into the field.

The MBLEx is a 125-item multiple-choice exam. The application process is simple and once approved, candidates have a 90-day testing window within which to take the test at one of the 210 sites around the country. Official score reports are received at the test site and test results are sent to state boards each day. Practice tests and online applications are currently in development.

The content of the MBLEx reflects the broad spectrum of knowledge and core competencies identified by the profession for safe and effective entry-level practice. Proficiency in the content areas is based on sound education standards; however, the MBLEx is based on practice and did not evolve from a curricular base. In fact, the content for the MBLEx was based on feedback from the thousands of massage and bodywork professionals, educators and industry leaders around the country — that is why we say this is an exam for the profession, by the profession — and with heavy involvement of the regulatory community at every step.

Exclusive use of the MBLEx is the sound approach to protecting the public and giving the profession a uniform credential that would be recognized anywhere in the United States. This could never happen with the existing certification process because some states are either prohibited by law or reluctant to delegate to an outside organization.

In addition to the provision of the licensing examination, another major goal of the Federation is to improve standards of massage therapy education, licensure and practice. We wish to cooperate and collaborate with entities that share this objective, including other massage therapy organizations, accrediting agencies, governmental bodies, and groups whose areas of interest may coincide with those of our member boards.

We invite you to learn more by visiting our Web site at www.fsmtb.org. If you have exam-related inquiries you may also call the dedicated MBLEx toll-free number 1-866-962-3926 or email mblex@fsmtb.org. The FSMTB always welcomes communications from all stakeholders. Please do not hesitate to communicate directly with our Executive Director, Dr. Debra Persinger, via email at dpersinger@fsmtb.org or by telephone at (913) 681-0380.

National Certification: the Massage Profession's Highest Level of Excellence in Florida

by Donna M. Feeley, MPH, BSN, RN, NCTMB
Chair, NCBTMB

Since Florida began regulation of the massage profession, more therapists in the state have taken and passed the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) exam than in any other state in the union. Currently 13,641 national board-certified massage therapists touch the lives of countless Floridians every single day. The fact that the Sunshine State boasts more national board-certified massage therapists than any other state is something Florida practitioners, students, schools and everyone who hires and employs these professionals can be extremely proud of.

The nation's standard

The NCBTMB credential is widely acknowledged as the nation's standard of excellence. Currently, 32 of the 39 states that regulate massage accept NCBTMB exams by statute or rule. Over the past 16 years, more than 200,000 exams have been administered by NCBTMB for state licensure and/or certification purposes. In total, over 30,327 certificants have practiced in Florida, with over 90,000 NCBTMB certificants practicing safe, effective and professional massage in the United States.

The value of certification

Understanding the value of certification is important not only to current certificants, but to potential certificants and students as well. Certification demonstrates that a massage therapist or bodyworker is well educated, with the requisite knowledge, skills, commitment and dedication to the profession. The value of certification is far reaching, with benefits to the profession, certificants, employers and the general public. In fact, as massage becomes more integrated in complementary and alternative healthcare, certification and its value become more recognized and in demand.

Value to the profession

Certification demonstrates that the profession as a whole is dedicated to ethical therapeutic touch. It also provides:

- Commitment to Excellence-A program that identifies entry-level competencies in the profession.
- High Standards-A strict Code of Ethics and defined Standards of Practice for all massage therapists and bodyworkers to follow.
- Time-Tested Value-The NCBTMB credential has served the profession for over 16 years.

Value to certificants

Certification demonstrates credibility-that a massage therapist or bodyworker has achieved a basic level of knowledge and will complete continuing education in order to maintain the certification credential. It also connotes:

- Professionalism-Promotes personal satisfaction and enhances the certificant's professional reputation.



- Credibility-Increases the certificant's sustained marketability by providing opportunities for career advancement and the possibility of increased earnings.
- Legitimacy-Meets governmental and/or employer requirements.
- Portability-Provides more opportunities when searching for employment because 32 states and the District of Columbia accept or recognize the NCBTMB exam in statute or rule.

Value to employers

For employers looking to hire a massage therapist or bodyworker, the NCBTMB credential demonstrates a professionalism and commitment to continual growth. Employers also see the credential as providing:

- Competency-Regarding the certificant's knowledge and their application of that knowledge. This could prove useful in making employment and advancement decisions.
- Continuing Education-Developing skills and new arenas of expertise has the potential to increase customer satisfaction.
- New Center of Excellence Program-Supports and promotes employers who exclusively hire nationally certified massage therapists and bodyworkers.
- Compliance-Provides compliance with many of the states' regulations, as well as accreditation by NCCA (for the bodywork exam).

Value to the public

- Trust-Assists the public in identifying qualified massage therapists and bodyworkers who are committed to public health and safety and represent the long history of the nation's commitment to national certification.
- Accountability-Demonstrates a high level of commitment to the profession and accountability to the general public.
- Confidence-Increases public confidence in the selected massage therapist and bodyworker, while enhancing the quality of client care.
- Protection-Protects public health and safety through its Code of Ethics, Standards of Practice and continuing education. It also provides the public with a specific and published disciplinary process to follow in case a complaint needs to be filed.
- Progressive-National certification represents a national movement to advance the profession through support of research, public speaking, continuing education, integration in the healthcare arena and more forward-thinking initiatives.

NCBTMB's national certification exam — unrivaled in the profession

The State of Florida deserves the very best testing instrument and program possible for use in its licensing initiative. Side by side with any other test provider, NCBTMB's exam:

- has served as the highest national standard with unparalleled performance for the last 16 years
- promotes professional development and commitment to advancing the field as part of a comprehensive program
- has undergone four iterations of Job Task Analyses since 1992
- has been successfully administered more than 200,000 times and is therefore better tracked, measured and supported
- is the only NCCA accredited massage and bodywork exam program in the country; ensures third-party quality assurance
- utilizes enhanced, third-party security measures and “fail-safe” restrictions
- allows new licensees to attain certification without taking a costly second exam

National certification: the best choice for Florida and the nation. NCBTMB's certification program is essential not only for the profession, but for the health, safety and welfare of the public. Florida has utilized NCBTMB's exam program since the early '90's, and has participated in NCB's ethics and standards disciplinary program for many years. The NCBTMB exam and all of its programs to support the profession have helped form the backbone of a safe and effective massage profession not only in Florida, but across the United States. It means something very special to the long line of practitioners who have earned it, and embrace what national certification stands for. Why would anyone want anything less?

Anyone seeking more information on national certification and our exam program is encouraged to contact us at 630-652-0459 or ledgar@ncbtmb.org with any questions concerning our licensing exam or certification program.

Vivian Madison-Mahoney *FCA 2008 LMT of the Year*



For over ten years now the FCA has honored a Licensed Massage Therapist that supports the Chiropractic Profession with the FCA LMT of the year award.

This year's winner is Vivian Madison-Mahoney LMT

Vivian has been an LMT for 24 years and has been a Chiropractic fan since 1979, when receiving chiropractic treatment for her auto injuries. Her chiropractor later hired her as his chiropractic assistant and ultimately sent her to massage school.

Since being licensed in 1984 she accepted insurance for reimbursement. She built her business to 32 patient visits a day, receiving referrals from 172 Palm Beach County physicians. The first in the nation to do so, she was asked by the FSMTA to serve as insurance committee chair, a position she still holds today.

She writes articles for state and national massage publications. She's a member of the FSMTA, AMTA and FCA.

Vivian freely answers questions for chiropractic and massage offices regarding insurance billing and massage employment issues. Staying on top of all insurance issues she has not missed a FL Workers' Compensation Conference in 23 years. It was Vivian's Worker's Compensation case before a JCC that set the precedent for massage therapists to be reimbursed by Florida Workers' Compensation.

She's won several awards in the massage profession and has recently been inducted into the Massage Therapy Hall of Fame along with other prestigious massage therapy educators.

Congratulations Vivian !

Delegate Report Unit Presentation

July 19, 2008

On July 19, 2008 Tracey Samples and Karen Godfrey, Delegate Co-Chairs, visited the Pensacola Unit. We provided the members with a presentation on Delegate responsibilities and guidelines for writing bylaw recommendation/amendments and position statements.

We presented to a small, but enthusiastic and supportive group. We changed our presentation slightly and focused more time on reading the recommendations and position statements individually. The rationale for the changes was to allow further examination of the recommendations for a better understanding of the reasoning behind the individual chapter's proposals; as a result, the members formed educated opinions and provided us with the feedback we needed as we prepare for the House of Delegate meeting at the National Convention in Phoenix.

Member Feedback: Recommendations:

- 1) Indiana Chapter – Recommendation regarding the distribution of agendas to chapter representatives:
 - Member consensus - important for National Board of Directors to inform chapters of agendas and allow representatives to address concerns and issues at open meetings.
- 2) Indiana Chapter – Recommendation regarding term of office for delegates:
 - Members recommended a three-year consecutive term limit, rather than no limit to the time a member can serve their chapter as a delegate.
- 3) Illinois Chapter – Recommendation regarding modification to professional membership requirements pertaining to licensure:
 - Further reading from members was requested regarding this matter.



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Palm Beach - Jan. 17-18, 24-26, 2009

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- 4) Connecticut Chapter – Recommendations regarding HOD Delegate Terms
- Members felt three years was ample time for Delegate term
 - Members felt it was important to have new Delegates every few years to keep a fresh perspective; yet, they could see the benefits in having a delegate in the position for more than two years because their experience would be helpful to the newer delegates.
- 5) California Chapter – Recommendation regarding Policy Changes- PACS
- All members seemed concerned about this recommendation; they did not approve of this recommendation

Member Feedback: Position Statement Proposals:

- 1) It is the position of the American Massage Therapy Association that massage therapy can be an integral part of health care.
- 2) It is the position of the American Massage Therapy Association that newborns (especially pre-term infants) may benefit from massage therapy.
- 3) It is the position of the American Massage Therapy Association that massage has been shown to assist in postoperative pain relief.
- 4) It is the position of the American Massage Therapy Association that massage therapy can be a valuable component to a wellness program.
- Members were so impressed with the research, gathered information, rationale and overall hard work that went in to preparing each position statement proposal. They agreed with each position statement and would be happy to stand behind each statement with the AMTA. As we read through each proposal, our member's level of pride for our profession was absolutely apparent; as we read the wonderful research topics, within each proposal, we were reminded how important the work we do, as therapists and volunteers, is to our profession and association. All in all, the position statements were found to be appropriate and factual. Our members hope the National Board of Directors will pass these proposals and establish them as official positions of the American Massage Therapy Association.

As your AMTA FL Chapter Delegate co-chairs, we appreciate the opportunity to visit a few of our state's units; we found the

discussions informative and imperative, for us to make the most educated votes possible, based on our members feedback, at this year's National Convention.

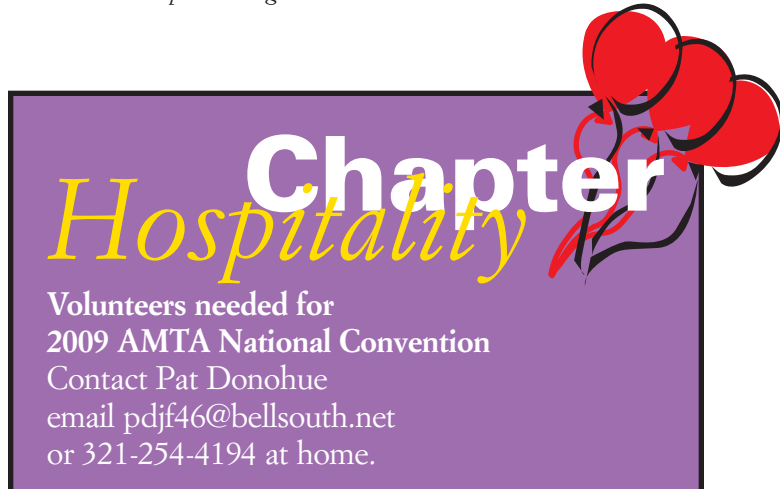
After the convention we will continue on our path as your delegate co-chairs by following up with some of our members who showed an interest in creating some recommendations and/or amendments to our bylaws, as well as, possible position statement proposals. For those of you who have your own Bylaw recommendations/amendments and/or Position Statement proposals, please call or email us. The deadline for submitting bylaw recommendations is February 15, 2009 and the deadline for submitting position statement proposals is February 1, 2009. Remember we are here to support you and help you follow through with your ideas, so if you think you have an idea; but, need some help in formulating your facts, etc., just give us a ring.

Once again, thank you for this opportunity; we are looking forward to another productive year, filled with member networking and unlimited unity within our AMTA FL Chapter.

Look for our post convention report in the next journal.

Karen Godfrey
727.422.7289
classicalmassage@tampabay.rr.com
&
Tracey Samples
352.504.2388
heartcall@comcast.net

AMTA FL Chapter Delegate Co-Chairs



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To AMTA Member in Brevard County,

The AMTA emergency response procedures are for the AMTA to consider action once FEMA has declared an area eligible for individual federal assistance.

At this time only Brevard County in Florida has been declared eligible for that level of assistance. AMTA has 94 members in Brevard County. Should you need help, contact the AMTA National Office, directly. They will assist you with special payment plans on a case-by-case basis.

Yours in service,

Pat Donohue
AMTA FL Chapter President

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Membership Confirmation

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Professional Membership

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Please check and submit documentation for one of the following:
- Photocopy of diploma or proof of graduation from a minimum 500 in-class hour entry-level massage therapy training program.
- Photocopy of National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) certificate or confirmation of passing score.
- Photocopy of current AMTA-accepted city, state or provincial license.

Code of Ethics Agreement

I am familiar with the requirements of membership in the American Massage Therapy Association and agree to abide by the Bylaws and Code of Ethics upon acceptance of my membership. I understand that violation of the Bylaws or Code of Ethics can be grounds for termination of my membership. I attest that I have never had a permit or license related to massage therapy revoked, suspended or voluntarily surrendered. I am not currently under any disciplinary action on a complaint resolved or unresolved in this state or any other location.

I have read and agree to the above (signature) Date _____

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Fax: 847.864.5196

Thanks for joining our family of massage therapists!

Board of Massage Therapy Report: July 24-25, 2008

by Michael Garcia

The 347th General Business Meeting of the Florida Board of Massage Therapy was held on July 24 & 25, 2008 at the Tampa Airport Marriott, in Tampa, Florida.

Board members present included: Dave Quiring LMT, Chair; Lynda Solien Wolfe, LMT, Vice Chair; Andrea Vala, LMT; Jacqueline Kelly, LMT; Lorena Haynes LMT and consumer member, Irene Andriole. Representing the Board staff were Pamela King, Executive Director; Christy Robinson, Program Administrator, and Chelisa (Lisa) Kirkland, Regulatory Specialist II. Board counsel for this meeting was Carol Cherry, ESQ. Prosecuting attorney, Sam DiConcilio, ESQ. was also present.

Two of the four scheduled Informal Hearings were withdrawn from the agenda. One remaining case involved an LMT that was disciplined for practicing at an unlicensed establishment, and one was for violating a previous Final order of the Board. Both of the LMT's involved in these 2 cases face expenses of over \$1,300.00

There were 21 scheduled settlement agreements. These are cases that the LMT or establishment owner and the state attorney's office have already agreed on the discipline for the offenses. The board members have the right to accept the agreements as written or to deny them. They may also suggest alternative discipline, which the state attorney's office will then have to present to the involved parties. In this meeting, all settlement agreements were accepted by the board.

Seven voluntary relinquishment cases were originally scheduled, one was withdrawn and one was added. The board accepted all of the voluntary relinquishment cases. These are cases where individual licensed therapists or establishment owners are voluntarily giving up their licenses.

Six cases for determination of waiver were scheduled, with one being moved to a voluntary relinquishment status, and one moved to an informal hearing. Of the remaining 4 cases, 3 had their licenses revoked by the board.

There were approximately 37 history applicants reviewed by the board. Only a few applicants had their applications denied. Two of the denials for licensure were due to the fact that the applicant had been required to appear before the board at 3 meetings and failed to appear. Sixteen applicants were issued their licenses unencumbered [they do not have to meet any special or additional requirements/conditions]. Three applicants were ordered to appear at the next meeting. The other applicants were issued their licenses conditionally [they must meet additional requirements

in order to receive their licenses]. Most of these applicants were approved with the condition that they be evaluated by P.R.N., and then follow the recommendations of P.R.N..

Ten applications for massage establishment licenses were reviewed. Three applicants were ordered to appear at the next board meeting. Two applicants were issued their massage establishment licenses unencumbered. Five applicants were approved conditionally [pending payment of fines].

One massage school license was reviewed and the board voted to withdraw their approval for the school. This decision was based on the fact that the school did not meet the minimum requirements for approval as a Florida approved school.

One continuing education application was approved and one failed to be approved.

The board members and staff discussed/reviewed a matrix proposal that would provide guidelines for the staff to assist them in deciding when to send applications to the board for review, when to send the applicant directly to P.R.N., and when they might take other actions. Once a matrix is finalized and approved (when and if it is approved) it may prove beneficial for prospective massage therapy students and schools, as well as for the board staff.

There was discussion about possibly approving a national exam for colon hydrotherapy to replace the exam currently administered by the state. No decision was made at this meeting.

Even though the board previously voted to approve the new MBLEx as the accepted test for licensure in Florida, the scheduled implementation date of August 1, 2008 will be delayed. The rule change has been challenged by the NCBTMB. Representatives from the NCBTMB were at the meeting and stated their alleged reasons for the challenge. The rule permitting use of the new exam will not take effect until (and if) the Division of Administrative Hearings rules in favor of the board of massage supporting their authority to make the change.

The NCBTMB based their challenge on a Florida statute (Section 120.56(2), F.S.) that provides that any substantially affected person may seek an administrative determination of the invalidity of any proposed rule by filing a petition seeking such determination, and such petition shall state with particularity the objections to the proposed rule, and the reasons that the proposed rule is an invalid exercise of delegated authority.

The F.S.M.T.A. issued a formal statement for support of the board's authority to be able to select an entry level examination for the Massage Profession.

This information should be shared with all Florida licensed massage schools and students preparing to take the licensure exam. There is still only one test approved for licensure in Florida, and that is the NCETMB. This is the same exam that has been used for the past several years. This test does include detailed questions on Eastern modalities (chakras, meridians, acupuncture points, etc).

There was discussion on the subject of Distance Education relating to massage therapy training, including a proposed language change to 64B7-32.003 Minimum Requirements for Board of Massage Therapy approval.

This proposed rule change is still in the discussion stage. The rule proposes to permit up to 200 hours of distance education be accepted from a board approved school with an accredited distance education course approved by a D.O.E. recognized accrediting agency for the academic portion of the program.

There is also a proposed language change regarding endorsement applications. The suggested wording is "Endorsement applicants may take the initial 10 hour FL laws course, 4 hour ethics, 3 hour HIV/AIDS and a 2 hour medical error prevention course thru distance education from a board approved provider". Remember, these are only proposed changes, they are not approved or in effect at this time.

Stay well, practice safely within the law, and always remember the following 3 quotes:

"Ignorance of the Law is no excuse!"

"Education cures ignorance!"

"It is your responsibility to know your Laws!"

Disclaimer: *This information is not the official transcript or minutes of the Board of Massage Therapy. The office minutes can be found on the Board's website at www.dob.state.fl.us/mqa.*

Michael Garcia R. N., L. M. T., is the Chief Academic Officer at Alpha School of Massage in Jacksonville, Florida, and a Florida approved C. E. U. provider for Medical Massage and other courses. His e-mail address is michaellgarcia@comcast.net. (That's Michael with 2 L's)

Classifieds

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- Desire to communicate with others

Job Responsibilities:

- Establish a committee, no less than 2 people to assist the editor
- Canvas Educators for articles
- Canvas and create invoices for Advertisers for the Journal
- Send checks to the treasurer for depositing
- Relay messages to the Board of Directors from our members
- Remind Unit Chair of their report on activities and meeting notices

- Remind Board members of their deadline
- Remind Author of deadlines for articles
- Remind Advertisers of their deadline
- Prepare draft of Journal with the designer
- Send out first draft Journal to Board of Director to edit, for grammar and mistakes
- Send corrections to designer
- Send Board corrected Journal for second proofing
- Send final proof to designer
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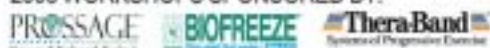
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| Nov. 14 - 16, 2008 | Baltimore, MD |
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| March 27 - 29, 2009 | Phoenix, AZ
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| May 2 - 9, 2009 | San Jose, Costa Rica
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