

A M T A F L O R I D A

Journal

Welcome Aboard!

*Meet the new
AMTA Florida Board*

Inside:

**Annual Meeting
Recap**

**New Gainesville
Unit**

**Mind and Body
Matters**



Spring 2010 #53

\$4.00



Mission:

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

Managing Editor

Karen Roth

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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AMTA Florida Chapter

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The Florida Chapter reserves the right to edit all materials where appropriate for space and clarification; accept or reject materials and assumes no responsibility for errors, omissions, corrections, or modifications in publications. The opinions contained in this publication do not necessarily reflect those of the staff or of this publication and/or the AMTA Florida Chapter.

Per Issue Advertising Rates

Contact: Karen Roth
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Postmaster

If your address has changed, please notify the organizations below. Prompt notification will ensure your continued receipt of AMTA and State Board mailings. Mail changes to the following organizations:

AMTA Membership Director

500 Davis St., #900, Evanston, IL 60201
1-866-268-2352

Board of Massage Therapy

4052 Bald Cypress Way BIN #C06
Tallahassee, FL 32399-3256

Summer Advertisement Deadline

May 10, 2010

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2010 AMTA-Florida Chapter Delegates

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Bruce Baltz, Bruce@dtsm.net
Nina Ramos, jiova18@yahoo.com
Jeffery Wood, WoodJ@citrus.k12.fl.us
Davis Kasprzyk, amtadavid@verizon.net

If you are not an AMTA member and have received this Journal please accept it with the compliments of the AMTA FL Board and Membership as a “Welcome to the Profession in Florida.” We hope you will join AMTA and get involved.

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West Palm Beach, FL • June 18 - 20
Providence, RI • July 23 - 25
Seattle, WA • Aug. 27 - 29
Richmond, VA • Sept. 24 - 26
Tucson, AZ • Oct. 22 - 24
Austin, Tx • Nov. 19 - 21

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Message

GEORGE SCHWIND



OPEN LETTER TO OUR PAST PRESIDENT CANDY MORRIS:

Thank you Candy!

Thank you for a very successful year as the AMTA Florida Chapter President.

This past year as you all know was a very busy and challenging year for our chapter. You came upon the president's job in the middle of a term with little to go on except your wonderful willingness to perform. You did our chapter and yourself very proud! You smoothly managed the chapter responsibilities for the best attended AMTA National Convention. You personally took responsibility for a heavily used massage room, set up that room and also tastefully set up a tranquility room, while using furniture from your own home. You also did a fabulous job surprising our members by being a part of our great events, which included the luau, mystery dinner, member luncheon, and let's not forget our hospitality table where AMTA members received great discount booklets and lei's and all kinds of local information.

The volunteers and student assistants you handpicked worked flawlessly and tirelessly under your direction.

You also moderated our annual meeting in Tampa with AMTA national director as the featured guest speaker, once again pulling it off as a pro. You also were very instrumental in our medical conventions allowing your students again under your superior guidance, to participate and be exposed to wonderful opportunities of the benefits of networking and getting the experience and the knowledge these doctors offered.

You also worked on the budget for this new fiscal year. Oversaw the CEU seminars around the state, added the Gainesville unit to the chapter and kept our board meetings productive and on the agenda.

As we sat at the officers table during our recent annual meeting watching you give awards for service for our chapter, I thought that the chapter should be giving you an award for "Excellence as a President"

Candy you will be sorely missed! You have done an excellent job and continually have gone above and beyond your scope as a chapter volunteer. We all wish you the very best in all your endeavors.

Respectfully,

*George Schwind
Members of the Florida Board*



Welcome NEW FLORIDA MEMBERS

November, December and January New and Transfer Members

Bradley Adam Dishner	Crestview	Jaime Farin	Fort Lauderdale	Bernice Lawrence	Naples
Ileana C. Aguilera	Hialeah	Colleen H. Ferris	Winter Park	Caroline Liginos	Saint Petersburg
Christine Ales	Pinellas Park	Lloyd Forman	Boynton Beach	Chuck Lindeen	Saint Petersburg
MaryAn Anjelic	Lake Worth	Jennifer Gardner	Naples	Herbie Mack	Homosassa
Joseph Arvilla	Seminole	Robbin George	Hollywood	Jim Mandala	Inverness
Lazaro Aulet	Miami	Olga Giamundo	Fort Lauderdale	Kimberly A. Markovich	Altamonte Springs
Richard Lynn Bailey	Pensacola	Michael Tyler Gilliard	Lakeland	Nicole M. Marshall	Fort Lauderdale
Mary E. Bartlett	Ponte Vedra Beach	Loren Groble	Jacksonville Beach	Monica McLane	Rockledge
Rachel Beam	Little Torch Key	Jill Grodin	Dunedin	Carla Michaud	Kissimmee
Dori Beczo	Summerfield	Mario Alexis Guevara	Miami	Lizmarie Midence	Orlando
Gale Beekman	Deland	Barbara Gurtler-Kutek	Venice	Lauren Miller	Miami
Robert N. Biggs II	Port Charlotte	Stacy Lucille Hairston	Sanford	Rachel Miller	Orange Park
Rebekah R. Blowers	Pensacola	Karin W. Hallinan	Punta Gorda	Heather Mills	Inverness
Deborah Breed	Holiday	Gregory Harrison	Key West	Taasha A. Minoso	Fort Lauderdale
Wendy Lynn Breibach	Pensacola	Damaris L. Hartmier	Spring Hill	Adel Monzon Garica	Miami
Paul C. Briggs	Miramar	R Scott Hartsfield	Jacksonville	Michelle Moore	Palm Beach Gardens
Salina Briseno	Gainesville	Kristin Harvin	Clearwater	Angela D. Moore	Brandon
Tania M. Buchanan	North Miami Beach	Pasi Heinonen	Lake Worth	Tejin Na	Maitland
Danielle Byrne	Navarre	Shannon Hernandez	Land O Lakes	Mary A. Neal	Jupiter
Gregg C. Cannon	Miami	Christine L. Houldsworth	Kissimmee	Jennifer Nelson	Orange Park
Boris Carlos Castanon	Miami	Robert Lee Hudson	Bradenton	Zuleyka Nieves	Hollywood
Alexandra Chacon	Miami	Susan M. Hughes	Debary	Ashok Nirmel	Boca Raton
Tammi L. Clifford	Palm Beach Gardens	Shay L. Hutchinson	Palm Harbor	Angela O'Connell	Madison
Adam Phillip Cole	Sarasota	Hwa C. Inouye	Jacksonville	Heather Shannon Olson	Gainesville
Darlean Covelli	Winter Springs	Mckendeley Joseph	Wesley Chapel	Patricia Otero	Greenville
Lynn Darville	Palm Beach Gardens	Stephanie Kaider	Orlando	Jennifer Paden Bautista	Palm Beach Gardens
Cheryl Debitetto	Venice	Shelly Kalef	West Palm Beach	Marlin Perez	Tallahassee
Laura Delaney	Naples	Shelly Kalef	West Palm Beach	Scott Perkins	Sarasota
Paula A. Delvecchio	Ocala	Izabela T. Kaminska	Jupiter	Neil Cory Pinkus	Pompano Beach
Concetta Dipiazza	Tampa	Jennifer Glenn Kaye	Umatilla	Helen Prorock	The Villages
Denise Dobbs	Deerfield Beach	Kathryn Kint	Saint Augustine	Lisa Rawlins	Brandon
Eugene Dornbrook	Clearwater	Elaine M. Kirker	Naples	Patricia M. Redman	Gainesville
Kim Duncan	Brandon	Carmel Knight	Orange Park	Sheila R. Reed	Pensacola
Mallory Dunn	Daytona Beach	Kristin Kolb	Fort Myers	Amy L. Rewolinski	Key West
Heather N. Elmore	Wesley Chapel	Chelsa D. Kromhout	Fellsmere	Jacquelyn R. Reynolds	Gainesville
Daisy Faria-Sagarra	Deltona	Curtis Bradley Lane	Palm Harbor	Cherryl L. Rissin	Pensacola

Bobbi Rodgers	Melbourne
Ivania Rodriguez	Miami
Veronica Rodriguez	Hollywood
Ileana Rodriguez	Homestead
Rex Rogers	Nokomis
John Rose	Orlando
Maritza J. Ruano	Opa Locka
Andrew Sanchez	Kissimmee
Kathryn Barbara Scholes	Hernando
Christine M. Shirley	Cape Coral
Gabriela Silva	Miami
Hanna Simchi	West Palm Beach
Shawnel Skank	Kingsland
Stacey Smith	Kissimmee
Katherine E. Sneary-Beachy	Tampa
Jessica Spiddle	Lake Panasoffkee
Nancy Spil	Indian Rocks Beach
Stacy Glasgow Steffes	Jacksonville
Kristi Lynn Stevens	Conneaut
Connie Lynn Swartzendruber	Libby
Cheryl Thatcher Mucci	Pompano Beach
Walter Thomas	Kissimmee
Lauralina Toney	Groveland
Heather Joy Trottier	Boca Raton
Juan Carlos Valdes	Miami
Deb Van Raalten	Wimauma
Stephanie A. Venditti	Orange Park
Andrea Walkes	Miami
Lily Wallace	Winter Springs
Jacolyn White	Green Cove Springs
Amber Wibben	Crestview
Teri Lynn Wilhoite	Live Oak
Caroline Williams	Fort Pierce
Sheila Winkler	Jacksonville
Monica Winston	Hollywood

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Introductory workshops

Emerald Coast Chapter, Pensacola, FL
Monday, March 8, 2010
Contact: Clara Brosnahan - clorabim@aol.com
Phone 850-384-5894

Sugar Dunes Chapter, Fort Walton, FL
Tuesday, March 9, 2010
Contact: Stacy Shidemanle - dnce1_ever@yahoo.com
Phone 850-543-4919

Gulf Coast Chapter, Panama, City, FL
Wednesday, March 10, 2010
Contact: Donna Smith - donnasmith820@yahoo.com
Phone 850-914-0041

Suwannee Valley Chapter, Gainesville, FL
Tuesday April 13, 2010
Contact: Elizabeth Killebrew - killeer@yahoo.com
Phone 352-339-5125

Join Us!

Unit I workshops featuring two days of fast-paced learning, are slated for March 5 & 6 at the Central Florida School of Massage Therapy, Winter Park, FL and April 17 & 18 in Pensacola, FL. (place TBD)

Complete any Unit II class, the first is June 11, 12, 13, 2010 and you'll be a Certified Rossiter Coach. Pensacola, FL. (place TBD)



www.TheRossiterSystem.com
1-800-264-8100

Unit News

THERAPISTS IN ACTION!

Gainesville Unit

Diane Keller Garrison
(352) 281-1598
dig@alumni.ufl.edu

Heart of Florida Unit

Betty Kolar
(352) 212-9016

Hialeah Unit

Sara Garcia
sgarcia@boschgroup.com
(786) 267-2436

Miami Unit

Patricia Acevado
(786) 877-5722
pacev57@yahoo.com

Monroe Unit

Christy Franco
(305) 909-3441
cristylawmia@aol.com

New Gainesville Florida AMTA Unit Welcomes You!

A new American Massage Therapy Association Florida Unit in Gainesville, Florida was approved by the AMTA Florida Chapter at the annual meeting in February 2010. Volunteering to lead this new unit are Diane Keller Garrison, Chairperson, and Nancy Keeney Smith, Vice Chairperson. Both Nancy and Diane are massage therapists in Gainesville and have collaborated on many research projects as well as educational workshops and seminars. More information about their work can be found in the article *Journey to Research: Camp Amigo Was Just the Beginning* on page 22 in this issue.

The North Central Florida (NCF) Unit will kick off with a meeting on April 19, 2010. Meetings will be held monthly from April to June 2010 — breaking for the summer months of July and August — and resuming in September 2010 on a bi-monthly schedule. All meetings will include a light supper and a speaker on a topic of interest — ALL at NO charge to members! Most of our scheduled speakers will be able to offer no or very low cost CE's. The meeting in April will kick off a series of talks on marketing and networking — especially in tough economic times.

The goals of the NCF Unit are:

- to promote AMTA membership and professional growth;
- to provide no-cost or low-cost continuing education to our members;
- to participate in outreach and community service events;
- to encourage research within the massage community;
- and to provide an opportunity for networking and social interaction.

Membership in the unit is open to all AMTA members and massage students are welcome. We welcome the opportunity to provide a professional organization in the North Central area to support our massage therapists!

There are many possibilities for leadership positions within the unit and we welcome your input and participation. Please send your questions, RSVP's, or volunteer interests to gvilleamta@aol.com. Please include your topic in the subject heading.

About the new unit leaders: Diane Keller Garrison is a massage therapist in Gainesville, FL, with over 15 years of experience in academic and private research. She offers courses in research for massage therapists including the popular "Embracing Research" series. Nancy Keeney Smith also practices in Gainesville, FL, and has been in private practice

**What's
the news
from your
Unit?**

for the past seven years. Nancy has taught “Working with Matured Scarring” internationally for the last 3 years and has presented her work at World Burn Congresses in Vancouver and Sacramento. Nancy holds a certification in manual lymph drainage which has proved invaluable in working with clients with all types of scar tissue. Together, with their colleague Raquel Torres, they teach a 100-hour advanced certification course in “Massage and Scar Management”.

Meeting Dates for the Greater Gainesville Unit of the AMTA Florida Chapter

- April 19** Vice President of Group 5 Advertising on *Marketing Your Business*
- May 17** President of Marketing Mudd on the *How To's Of Marketing On A Small Budget*
- June 21**
- Sept 20** CE TBA
- Nov 22** CE TBA

- 2011**
- Jan 17** CE TBA
- March 21** CE TBA
- May 16** CE TBA
- June** (we are hoping to hold the regional ce in Gainesville then..more later?)
- Sept 19** CE TBA
- Nov 21** CE TBA

The Agenda for each meeting will be as follows:

- Refreshments and Networking 5:45-6:30
- Meeting 6:30-7
- Guest Speaker/CE Presenter 7-8:15
- Next Meeting/Questions 8:15-8:30

All meetings are held at All Points Therapy Functional Diagnostics Clinic at 4131 NW 28th Lane, Suite 4, in Gainesville, FL

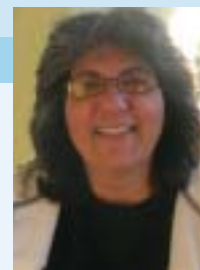
Please direct all correspondence to: gvilleamta@aol.com

Chocolate Festival at the Fairchild Tropical Gardens

Over three days, from January 22nd to the 24th, volunteers of the Miami, Hialeah and Monroe Units (including students from Technical Career Institute and Florida Career College) massaged 297 guests at the festival, supported by six instructors. Together they raised \$1,190.52 for the Red Cross South Florida Region for the earthquake victims of Haiti.

We are all very proud and grateful to the volunteers for giving so much to such a worthy cause.

Vilma Pico



AMTA Florida Chapter

2010 Annual Meeting, Elections and Continuing Ed Workshop



Laurel freeman swearing in our new board from left to right George Schwind, President Bob Davis, 2nd Vice President, Vilma Pico, 3rd Vice President, Eileen Newsome Treasure, Kathy Reid Secretary, not pictured Karen Roth 1st Vice President



Thanks for choosing AMTA. We're delighted to have you join us! Simply return this completed form to AMTA via mail or fax to 847.864.5196 and you can begin to reach professional excellence.

Member Contact Information

Name _____
Company _____
Address _____
City _____
State _____ Zip _____
Work Phone _____
Home Phone _____
Fax _____
E-mail _____
Website _____

Membership Confirmation

If you provide a current e-mail address above, we'll confirm your membership via e-mail.

Professional Membership

- \$235 + _____ chapter fee = \$ _____
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.

Student Membership

You must be enrolled in a 500 in-class minimum entry-level massage therapy program.

- \$79 + _____ chapter fee = \$ _____
- Yes, I'm currently enrolled in a 500 in-class hour minimum entry-level massage therapy training program.

School Name _____
School Address _____
City _____
State _____ Zip _____
Total Program Hours _____
Anticipated Graduation Date _____

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.

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

Opt-Out Options

Mailing Lists

- The AMTA membership list is occasionally made available to selected organizations and mailers of quality products. If you wish to receive such mailings, please check box at left.

E-mail Addresses

- If you do not wish to receive e-mails from AMTA, please check box at left.

Fax Numbers

- If you do not wish to receive faxes from AMTA, please check box at left.

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- Check enclosed, payable to AMTA
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Card Number _____ Expiration Date _____

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Cardholder's Zip Code _____

Cardholder's Signature _____

AMTA is not responsible for fees resulting from bounced checks, stop-payments, overdrawn accounts or exceeded credit limits. Dues are nonrefundable.

Mail or Fax Your Completed Application to:



AMTA Member Services

500 Davis Street, Suite 900
Evanston, IL 60201-4695
Fax: 847.864.5196

Thanks for joining our family of massage therapists!

AMTA Florida Chapter

Approved Annual Budget

March, 2010 - February, 2011

At our annual meeting on February 7, 2010, AMTA Florida Chapter Members approved the 2010-11 budget. You will find the budget in this journal and on the web at www.amtafl.org. In addition, after the end of our current fiscal year (March 25, 2010) we will publish the year's actual results. If you have questions or wish to discuss any aspect of this information, please email me at EileenNewsome@ETouchMassage.com.

Sincerely,

Eileen T. Newsome

AMTA Florida Treasurer & Education Chair

INCOME

1001 · Dues Revenue Professional	\$ 80,000.00
1002 · Dues Revenue - Student	\$ 5,000.00
1003 · Chapter Fee \$20 per member	\$ 55,000.00
1004 · Journal (4 per year)	\$ 20,000.00
1007 · Educational Events	\$ 21,000.00
1011 · Web Revenue	\$ 3,000.00
1012 · Reserves	\$ 16,316.72
TOTAL REVENUE	\$ 200,316.72

EXPENSE

Chapter Administration

2001 · Finance	\$ 10,200.00
2002 · Delegate Expenses	\$ 1,000.00
2003 · Bank Charges	\$ 100.00
2004 · Chapter President Phone/Internet	\$ 2,400.00
2005 · Chapter Board Phone/Internet	\$ 10,800.00
2006 · Chapter Board Supplies	\$ 5,000.00
2007 · Chapter 800 Number	\$ 1,100.00
2009 · Postage	\$ 1,250.00
2010 · Storage	\$ 1,000.00
2011 · Awards	\$ 200.00
2012 · Depreciation Expense	\$ 2,196.72
2013 · Office Manager	\$ 9,600.00
2014 · Board Membership	\$ 1,530.00

Website

2201 · Web Hosting	\$ 1,800.00
2204 · Domain Name Renewal	\$ 140.00
2205 · Web Development	\$ 3,000.00

Chapter Journal

3001 · Journal Design	\$ 9,000.00
3002 · Printer, mailing, postage @\$6000 per Journal	\$ 24,000.00
3006 · Editor	\$ 9,600.00
3007 · Advertising and PR	\$ 9,600.00

Committee Expense

4001 · Board face-to-face meetings	\$ 6,000.00
4002 · Board conference calls	\$ 300.00
4003 · Annual Meeting	\$ 4,000.00
4004 · National Mtg(Delegates)	\$ 4,000.00
4005 · National Board Mtgs	\$ 3,000.00
4006 · CVOP- National Meeting	\$ 2,000.00
4008 · National Convention	\$ 6,600.00

Public Relations

5001 · FCA Dinner	\$ 2,000.00
5002 · FSMTA Convention	\$ 2,000.00
5003 · Massage Therapy Awareness Week	\$ 1,000.00

OSTEO Events

6001 · FSACOFFP-Orlando	\$ 3,000.00
6002 · FOMA-Tampa	\$ 1,000.00

Extraordinary Items

7003 · Nat'l Convention Spec Stipend	\$ 1,100.00
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Membership

8001 · FSACOFFP-Orlando	\$ 1,000.00
8004 · FOMA-Ft. Lauderdale	\$ 1,000.00

Education

8201 · Education CE Broker	\$ 500.00
8202 · Education Travel/lodging/meals- Chair & Committee	\$ 6,000.00
8203 · Supplies	\$ 1,500.00
8205 · Education events	\$ 13,000.00

Unit Development

9001 · Group Unit Meeting Travel & Hotel	\$ 3,200.00
9002 · Unit Meeting & Education Expenses	\$ 12,000.00

Legislative Activity

9501 · Board of Massage	\$ 2,000.00
9502 · BOM Reporter	\$ 2,600.00
9503 · Legislative Consultant	\$ 20,000.00

TOTAL EXPENSE	\$ 200,316.72
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Medical Liaison Report



Dear members;

We are off to a magnificent start with our medical conventions.

We had a wonderful FOMA (Florida Osteopathic Medical Association) right here in St Pete Beach at the Tradewinds Resort.

Our featured school was Everest University in Largo Florida. I can't tell you enough the pride I felt watching these students perform in such a mature educated manor. I was so proud to be a LMT and an officer of the AMTA. Students gathered such insightful critiques from the doctors they massaged during the conference. Working and networking flawlessly, they gathered valuable experience by massaging the many Florida Osteopaths, and as you may already know, our booth has always been and still is the busiest booth at these conventions. Under the pressure of the ever flowing line of Osteopath's who sign up for their massage, Largo's Everest students performed fabulously.

Doctors walked away from their chair massage session with a renewed belief in the value of touch. Heard often by the students and myself were comments such as "How can I get a therapist like this one in my office". This was truly a great opportunity for students to participate in a health care related professional conference. Throughout the day, I was quite impressed with the well thought out educated questions asked by the students. Moreover, I was especially please to respond to students questions about how they could join AMTA before they graduated. Our chapter's second FOMA event of the year was held in Weston

Once again I saw doctors walk away from their chair massage, fully relaxed, and impressed with the quality of work performed by the students.

Florida at the Hyatt Bonaventure. Our featured school TCI (Technical Career Institute) provided enthusiastic students under the guidance of Vilma Pico, TCI School Administrator and AMTA FL Chapter's, 3rd VP accompanied by Patricia Acevedo (Miami Chair) instructor for Florida Career College-Miami Campus and her students on Saturday and Sara Garcia (Hialeah Chair) with students from Praxis Institute on Sunday. Once again I was thrilled with the high caliber of educated students provided by this well known Florida Massage School. In general, our Florida schools certainly do a great job preparing students to join the massage profession. I was so proud of these students. This was a huge convention where many students had their first opportunity to participate in a live conference attended by other health care



professionals. Our turn out was so large that we successfully finished 150 chair massages in 1 day. Once again I saw doctors walk away from their chair massage, fully relaxed, and impressed with the quality of work performed by the students.

There is absolutely no doubt in my mind that these doctors know firsthand the benefit of employing a qualified, licensed AMTA Massage Therapist. Together these two professions provide many benefits to clients in need of their services.

All in all is it amazing to know how many awesome students Florida Schools are turning out. And for those LMT's that may be interested in attending one of our future medical conventions, please check our calendar of events at www.amtaflorida.org. If there is a conference in your area please call me to join in. You won't regret it, I promise.

Stay safe and be well.

Sincerely,

Karen Roth, 1st VP
Medical /P.R. Liaison

Mind and Body Matters

by Iris Kraft, L.M.T., Certified CranialSacral and MLD Therapist MA18214

The familiar saying, “you are what you eat” has a counter-part which is, “you are what you think.” The thoughts we repeat over and over play out in how we hold our carriage and the tension and stress is etched into our faces. These people are looking for relief and in this stressed economy the value of what the massage therapist can offer is huge.

When constant negative thoughts are created, our parasympathetic system recognizes a threat and kicks in the “fight or flight mode.” This is our pre-historic brain telling us to fight or flight as if the dinosaur is going to eat us. This changes our physiology.



Metabolism shuts down. Energy is needed to run away not to digest food. Adrenalin starts pumping through the body to give the surge of power required to run. Eyes become dilated to enhance vision. All this goes on in an attempt in some degree or another to “save” us. The big problem is that in 2010 we create our own dinosaur. If we feed our bodies a constant set of negative thoughts, we totally stress out the body, create muscle tension and poor breathing habits, which leads to poor eating habits, inflammation and ultimately pain or worse.

The familiar saying, “you are what you eat” has a counter-part which is, “you are what you think.”

There are more infomercials, advertorials, surgeries, pills and products being peddled offering innovative and mind boggling solutions to these problems. Wading through hype, quick fixes, excessive medical testing can be time consuming and very costly. What’s a person to do? To find that answer, I discovered that two basic areas stand out. Breathing is the first. When done

properly, breathing can reset the organs to work at more efficient levels. A brain that is oxygenated functions more efficiently and you can actually focus more clearly.



Lucidity returns and with that better choices can be made. The second area is something we all already have, our immune system and more specifically our lymph system. It is a primary defense system for us to stay healthy and yet most know very little about how it works.

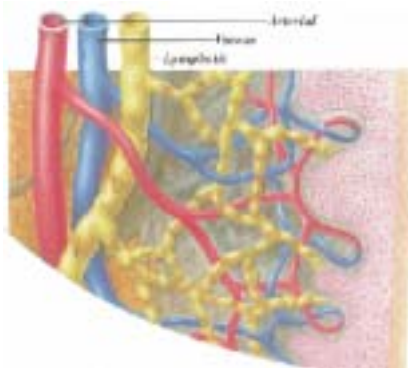
When constant negative thoughts are created, our parasympathetic system recognizes a threat and kicks in the “fight or flight mode.” This is our prehistoric brain telling us to fight or flight as if the dinosaur is going to eat us.

This changes our physiology.

The type of massage I have been doing for years now has a name: Facets Bodywork™ . This represents a combination of modalities applied in a protocol which addresses core distortions and which promotes the unwinding beginning at the head, spine/vertebrae, rib cage, and internal organs. When this unwinding takes place, it allows for improved function and as the releases take place, it affects the legs and the way the body is supported improving imbalances frequently found in hips, knees, ankles and feet.

This FACETS therapy is a new body of work that evolved from years of training and experience. The name FACETS is working with: Fascia- connective tissue, Acupressure Reflex/Meridian Balancing- applied pressure with soft tissue work addressing nerve

innervation and opens energy channels for organ efficiency, CranialSacral Therapy- safely release restrictions of the cranial motions, which can address the structural collapse, Energy Work- releases blockages in the mapped zone/meridians for muscles release and organ efficiencies, Therapeutic Bodywork- is all soft tissue gentle work, Synchronized- the application of the above inte-



grates each of the modalities allowing the body to correct and heal.

While Facets Bodywork™ has addressed the torques, spasms, and ouches that life and our thought patterns dished out, the compliment to further enhancing the body's health is tapping into its immune

system. Lymph is a clear fluid that has its own system of vessels called angions (liken to a string of knotted pearls under the skin) and collector lymph nodes. Typically, lymph flows 12 beats per minute, but can significantly be influenced with Manual Lymphatic Drainage to move at 120 beats per minute. These lymphatic vessels cover the human body like a net. They collect, transport, and filter waste products, such as protein, metabolic waste of inflammatory products in the body fluids. The lymph nodes store and filter lymph on its way back to the blood circulation and checks for substances that could be harmful to the body. Swollen lymph nodes signal inflammation in the body and these lymph nodes produce lymphocytes to help fight off the invading bodies.

Dr. Robert Lerner, a surgeon from New York, brought back this therapy to the United States that originated in Germany over 100 years ago.

...the Manual Lymphatic Drainage using Vodder's Technique gently accelerates the lymph flow improving your breathing- great news for allergy sufferers, boosts the immune system- again great news to combat the plaguing flu and colds, etc. with a natural solution...

In 1989, Dr. Lerner founded the Lerner Lymphedema Services Organization and his work follows the pure work of Emil Vodder, a Dr. of Psychology and Massage Therapist.

What this means to you is that the Manual Lymphatic Drainage using Vodder's Technique gently accelerates the lymph flow improving your breathing- great news for allergy sufferers, boosts the immune system- again great news to combat the plaguing flu and colds, etc. with a natural solution, body's healing capability speeds up- for dental procedures, surgeries, burns, and acne type




DAY-BREAK

Geriatric Massage Institute

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. Hence, this type of massage takes age-related health conditions into account. The institute was founded in 1982 and has been teaching about 40 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, PSMITA and CMTBC



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BEFORE



AFTER

These photos show 1st MLD session of 3 results of stress reduction seen in at the end of a 60 minute full body session.



BEFORE



AFTER

breakouts, puffiness, reducing facial lines and helping the body eliminate the sources for inflammation. A body without inflammation is a body without pain.

Vodder-trained MLD therapists performed a series of post operative treatments, and the results showed the patient group without the MLD treatment healed between 9 months to 18 months following surgery, while the MLD patient group healed within 6 weeks to 3 months.¹



BEFORE



AFTER

The pre-surgery MLD three consecutive series reduced edema (swelling) 3 cm in left knee prior to surgery.



BEFORE



AFTER

The results shown from 3 consecutive MLD sessions. Pain level reduced from 7 to 0, Stress in TMJ and mandible region significantly reduced in photos at right.

This information is from an abstract of a lecture; Manual Lymphatic Drainage Therapy: An Integral Component of Postoperative Care in Plastic Surgery Patients, Laurie A. Casas, MD, FACS, Assistant Professor of Surgery, Northwestern University Medical School, Glenbrook Hospital, Evanston Northwestern Healthcare and Patricia DePoli, MD, Saint Francis Hospital

Above clients have signed testimonial releases for the photographs used. Photographs taken by Iris Kraft. Lymph photo: www.handtherapy.us/whatislymph.html

Iris Kraft is also known as Healthy Notions and works in the Lakewood Ranch/Bradenton FL area in a home/office. Her website is: iriskraft1.iwantamassage.com. Her contact numbers are 941-504-3094 and e-mail is: ikraft8@yahoo.com. Her MLD training and certification was completed with the MLD Institute, instructor: Elisa DiFalco, MS.OT, CLT-LANA, LMT.

Transform Your Mind, Then Market Your Business

by Coach Cary Bayer

As a life coach, my work has a lot in common with that of yours. After all, we both help relieve headaches, we both relieve stress, and we both relieve tension. Perhaps because my name is Bayer—the name of the world-class pain reliever that works wonders—some massage therapist coaching clients of mine sometimes wish that Bayer’s coaching would solve all their massage business problems. Coaching *plus* a therapist’s efforts, *can*. But coaching alone isn’t a wonder drug that you pop into your mouth and...voila, you suddenly have more clients than you know what to do with.

Don’t get me wrong...usually, when an LMT makes attitudinal shifts that coaching brings about, business suddenly picks up in the short run. But *ongoing* success usually requires combining attitudinal shifts with marketing changes.

Perhaps because my name is Bayer—the name of the world-class pain reliever that works wonders—some massage therapist coaching clients of mine sometimes wish that Bayer’s coaching would solve all their massage business problems. Coaching plus a therapist’s efforts, can.

As a massage therapist, you see firsthand that massage itself can often provide immediate comfort from the pains and strains that the bodies of your clients are heir to. But weekend warrior clients, for example, who abuse their bodies, who jog too many miles, play too many sets of tennis, or rollerblade too many hours, often need to augment the temporary relief that massage brings with certain actions on their part. This may include stretching before and after strenuous workouts. This may also involve a daily dosage of a joint pain supplement like glucosamine. The best results in many areas of life aren’t an A or B solution, but an A *and* B.

An illustration will clarify my point. In one of the most well-known studies ever conducted on creative visualization in sports, two Russian scientists analyzed the training regimens of four different

ongoing success usually requires combining attitudinal shifts with marketing changes.

groups of Olympians. The first group’s schedule involved physical training with no mental alterations. Group two broke its workout into a 75 percent physical component and a 25 percent mental feature. The third group balanced its schedule with half mental and half physical efforts. Finally, the last collection of athletes worked out physically only 25 percent of the time, while devoting a whopping 75 percent to mental activity.

Which of these four groups do you think experienced the best results? Interestingly—perhaps, some might say, shockingly—it was the one with the greatest amount of time devoted to inner work. Robert Scaglione and William Cummins, writing about their study in their book, *Karate of Okinawa: Building Warrior Spirit*, put it this way: “The Soviets had discovered that mental images can act as a prelude to muscular impulses.”

A different, yet equally fascinating study was conducted by Dr. Judd Blaslotto, at the University of Chicago, to determine if visualization could help basketball players improve their foul shooting abilities. The scientist assembled three groups to research: the first one practiced free throws daily for an hour; the second one simply *visualized* making free throws, without taking any extra practice; the last group of athletes did nothing whatsoever different.

Not surprisingly, the control group that made no changes in their program, had no increase in accuracy. Those who were practicing their foul shooting improved their accuracy by 24 percent, while the visualizing group, which never even *touched* a ball, had an improvement of a whopping 23 percent. Imagine what might occur if players added additional shooting and visualization.

The best results in many areas of life aren’t an A or B solution, but an A and B.

As for wonders, George Washington, when tested on the battlefield in a so-called "can't win" war against England, at the time Europe's greatest military power, wrote, "Perseverance and Spirit could work wonders."

Unfortunately, far too many of the licensed massage therapists whom I've met at workshops over the years conduct their new business programs on hope alone. They hope that the Universe will act as their sole new business source and bring them clients. They hope that clients will refer their friends to them. Oliver Cromwell, the English military and political leader, who may not have known much about massage but wrote the following advice that applies well to LMTs: "Put your trust in God and keep your powder dry."

Imagine what might occur for the LMT, who buys a lottery ticket—that is, who works her mind and her mouth, keeping not just her sheets, but also her powder, dry. That means, transforming from within, while undertaking an expanded marketing program. Her inner work would include affirmations, visualizations, success consciousness building, and enthusiasm training, among other components. The marketing campaign would include a networking effort, package pricing programs, promotional discounting for first-time clients, client referral programs, an

advertising campaign, the development of a newsletter, the launch of a web site, and a public relations program, among other methodologies.

As for wonders, George Washington, when tested on the battlefield in a so-called "can't win" war against England, at the time Europe's greatest military power, wrote, "Perseverance and Spirit could work wonders."

LMT clients of mine who do both inner and outer work see noticeable wonders. At the risk of sounding immodest, these people tell me that Bayer in fact, *does* work wonders.

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Hospice Massage: What is Our Role at Life's End?

by Ann Catlin, LMT, OTR

Whether you feel called to work in hospice care or find yourself caring for a loved one this question applies to you: What is our role in serving the person who is living in the final stages of life? It's important to consider a few basics about the process of hospice care and to recognize that the later stages of life are part of a continuum.

Life-limiting illness means the person has been diagnosed with a progressive condition that affects quality of life and death is eminent within a more or less predictable period of time. When a person enters hospice care, he or she agrees that the focus of medical care will be comfort and quality of life—not curative. An individual may enter hospice care at any point along the continuum. Some are referred to hospice services at the time of diagnosis of a life-limiting illness and may receive hospice care for weeks or months. Others don't seek out hospice care until entering the final stages, referred to as actively dying.

When visiting an inpatient hospice unit affiliated with a hospice in the Chicago area, I asked the nurse what the average length of stay is. She told me that it is three days and that many of their patients are actively dying upon admission. This hospice unit offers

Rather than cling to prescribed techniques we must trust the simplicity of human compassion and our capacity to offer it to another. Our best resources when serving the dying person don't come from the techniques we've studied but from within our own hearts.

massage therapy services to all patients and their families. So again, I ask, "What is our role?" I'd like to offer a frame of reference that has served me well as a foundation from which to act. These are simple ideas that I have gathered along my own path of service.

Our purpose:

To be a healing presence. There comes a point when massage as we know it is no longer called for. Instead we are called upon to



Hospice service is about doing the humble work of each moment as it unfolds.

bring forth something that comes from deep within—our ability to simply be present. Rather than cling to prescribed techniques we must trust the simplicity of human compassion and our capacity to offer it to another. Our best resources when serving the dying person don't come from the techniques we've studied but from within our own hearts. We become the space-holder, allowing the dying person his/her own process and experience and sometimes serve as an anchor for family members and other caregivers.

Hospice Massage: What is Our Role at Life's End?

To enhance the quality of life. Doing what is called for in the moment to ease any form of discomfort is the best approach to take. One minute you might be offering a gentle foot massage or holding a hand and the next moistening dry lips or helping to turn the person onto his side to make breathing easier. One of my favorite quotes is from Mother Teresa: "Let us touch the

Serving those in hospice care can be profoundly rewarding as we contribute to the quality of life at a very personal and sacred time of another's life.

And, just as importantly, we will influence the nature of end-of-life care.

dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.” Hospice service is about doing the humble work of each moment as it unfolds.

The National Hospice and Palliative Care Organization recognizes massage therapy as a valuable contribution to end-of-life care, stating “Therapeutic massage is becoming a significant modality in end-of-life care because of its effectiveness in relieving anxiety, pain, and discomfort.” Serving those in hospice care can be profoundly rewarding as we contribute to the quality of life at a very personal and sacred time of another’s life. And, just as importantly, we will influence the nature of end-of-life care.

Ann Catlin, LMT, OTR is a leader in the field of massage in eldercare and hospice. She has 30 years experience with elders in facility care, persons with disabilities and the dying as an occupational and massage therapist. She is the director of the Center for Compassionate Touch LLC, an organization that provides Compassionate Touch® training across the nation. Ann’s vision is a world where a healing presence in the form of touch is commonplace and every elder, ill and dying person has access to the benefits of Compassionate Touch®. She may be reached at www.compassionate-touch.org



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Journey to Research: Camp Amigo Was Just the Beginning

by Diane Keller Garrison and Nancy Keeney Smith

In the summer of 2005, Nancy Keeney Smith traveled alone to Camp Amigo Pediatric Burn Camp in Florida to conduct a research pilot program for pediatric burn survivors. Response was overwhelming and the decision was made to apply for an American Massage Therapy Association (AMTA) Community Service grant with Diane Keller Garrison, Raquel Torres and Dana Ruben joining the initial research team. The Florida School of Massage and staff as well as the Spiegel Burn Foundation helped support and fund this collaborative effort.

Upon receipt of the AMTA Massage Therapy Research Foundation grant, this team of Licensed Massage Therapists embarked on a research journey in 2006 to prove what they already knew — that therapeutic massage techniques applied to pediatric burn survivors' scar tissue would, in fact, measurably increase range of motion (ROM).

therapeutic massage techniques applied to pediatric burn survivors' scar tissue would, in fact, measurably increase range of motion (ROM).

Our research findings were published in the Journal of Bodywork and Movement Therapies in a paper entitled "Range of Motion Improves After Massage with Children with Burns: A Pilot Study". This article detailed the positive effects of massage and ROM on pediatric burn survivors at Camp Amigo 2006. The human interest side of our efforts was highlighted in an article on "Camp Hope" in the Massage Therapy Journal Issue Spring 2007.

Building upon this initial work, we received funding from the Muscular Therapy Institute Foundation to continue work in 2010 on a new project titled "A Comparison of Therapeutic Massage and Therapeutic Massage with Active Isolate Stretching for Pediatric Burn Survivors". This study will include two

Our goal is to provide educational training so that Scar Tissue from any type of surgery, accident or trauma can now be successfully treated by trained massage therapists.

pediatric burn camps in the southeast and, based on earlier trials combining massage and active isolated stretching, we anticipate even better results with increases in range of motion.

Each of the collaborators has brought something different to the research table — from Nancy's work with massage and scar management to Raquel's training in AIS to finally Diane's extensive research background. From the body of knowledge we gained in 2006 and subsequent years, Nancy, Raquel and Diane now make up the Research Associates Team at the Florida School of Massage in Gainesville.

The original research begun in 2006 has grown into the development of many continuing programs including:

- Working with Matured Scarring CE Course
- Embracing Research Seminars for Massage Therapists CE Course
- Using Active Isolated Stretching for Burn Survivors CE Course
- Scar Management Certification Class (coming in March 2011)
- After Care Burn Clinic in Gainesville, Florida (2010)
- Kindle After Care Education Program
- Launch of the non-profit Happy Plus Foundation (2010)

While working with the burn community is our passion, we have found the work translates to other populations with scar tissue as well. Any client that walks through our clinic doors with scar tissue is now met with confidence and compassion. Our goal is to provide educational training so that Scar Tissue from any type of surgery, accident or trauma can now be successfully treated by trained massage therapists.

The research team has a wealth of information to share with other Massage Therapists around the world and we bring this knowledge to others through workshops and seminars.

About the authors: **Diane Keller Garrison** is a massage therapist in Gainesville, FL, with over 15 years of experience and advanced certification in academic and private research. She offers courses in research for massage therapists including the popular “Embracing Research” series. **Nancy Keeney Smith** is a practicing massage therapist in Gainesville, FL, with over seven years of experience working directly with scar tissue. Nancy has taught “Working with Matured Scarring” internationally for 3 years

and has presented her work at World Burn Congresses in Vancouver, BC, and Sacramento, CA. Nancy holds a certification in manual lymph drainage, which has proved invaluable in working with clients with all types of scar tissue. Raquel Torres is a practicing massage therapist in New York City, Winchester, VA and Boca Raton, FL, with advanced certification in active isolated stretching. She will soon offer a course on “Using Active Isolated Stretching for Burn Survivors”. Together they teach a 100-hour advanced certification course in “Massage and Scar Management”. They welcome your input and interest and can be reached via email at: (Diane Garrison) diane@touchtherapyessentials.com; (Nancy Keeney Smith) ntouchtherapy@aol.com; and (Raquel Torres) back2neutral@gmail.com



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Board of Massage Therapy Report: January 2010

by Gary Petitjean, LMT

The 358th General Business Meeting of the Board of Massage Therapy was held on January 21 - 22, 2010 at the Crowne Plaza in Orlando, Florida. Board members present included Lynda Solien-Wolfe, LMT, Chair; Lorena Haynes, LMT, Vice Chair; Robert Smallwood, LMT; Karen Ford, LMT; Bridget Burke-Wamack, LMT; Consumer Member Irene Andriole; and Consumer Member William Stoehs. Board staff included Kaye Howerton, Executive Director, Paula Mask, Program Operations Administrator and Chelisa Kirkland, Regulatory Specialist. Allison Dudley, Esquire served as Board Counsel. Sam DeConcilio served as the Departments Prosecuting Attorney.

FL Senate Bill 966 & House Bill 633 - Human Trafficking

The Board spent a good deal of time addressing SB 966. The FL legislature finds that many victims of human trafficking are forced to work as prostitutes under the guise of massage therapy. Other victims suffer from labor exploitation while working as massage therapists. SB 966 and its companion HB 633 address this concern. Typically these human trafficking victims are smuggled in from other countries and reside here illegally.

Massage Therapists - SB 966 attempts to prevent the possibility of working as a massage therapist in FL for any undocumented residents or foreign residents lacking authorization to work. A state issued drivers license or ID number would be needed to obtain or renew a massage therapy license. Licensing exams would be given in English only and each applicant would be required to demonstrate their ability to communicate in English. Therapists would be required to report to the Board the license number of a massage establishment before they begin working there.

Massage Establishments - SB 966 also targets those that control the lives of the human trafficking victims. Fingerprinting and criminal background checks would be required for many persons

associated with massage establishments including massage establishment owners, administrators/managers, financial officers and anyone having a controlling interest in the establishment. The background check would ultimately involve the FBI and a nation-wide criminal history check. The list of crimes that prohibit such a person from involvement with a massage establishment is too long and varied to be included here. The costs associated with fingerprinting and criminal background checks would be borne by those whose history is in question. Any massage establishment employing a therapist that is not a US citizen would be required to maintain valid work authorization documents on the premises of the establishment. Massage establishments would be required to report to the Board the license number of all therapists before they begin working in the establishment. Cosmetology salons or specialty salons that offer massage services would need to obtain a massage establishment license.

Exemption From Criminal Background Check - A number of parties would be exempt from the need for a criminal background check in relation to a massage establishment. SB 966 notes that victims of human trafficking also suffer from labor exploitation while working in cosmetology salons or specialty salons yet the Bill specifically exempts these salons from criminal background

checks when they apply for or hold a massage establishment license. Additionally, the following parties are also exempt from the criminal background check requirement: a public lodging establishment pursuant to Chapter 509, any person licensed as a health care provider by the FL Dept. of Health and a person, firm or corporation licensed as a health care clinic pursuant to part X of Chapter 400.

Massage Schools - SB 966 suggests that the Board adopt Rules that provide for the disapproval of a Board-approved massage school if the majority of graduates of such a school have engaged in a pattern of misconduct while providing massage services at a massage establishment. The term “pattern of misconduct” means being convicted at least once of violating s. 796.07, relating to prostitution, during any 2-year period.

The Board’s Response - The Board is dissatisfied with a number of aspects of SB 966. Federal Law prohibits the request for a state-issued drivers license or ID number. The Board adopting Rules to withdraw school approval would be ineffective at dealing with schools that are outside of FL and are not FL Board approved. The principles could however be applied to Rules involving endorsement candidates and transfer students. The Board feels the English proficiency requirement is reasonable but not an English only licensure exam. The Board stated that overall the implementation of SB 966 would result in more discipline cases, more work for Board staff and Dept. investigators, a fiscal impact upon the Board and possibly reduced employment opportunities for therapists. Ultimately the Board went on record to state that they support the intent of SB 966 but not the language as it is currently written.

SB 966 vs. HB 633 - The Board stated that these two bills are virtually identical except that HB 633 does not require therapists provide a state-issued drivers license or ID number or proof of US citizenship. HB 633 would have less of a fiscal impact upon the Board.

Petitions for Declaratory Statements

Scope of Practice & Supervision - An ongoing concern for persons requesting declaratory statements is the idea that a massage therapist needs to have their work supervised by a MD or chiropractor. **Licensed massage therapists are not required to have their work supervised directly or indirectly by a MD, chiropractor or anyone else.** The Board answered a request regarding the massage therapist’s scope of practice including electric muscle stimulation and ultrasound. **Yes, the massage therapist’s scope of practice does include electric muscle stimulation and ultrasound.** The therapist must however have training.

Businesses Sharing an Establishment License - A chiropractor requested a declaratory statement in regard to sharing an establishment license with another business located at the same address. The chiropractor rents space within his chiropractic office to a massage therapist. The massage therapist obtained an establishment license of his own. The chiropractor employs a massage therapist to work within his chiropractic business at the same address. The chiropractor questioned whether or not his chiropractic business needed to have an additional massage establishment license. The Board stated that the chiropractor did not need an additional license.

Board members spent a great deal of time discussing the issue of two or more businesses sharing one establishment license. One problem discussed involved Rule 64B7-33.001 which requires establishments to include their license number in advertising. If the number is shared between two or more businesses only one advertisement will have a number that matches the business name on record for the establishment. Establishments are also required to post their license on the premises. Once again a massage business would have a number and license that does not match their business name. This could prove confusing for therapists attempting to verify licensure before employment. The licensee verification search screen on the Department’s website would not serve its intended function if two or more separate businesses share one license.

One Board member presented the scenario that fifteen separate businesses could share one establishment license. Establishment owners are disciplined for any violations made by the therapists working in their establishment. As a consequence, the one establishment owner in this example would be disciplined for violations made by any one of the therapists working in any one of the fifteen separate businesses.

Another Board member felt that each separate business should have its own establishment license and cited the following language in Rule 64B7-26 in support of his position...

64B7-26.001 Definitions.

(1) The term “owner” means the sole proprietor, partnership, limited partnership or corporation that operates the massage establishment.

64B7-26.002 Licensure of Massage Establishments.

(2) The application for licensure shall be submitted in the name of the owner or owners of the establishment. If the owner is a corporation, the application shall be submitted in the name of the corporation and shall be signed by an authorized corporate representative.

This last Board member argued that if someone operates a massage business then by definition they are the owner of a massage establishment and in accordance with 64B7-26.002 they must apply for and hold an establishment in their name or corporate name. Ultimately the Board voted 4 to 3 to maintain their long-standing policy of allowing businesses at the same address to share an establishment license.

Changes to Board Members Status

The Board elected Karen Ford, LMT as their new Chair and Bridget Burke-Wamack, LMT as the new Vice Chair. Lynda Solien-Wolfe, LMT served her last day as a Board member and Lorena Haynes, LMT announced that she would soon be leaving her position and should not be expected to return as a Board member at the next meeting.

School Owners/Directors - California Transfer Students

An audience member informed the Board that the state of Ca currently lacks an oversight body for schools. The California Bureau for Private Postsecondary and Vocational Education ceased operation on July 1st, 2007. As a consequence Fl schools may not be able to accept for credit any hours completed by transfer students at a Ca school between July 1st, 2007 and the date that an oversight body is reinstated. School owners and directors are urged to contact the Board office to learn more about a particular students status in this matter.

Gary Petitjean has been a Florida LMT since 1988, a teacher since 1995 and has experience with massage school program development and management. Gary teaches HIV, Law, Ethics and Medical Errors with the Florida AMTA. Email: GaryPetitjean@hotmail.com.

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