



We're In Touch



Promoting Massage Therapy through Education and Professionalism

AMTA-NH Newsletter

Spring 2007



A Message from the President A Very Productive Year

Hello New Hampshire! As I sit here and write this article I, like many of you, am snow bound from our first major blizzard of 2007. It's a bittersweet snow this time. We are a houseful of skiers looking forward to school vacation, yet I am already in the "hurry and get here spring!" mode. However the upside of this snow day is the "free time" to go through the files and organize – something like early spring cleaning!

While organizing my files, I am able to review the year that has past. At the time of this writing I have hit the 1-year mark as President of the AMTA-NH chapter. It's been quite a year and quite a ride! With any new position, the learning curve can affect the highs and lows. I learned the best thing to do is not to jump off the ride, but ride the waves!

Now, as I look back over the past year, I feel a sense of accomplishment. It's been an educational experience that I can't derive from a textbook. I'm proud to lead this Chapter as we progress, grow and move forward. So just how far has our Chapter come in NH? Well, most recently:

- AMTA-NH now has a new Website and we've been contacted by members who are savvy with web language and programming
- We are working towards online registration for our workshops
- Our newsletter has evolved yet again with our new editor; fresh insight typically lends itself to additional ideas and an innovative look. If the advancements in our communication is any indication of our progress in NH, then all I can say is "We've come a long way, baby!"
- We continue to participate in shaping the regulations we work under. Our current massage law (RSA 328-B) is currently being proposed for change (see page 8 for more details). We want all to know that the desires of the members of AMTA-NH are being offered for consideration in the proposed changes. NH continues to maintain a higher level of standards for our therapists than most other states across the country.
- We've evolved from our Chapter meetings being held in members' living rooms to spacious halls. For example, this past February there were more than 70 people in attendance! It does my



Photo: D.Rossi, J.Frazer, C.Korn, C.Johnston, J.Wheeler, R. Beurivage, K.Albaneze, J.Smith, C.Laroche

heart well as President to see almost 15% of our membership turn out for the annual meeting where we vote for officers and the annual budget. It makes me proud to see so many involved therapists. But the important note here is our meetings and workshops are open to all! You don't have to be a member to participate; only to vote.

So what is the message here? Growth leads to opportunity. I look to all the LMTs of NH to extend these opportunities. The opportunity to have your voice heard, to be a part of change and growth, to use and enhance your skills; be it team building, managing, or reaching out to others. So many of us have much to offer our fellow therapists. This chapter of the American Massage Therapy Association can be your vehicle to reach out, take charge, set direction or explore new ideas. Opportunity is a door that should be open often. Quotes that I find very relevant to this topic are:

It is a rare and high privilege to be in a position to help people understand the differences that they can make not only in their own lives but in the lives of others by simply giving of themselves.
— Helen Boosalis

Jumping at several small opportunities may get us there more quickly than waiting for one big one to come along. — Hugh Allen

As we expand programs, we open up more opportunities for you to become involved and help set the direction of this Chapter. We have a wonderful crew of officers and committee chairs; and I feel most fortunate to be surrounded by such caring individuals and knowledgeable colleagues. It's a group that I hope you all desire to become part of and work alongside. Please join us at our next meeting on May 5th, 2007 in Hampton, NH (see page 6 for details) or at your first opportunity. I'll see you there!

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We make a living by what we do, but we make a life by what we give.

— Winston Churchill

Board of Directors & Committee Chairs

PRESIDENT

Doreen Rossi

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Home/Work: 603/635-8938
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FIRST VICE PRESIDENT

Education (Co-Chair)

Julie Smith

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SECOND VICE PRESIDENT

Darlene Nadeau

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THIRD VICE PRESIDENT

Government Relations

Cliff Korn

Windham Health Center
87 Indian Rock Road
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IMMEDIATE PAST PRESIDENT

Awards

Claudette Laroche

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TREASURER

Sue Appleton

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Committee Chairs

SECRETARY

Kristen Albaneze

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Amherst, NH 03031
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MERT

Clara Levesque

5 Coliseum Ave, Ste. 302
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Cell: 603/566-7415
Email: claralmt@juno.com



NEWSLETTER

Dianne Jezak

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EDUCATION (Co-Chair)

Judith Harrington

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Email: jh458@comcast.net



TOUCHLINE AND MEMBERSHIP

Jan Wheeler

Windham Health Center
87 Indian Rock Road
Windham, NH 03087
Work: 603/894-6402 x3#
Home: 603/893-6016
Email: janshands2@aol.com



PR OPEN

If interested in filling this position,
contact Darlene Nadeau

HOSPITALITY

Renee O'Clair

1650 Elm St, Ste 202
Manchester, NH 03101
603/494-3808
Email: reneeo-clair@comcast.net



BENEVOLENCE

Rosanne Beurivage

34 River Rd
Penacook, NH 03303
603/753-4338
Email: Rosanne@newwww.com



SPORTS MASSAGE

Paul Caswell

PO Box 1357
Portsmouth, NH 03802
603/430-8492
Email: pfcaswell@netzero.net



WEB MASTER

Melissa Klaus

92 High St
Hampton, NH 03842
603/601-0852
Email: mklaus@hotmail.com



Remember to visit the
AMTA-NH Web Site at
www.AMTA-NH.org

Look for committee updates in the *Committee Reports* section

NUMBERS TO NOTE

National AMTA

847/864-0123 www.amtamassage.org
877/905-2700

NH Health and Human Services

800/852-3345, ext. 4607

National Certification Board for Therapeutic Massage and Bodywork

800/296-0664 www.ncbtmb.com

NATIONAL CONVENTION

2007

Delegates: Jan Wheeler, Leo Beaudry

1st Alternate: Marie Straiton

2nd Alternate: Margo Veitch

3rd Alternate: Melissa Klaus

4th Alternate: Jane Wyatt

2008

Delegates: Jan Wheeler, Joe Frazer

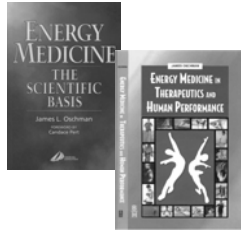
1st Alternate: Cindy Johnston

2nd Alternate: Rosanne Beurivage

ADVERTISING RATES

- Full Page 8.5" x 11" B/W \$125.00
- 1/4 Page 4.25" x 5.5" \$45.00
- Half Page Horizontal 8.5" x 5.5" \$80.00
- 1/8 Page 2.75" x 4.25" \$35.00
- Half Page Vertical 5.5" x 11" \$80.00
- Classifieds \$10.00 25 words

Summer deadline: July 13 2007



AMTA-NH Workshop “A Talk with Jim Oschman” Sunday October 21, 2007

Author of *Energy Medicine: The Scientific Basis* and
Energy Medicine in Therapeutics and Human Performance

Jim lectures widely on the energetic phenomena taking place in the therapeutic situation. Modern research science is validating and explaining the beneficial effect of a wide range of complementary therapies. Jim is one of the few academic scientists who explored the basis for complementary and alternative medicine. He has been published in both “*Academic Scientific*” journals and “*Alternative and Complementary*” journals. In his work he refers to the same science that provides the foundation for modern clinical medicine.

Come hear the research from around the world, explaining the energetic systems that enable massage therapists to “jump start” the healing process in a wide range of conditions. Jim has developed useful insight that can help all therapists advance their work by better understanding it and explaining it to others. Bring your comments, questions and an inquiring mind.



— Julie Smith, 1st Vice President

Have you seen the new AMTA-NH website? If not, then

Visit the site designed just for you TODAY!

Our new AMTA-NH site was designed and developed to share valuable information with members and to promote awareness of professional massage therapy.

- Professional design, look and feel
- Clear and intuitive navigation bar
- Lists Events, Continuing Education, & Links to important AMTA info
- ‘Find A Massage Therapist’ search helps your business grow!

American Massage Therapy Association
NEW HAMPSHIRE CHAPTER

Home
About Us
News
Continuing Education
Upcoming Events
Newsletter
Volunteer Leaders
Links
Gallery
Contact Us

JOIN AMTA!
click here!

FIND A MASSAGE THERAPIST
Search now!

WELCOME
Welcome to the web home of the New Hampshire Chapter of the American Massage Therapy Association. We are proud of our association and think you will be too. Please take a look around and come back often as much is happening and we want you to always have the most current information possible!

Our Mission
Promoting Massage Therapy Through Education and Professionalism

About The New Hampshire Chapter - AMTA
The AMTA-NH chapter is a non-profit organization designed by massage therapists and just for massage therapists. The AMTA, started over 60 years ago, was created with benefits formed around the unique needs of massage therapists. The New

NEWS
January 31, 2007 - Changes to the NH Massage Law
House Bill 908 was introduced on January 31, 2007 by Representative Ben Baroddy, (D-Manchester). HB 908 establishes a board of massage therapists for the licensure and regulation of persons engaged in the practice of massage therapy and the registration of somatic and bodywork practitioners.
Read more

www.amta-nh.org

A Warm Welcome to Our New Members

Welcome to our newest members of The New Hampshire Chapter of the American Massage Therapy Association

Rebecca Buell, Dover

Sandra Elliott, Piermont

Sharon Nolin, Derry

Heidi McBride Costello, Eaton Center

Cindy McNally, North Conway

George Pandiaraj, Nashua

Margarett Ritter, Enfield

Margatet Stone, Claremont

Heidemarie Tallant, Center Ossipee

Margaret Wade, Concord

Strengthen your professional credibility with your AMTA Membership. Clients, businesses and the public are recognizing AMTA as the standard of professional excellence.

Have a voice in influencing the future of your profession. Stay connected with the therapists in your state. Join us at our next Chapter meeting in May. Stay current, improve your skills and learn cutting-edge massage therapy practices. Mix with your peers, and share your talents and ideas with your Chapter.

If you have any questions concerning your membership, email or call me. As membership chair, I am always here for you!

Jan Wheeler, Membership Chair

Janshands2@aol.com

H# 893-6016

W# 894-6402 #3



The Muscular Wellness Institute CEU'S IN ADVANCED TISSUE TECHNIQUES FOR THERAPISTS

Instructed by **JEFF MAHADEEN** National Presenter

Certified Structural Integrator, LMT, NCBTMB

Are you ready to set yourself apart from other Therapists?

Increase your knowledge and marketability — MWI offers high quality CEU programs to enhance your skills!

Structural Assessment 16 CEUs

The art of in-depth postural analysis March 10-11

Myofascial Mobilization 16-48 CEUs

Intro to MM and Tx of the Lower Extremity April 21-22

MM of the Neck, Back and Hip June 10-11

MM of the Chest, Shoulder and Arm June 23-24

Myo-Neurofascial Therapy of Rotator Cuff 6 CEUs

May 5, Hesser College, Manchester NH

Contact Chris Kiely @ 668-6660

"I found this course extremely helpful in giving me powerful myofascial techniques to immediately provide relief for injured clients. I would highly recommend Jeff's courses to any of my colleagues."

Lisa LMT

AMTA MEMBERSHIP APPLICATION

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 embrace the power of the profession.

Member Contact Information

Professional and Student applicants please complete

Name

Address

City State Zip

Work Phone Home Phone

Fax email

Web site

Membership Confirmation

If you provide a current e-mail address above, we will confirm your membership within a few days via e-mail.

MEMBERSHIP CLASSIFICATION

Professional applicants please complete

- \$235 + \$30 AMTA-NH Chapter fee = \$265

Please check and submit documentation for one of the following:

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

Student applicants please complete prior to graduation

- \$79+ \$30 AMTA-NH Chapter fee = \$109

School Name

School Address

Hours of Program 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.

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

OPT-OUT OPTIONS

Mailing Lists

- The AMTA membership lists is occasionally made available to selected organizations and mailers of quality products. If you *do not* wish to receive such mailings, please check box at left.

E-mail Addresses

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

Fax Numbers

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

PAYMENT OPTIONS

- Check enclosed, payable to AMTA

Charge my: Mastercard® Visa Discover®

Account Number Expiration Date

Cardholder's Name 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-NH CHAPTER EDUCATION

ORTHOPEDIC MASSAGE FOR THE UPPER BODY



NCBTMB APPROVED PROVIDER



FOR CONTINUING EDUCATION

Chronic Pain and Sports Injuries

Presented by James Waslaski

Hampton, NH

May 4-6, 2007

✓ 18 CEHs

✓ NCBTMB Approved

✓ Provided by AMTA-NH



James Waslaski, past chair of the AMTA National Sports Massage Educations Council, is an author, international lecturer, and pioneer of deep pain free orthopedic massage, pain management and sports injury treatments. He is a licensed massage therapist and currently teaches seminars throughout the U.S., Canada, Ireland, Scotland, London, Costa Rica, Greece, and the Caribbean.

Seminars use his unique multidisciplinary approach, blended from disciplines around the world, resulting in structural integration, pain free movement and enhanced performance. He worked in emergency rooms and trauma centers for almost 20 years treating medical and orthopedic conditions. He has worked with professional and Olympic athletes including the New York Yankees and at the 1996 Olympic Games.

James has presented at Chiropractic Conventions and colleges around the world. He has also presented at many massage conventions including a keynote speech at the Olympic Training Center in Australia. In 1999 James received the FSMTA International Achievement Award for educating medical practitioners toward integrated pain free healing.

As a life-long learner James has effectively integrated techniques from some of the world's leading practitioners to eliminate even the most complicated pain conditions to assure peak performance. Visit www.orthomassage.net

Course Description

Orthopedic Massage for thoracic outlet and frozen shoulder release plus many other upper body pain issues will be addressed. This powerful presentation is requested throughout the world. Based on structural integrations and our revolutionary joint capsule work, you will combine multiple disciplines and learn a systematic approach to getting immediate results in patients with severe thoracic outlet and frozen shoulder problems. We will also address rotator cuff injuries, bicipital tendonitis, and shoulder impingement problems. We will focus on modalities such as functional assessment, myofascial release, neuromuscular therapy, scar tissue mobilization techniques, P.N.F. stretching, strengthening and unique patient home care protocols. The unique joint capsule work has helped release thousands of frozen shoulder conditions and will revolutionize your results with complicated shoulder conditions.

Seminar Format

This seminar focuses on the upper body/shoulder quadrant, with emphasis on restoring pain free range of motion throughout and integrating complete structural balance. Practitioners will address chronic pain and other injury conditions with emphasis on understanding and correcting the causes and pathology of each specific condition. This format includes assessment, treatment and individual client home care.

SEE DIRECTIONS TO CONFERENCE PAGE 7

REGISTRATION FORM

AMTA-NH Members Early Bird postmarked by April 15th \$220 after April 15th \$250
Non-Members Early Bird postmarked by April 15th \$250 after April 15th \$300

NEW OPTION PAYMENT PLAN Members pay a deposit of \$150, balance of \$100 due by April 15th (Deposit non-refundable)

NEW OPTION PAYMENT PLAN Non-Members pay deposit of \$200, balance of \$100 due by April 15th (Deposit non-refundable) THERE IS NO EARLY BIRD FOR THE ABOVE PARTIAL PAYMENT PLAN

Name _____ Address _____ City _____

State _____ Zip _____ Phone _____ Email (print _____

CHECKS MADE PAYABLE TO: AMTA-NH Chapter

Mail to: Judith Harrington, PO Box 275, Hampton, NH 03842

QUESTIONS?: Call Judy at 603-926-8450, Ext.1 email jh458@comcast.net or Call Julie at 603-929-0016 or email hmtc@juno.com

Continental Breakfast and Healthy Hearty Lunch on Saturday Included in Workshop Fee!!!

NOTE: TABLES AND LINENS ARE REQUIRED



Case Report Contest for Practitioners and Students

To all skilled practitioners with insights into your work:

WE NEED YOU IN THE RESEARCH WORLD

Introducing the Foundation's first annual Practitioner Case Report Contest. Top submissions are awarded cash prizes, publication in the Journal of Bodywork and Movement Therapies, and the opportunity to present the report at a research conference.

- Develop research skills and literacy
- Improve your practice
- Establish relationships with other researchers
- Win up to **\$4,500**
- Build an impressive resume



2007

Practitioner Case Report Contest

Submission deadline:
October 8th, 2007

First Submission date is **October 8th, 2007.**

The Foundation's Student Case Report Contest is in its third year. Submission deadline is March 1, 2007. (Same prizes apply to both contests.)

For contest guidelines:

Visit www.massagetherapyfoundation.org

Contact Alison Pittas, Research Coordinator, at 847.905.1667 or



Building a Brighter Future for Massage Therapy

Galley Hatch Conference Center (Best Western Hotel, The Inn at Hampton)

815 Lafayette Road, Hampton, NH 03842
603-9269747 Conference Center/ Hotel 603-926-6771

DIRECTIONS

From 95N & S

- Take Exit 2 to Hampton, Rt. 27 into center of Hampton
- Turn LEFT at stop light, (Old Salt Restaurant on left)
- Go approximately 1 mile
- Best Western, Inn at Hampton (815 Lafayette Rd.) is on RIGHT
- Drive around restaurant to conference center in back

From 101

- Follow East to Rt. 27 (right exit)
- Follow Rt. 27 E to Hampton Center,
- Follow directions from above

Nearby Hotels: (all hotels approx. ¼ mile from the Galley Hatch Conference Center at the Best Western Hotel)

Stone Gable Inn, 869 Lafayette Rd., Hampton, NH 603-926-6883

Hampton Village Resort Motor Inn, 660 Lafayette Rd., Hampton, NH 603-926-6775

Best Western Hotel, The Inn at Hampton, 815 Lafayette Rd, Hampton, NH 603-926-6771

Lamies Inn & Tavern, 490 Lafayette Rd., Hampton, NH

James Waslaski Orthopedic Massage Workshops THE UPPER BODY Chronic Pain and Sports Injuries

Hampton, NH
May 4-6, 2007 - 18 CEHs

The Lower Body

Portland, Maine
August 3 & 5th, 2007 - 18 CEHs
(August 4th is "Beach to Beacon" world class 10k road race. People can either volunteer at the race or enjoy a day off!)

For further details visit www.orthomassage.net



Changes to the NH Massage Law

— *Cliff Korn, Government Relations Chair*

By the time you read this, a bill will have come forward to change our current massage licensing law, RSA 328-B, to 328-H. I attended a meeting on January 18th where the proposed bill was discussed but changes were still being made at that time. I received the final copy of the bill as this newsletter was going to press on March 1st, 2007. House Bill 908 was introduced on January 31, 2007 by Representative Ben Baroody, (D-Manchester). HB 908 establishes a board of massage therapists for the licensure and regulation of persons engaged in the practice of massage therapy and the registration of somatic and bodywork practitioners. This bill also repeals the current licensure and regulation of massage therapists under RSA 328-B and establishes transition provisions. HB 908 was referred to the House Committee on

Executive Departments and Administration. A hearing on HB 908 is scheduled for March 20, 2007 at 9:30 a.m.

Based on my hurried review, the good news is that the proposed bill will change the current massage advisory board to an administratively attached regulatory board. The plan now is to license massage therapists and register others, with criteria coming from the others' professional associations. I anticipate a nightmare trying to develop functional but fair administrative rules crossing the myriad types of bodyworkers and deciding which associations are best to represent which groups! The proposed bill also doubles the current required continuing education hours to 24 in each 2 year licensing period.

Government Relations

A few rays of sunshine are in what I saw as proposed language, including temporary licenses for those experienced practitioners moving in from out of state; massage board approval of school curriculums; the establishment of massage therapy school instructor qualifications and, something I thought I would never see in NH, the abolishment of the Home Rule clause.

Please check our website (www.amta-nh.org) frequently for the most current information on this change in law and how it will affect all of us.

The bill can be read in its entirety at: <http://www.gencourt.state.nh.us/legislation/2007/HB0908.html>



Legislative Day in Concord — You're Invited to Participate

— *Darlene Nadeau, Second Vice President*

It's become an annual tradition! AMTA-NH members provide complimentary chair massage for our state legislators at the Legislative Office Building in Concord, NH. It's a great way to "stay in touch" with current legislation and educate our representatives about the benefits of massage.

This year's event will be held on Tuesday, April 10, 2007 from 8:30 - 2pm. If you are able to bring a massage chair and contribute two hours of massage, please contact our Legislative Day coordinator, Marie Straiton.

Legislative Day Event

Tuesday, April 10, 2007 from 8:30am - 2:00pm

If you are able to bring a massage chair and contribute 2 hours of massage, please contact

Marie Straiton, 603-228-6700 or

m.straiton@comcast.net



Massage Emergency Response Team (MERT)

— *Clara Levesque, MERT Coordinator*

MERT has been fairly quiet — no floods or other emergencies have caused the Concord Emergency Office to call for our services. Training continues, however, in the North Country (Concord or farther north) and plans are still in the works.

On Sunday, October 21st to coordinate with National Massage Therapy Awareness Week, we will reach out to emergency personnel and educate on how massage can relieve stress caused by short or long term responses to disasters, whether natural or manmade.

If you are interested in joining MERT, please contact **Clara Levesque at claralmt@juno.com or call 603-566-7415.**



Review of Hanna Somatic Workshop

— Julie Smith, 1st Vice President

Noreen Owens, Certified Hanna Somatic Educator presented at the February meeting of the AMTA-NH Chapter. Attendees were treated to a full day experiential workshop of stretching, while focusing in on the body's response.

The originator, Thomas Hanna, defines somatic education as: the use of sensory-motor learning to gain greater voluntary control of one physiological process. It is "somatic" in the sense that the learning occurs within the individual as an internalized



Photo: Marsha Wiggins keeping her feet warm

Hanna exercises yield many benefits. Participants learned new ways to protect, strengthen and release tight muscles. They were taught movement technique that could benefit clients and techniques for their own self preservation. The workshop was only a starting point, as the handouts detailed

process. With heightened body awareness participants were led through a series of positions where soft tissue changes could be felt immediately.

The subtle but powerful effects of the

the exercises so that we could continue on at home.

As people were leaving I got to hear how good many of them were feeling, stretched, relaxed and euphoric. Amazing how the body rewards us for tuning in.

Our next workshop will be with James Waslaski on "Upper Extremity Orthopedic Massage". Please join us May 4, 5 and 6 for this 18 hours accreditation workshop. This is open to any interested practitioners. Look for the registration information in this newsletter or at www.amta-nh.org.

See you there!

Sports

Hello AMTA-NH Sports Massage Team Members!

I need feedback as to your motivation and interest in adding another event to our schedule.

I have been approached by a Director of the Seacoast Half Marathon to provide Event Sports Massage Services on Sunday November 11, 2007. This is four weeks after our October event (8 to 19 practitioners required).

Our current events scheduled are the following 3 foot / running races:

- Mt. Washington 7.6 Miles / "Only One Hill" June (Six Practitioners Required)
- Saunders 10K August (Five to Six Practitioner Required)
- Great Island-New Castle 5K October (Six Practitioners Required)

Two of the three events are in the Seacoast area. Adding the Seacoast Half Marathon would make three out of four. I realize some of you travel a distance to participate in the Seacoast events so your feedback is important. All these events have a good to very good compensation for our Event Sports Massage Services.

An additional event is a Half & Full Marathon planned in the Manchester area the first week of November. This might be one to look into if they are interested in having Event Sports Massage Services.

We currently have a team roster of close to 30 practitioners. About one third of the team is active annually at one or more of the events. To do the larger events I need to recruit more practitioners. If you know any practitioners in your region let me know or

have them contact me directly.

If we can not supply an efficient number of practitioners for each event then that does not serve the event very well or appear very professional in the eyes of the public or athletes.

I look forward to your feedback on supporting additional events.



Send directly to me at pfcaswell@netzero.net or call 603-430-8492

Paul F. Caswell, Team Director

Remember... to keep up with the latest Chapter news and important information, visit the new AMTA-NH Web site at

www.amta-nh.org



Election Results

Results of the **February 2007 Election** are in and we are pleased to announce the Board members now serving in these important Chapter positions.

Among the positions that were up for election were First Vice President, Third Vice President, and Secretary. Other decisions made at the February Chapter meeting include the 2008 Delegates and 2008 Alternates.

Elected Board Members

1st VP: Julie Smith
3rd VP: Cliff Korn
Secretary: Kristen Albaneze

2008 Delegates:

- 1) Joe Frazer
- 2) Jan Wheeler

2008 Alternates:

- 3) Cindy Johnson
- 4) Roseanne Beurivage

What is the role of a Delegate?

A delegate represents the members by whom they were elected and carries out certain responsibilities as follows:

- Through the chapter membership annual meeting and other opportunities of interaction with the membership, the Delegate initiates member involvement in discussion and hears opinions on matters coming before the House of Delegates;
- Studies materials and otherwise prepares for the House of Delegates meeting;
- Attends and participates in the House of Delegates meeting and votes in an informed manner; and,
- Is available to report on their voting record and participates in the House of Delegates meeting.



Photo: J.Frazer, C.Korn, C.Johnston, J.Wheeler, R. Beurivage, K.Albaneze, J.Smith

Thanks to all who participated in this year's election, and congratulations to those who are serving the AMTA-NH Chapter this term. Your willingness to serve benefits the members, the New Hampshire Chapter and the profession as a whole.



Why Join AMTA?

— *Cliff Korn*

There are a good many of you reading this newsletter who are not members of AMTA. Since AMTA members constitute about one third of the total massage therapists licensed in NH, I'm guessing that almost a thousand of you are choosing other associations to meet your needs. So that we can reach out to all of you, this state chapter of the national American Massage Therapy Association sends one issue of our newsletter each year to all licensed massage therapists on the NH state roles. I hope you read this newsletter carefully. As you'll see, there are many things that affect you. I further hope that you'll consider joining us to add your unique voice to the issues we write about.

AMTA membership has many benefits no matter where you live, but I believe that one of the very best membership experiences in the country is right here in New Hampshire. If you care to look, you'll see that we are real people – just like you! The difference in AMTA-NH and the other associations is that we are right here! You can meet with us, talk to us, put us on your

massage table (please!), play, plan and learn with us.

You can read all about the general benefits of membership, like Professional and General Liability Insurance, Professional Credibility, and Information Resources on our website (www.amta-nh.org). I hope in these few paragraphs, to give you my thoughts on three of the more personal benefits of joining and participating.

- 1) As a participating member, I am never caught at the end of a licensing period wondering if I have completed enough continuing education to meet renewal requirements. AMTA-NH's Education Committee works diligently to insure that any member who attends the workshops held in conjunction with our three meetings per year will automatically have enough CE credit for license renewal.
- 2) As a member who volunteers my time to AMTA-NH, I develop leadership skills, time management skills and confidence.

This carries through to my practice. I know my practice is more successful than it would otherwise be just because of the efforts I expend on behalf of AMTA-NH. 3) My membership in AMTA-NH actually saves me money! My professional membership dues (including chapter fee) cost \$265 per year. According to their websites, ABMP dues are \$199 or \$229, IMA dues are \$199 or \$299. If I assume the lesser amount for either association, AMTA costs only \$66 more. When I factor in that AMTA-NH subsidizes my required continuing education (I'm saving more than \$100 in just one workshop this May!), I actually save money!

I hope you will make the effort to join us at one of our functions to see for yourself what we have to offer. You can find insurance and magazines in a lot of places, but you'll only find "us" at AMTA-NH!

WORKSHOPS IN ORTHOPEDIC MASSAGE

Injury Assessment & Treatment Training Series

Enhance your knowledge & skills • Learn from expert instructors Ben Benjamin, Ph.D. & Rick Horton • Earn valuable CEUs

These comprehensive workshops will teach you how to effectively assess and treat the most commonly injured structures throughout the body. You'll learn how to differentiate muscle, tendon, bursa, joint, and ligament injuries, and you'll fine-tune your palpation skills and hands-on treatment techniques.

An integrative approach

There are six major components to each training:

- **Anatomy:** View, draw, and palpate the relevant musculoskeletal structures.
- **Assessment:** Practice musculoskeletal assessment tests and palpation of injured structures.
- **Theory:** Learn how to use the history, positive assessment test findings, and results of palpation to determine which structures are injured. We'll discuss the possible causes of injury as well as effective treatments.
- **Integration:** After you've learned the theoretical background and assessment procedures, we integrate this knowledge through hands-on learning games and supervised mock clinics.



- **Technique:** Discuss, practice, and review detailed treatment techniques to eliminate adhesive scar tissue.
- **Clinic:** On the final day of the training, you practice your skills by taking part in an injury assessment clinic, free and open to the public, under the instructor's supervision.

Upcoming Workshops

Neck & Thorax: January 26–28
(Early registration: January 5)

Wrist & Elbow: March 30–April 1
(Early registration: March 9)

Shoulder: June 2–3
(Early registration: May 12)

Common Injuries: June 9–10
(Early registration: May 19)

Low Back: September 21–23
(Early registration: August 31)

Common Injuries: November 10–11
(Early registration: October 20)

Headaches: December 7–9
(Early registration: November 16)

Coming in 2008: Knee, Hip, & Thigh;
Foot, Ankle, & Lower Leg

Two-day workshops: 13 CEUs
\$295 (\$250 early registration)

Three-day workshops: 20 CEUs
\$495 (\$450 early registration)

*All workshops take place at:
Watertown Center for the Healing Arts
17 Spring St., Watertown, MA*

TWO EASY WAYS TO GET MORE & SAVE MORE

1. **Early bird special:** Register 6 weeks early and you'll receive a free gift. Choose either the *Essential Principles* video, *Exercise Without Injury*, or *Are You Tense?*.
2. **Certification training track.** For the biggest savings, sign up for the full certification track. An initial deposit of \$200, then a flat fee of \$200 per month for 12 months, covers all seven workshops in the Orthopedic Massage Advanced Training Program at a substantially reduced cost. You can take the courses in any order, over any period of time you wish. Call 1-866-331-PAIN for details.

To learn more or register for a workshop, call 1-866-331-PAIN (toll free)

2007 Calendar

MARCH / APRIL

3/01	Newsletter submissions deadline	4/09	BOD Meeting Portsmouth
3/07	BOD Meeting, Pennacook	4/10	Legislative Awareness Day, Concord
3/15	State Testing, Concord		
3/22-25	New England Regional Conference (NERC), Boxboro, MA		

MAY / JUNE / JULY

5/04	BOD Meeting Portsmouth	6/13	BOD Meeting TBD
5/05	Chapter Meeting Portsmouth	6/16	Mt. Washington Road Race See details in Sports column
5/04-06	James Waslaski Workshop Portsmouth	7/12-15	CVOP
5/17	State Testing Concord	7/13	Newsletter submission deadline

AUGUST / SEPTEMBER / OCTOBER ** National Convention Month**

8/1	BOD Meeting — TBD	10/21	Jim Oschman Workshop, Hampton
8/23	State Testing, Concord	10/21-27	NMTAW
9/20	BOD Conference Call	Oct/Nov	MERT Training — TBD
9/26-29	AMTA National Convention, Cincinnati, OH		

November/December

11/8	BOD Meeting — TBD		
11/8	State Testing, Concord		
11/15	Newsletter submission deadline		

AMTA-NH

25 Brandy Lane
Pelham, NH 03076

Inside This Issue:



Government Relations

Read about important changes to
New Hampshire state law



Election Results

See Page 10 for the
complete list



Enter and WIN!

Cash Prizes

The Massage Therapy
Foundation Case Report