



# We're In Touch



Promoting Massage Therapy through Education and Professionalism

AMTA-NH Newsletter

Summer 2007



## A Message from the President Appreciation for the Teachers in our Lives

2 -4 -6- 8, who do we appreciate? Teachers! All kinds of teachers – and don't we run into teachers every day? I'm not only talking about the individuals in our public schools, but also the people we encounter day to day who cross our paths to teach us, sometimes about ourselves.

We are entering the time of year when we honor and recognize Massage Therapy. Here in NH we have our own Proclamation, signed by the Governor, to recognize National Massage Therapy Awareness Week (NMTAW) in October. This year NMTAW is recognized from October 21 through the 27th (refer to page 10 for more details).

So, now you are asking, 'Why does Doreen, have 2 different topics in the first 2 paragraphs – Why?' Let me tell you. As I write this article, I have just completed 2 days of on-site massage at my local elementary school. I had the privilege of providing chair massage to 32 teachers, assistants and administrative personnel. It was a great experience to work with these individuals. I felt welcomed and appreciated. My purpose was to show them how much they are appreciated in our community for all they do with our children (I have 2 boys in the school; 8 & 10 years old). Many of these people have only had the experience of massage from prior experiences such as this one. There was not one that I met who wasn't constantly on the go, trying to keep up with the kids and the end of year paper work. They asked many questions about massage during and after their 10 minute sessions.

It was on my 2nd day conducting chair massage in the school that I thought, 'what a great way to reach out to the community and let them know about massage – a group in our community who could truly use it!' The president of the PTA set up the event by sending a sign up sheet to the school ahead of time. I told her the hours I would be available and the sign up sheet was full when I arrived. I was not only able to connect with so many on the staff of the school, but I also had the occasional opportunity to say hello to my boys. They told me it was pretty cool to hear everyone talking about their Mom.

So why not contact your local schools, get together with another therapist or 2 in your community and offer a day of awareness? Who better to teach our children about the positive benefits of touch than the people that are with them all day long? When a teacher goes back to his/her class smiling, it's bound to have a ripple effect on the rest of the school. If nothing else, you can truly feel good being amongst the hustle and bustle of a school environment and knowingly reducing some of the stress.

I hope to hear your stories after NMTAW about how you reached out and touched your community! Thank you to the teachers and staff at Pelham Elementary School for allowing me the opportunity to uncover yet another way to spread the word about the importance of massage. I wish you all a great school year!

### The Advisory BOD Welcomes a New Member — Kevin Clark

— Dianne Jezak and Kevin Clark

The Advisory BOD members are a group of 3 individuals that work with the State to advise about the laws, rules, licensing, and any special requests regarding a license. They also over see proctoring of the licensing exams.

NH Advisory Board Members are: Vicki Branch, Chris Keiley and Kevin Clark

#### Who is Kevin Clark?

My name is Kevin Clark, and I am the most recent appointee to the NH Advisory Board of Massage Therapists. In 1998, I graduated from the Wellness

and Massage Training Institute in suburban Chicago and began practicing massage therapy. Since 1999, I have lived and practiced in the Upper Connecticut River Valley. My home is in Canaan, NH, and I practice in both NH and VT. I am honored and excited to be a member of the Advisory Board and look forward to meeting more AMTA-NH members in the coming years.

Welcome Kevin!

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## THIRD VICE PRESIDENT Government Relations

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## IMMEDIATE PAST PRESIDENT Awards

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## TREASURER

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## Committee Chairs

### SECRETARY

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### MERT

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### NEWSLETTER

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### TOUCHLINE AND MEMBERSHIP

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### WEB MASTER

**Melissa Klaus**

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www.genuinemassage.com  
E-mail: JLBIRON@COMCAST.NET



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

Winter deadline: November 15

# AMTA-NH CHAPTER EDUCATION

## EXPERIENCING ENERGY SYSTEMS

*Presented by James Oschman  
Manchester, New Hampshire*

**Sunday, October 21, 2007**

- ✓ 5 CEHs
- ✓ NCBTMB Approved
- ✓ Provided by AMTA-NH



NCBTMB APPROVED PROVIDER



FOR CONTINUING EDUCATION

### ABOUT THE WORKSHOP

As massage therapists we have a unique talent for healing. So how do we actually do that? What happens between you and your client? Haven't we all experienced the client who energizes us or the one who drains our energy away? This lecture with Jim will explore ways of putting energy into the human body and also ways of removing frequencies that are undesirable.

Key topics are grounding, the roles of heart energies, and protecting the therapist and patient from energies that can be disruptive. The mechanisms involved in aromatherapy and homeopathy will also be discussed.

The ways the human body generates and responds to natural electric, magnetic and photonic fields are of great interest to all who use their hands to nurture humans and animals. Research from around the world is explaining the energetic systems that enable massage therapist to "jump-start" the healing process in a wide range of conditions.

### ABOUT JAMES OSCHMAN

Jim Oschman is a leading authority on the application of energetic concepts to medicine and alternative medicine. His two books on Energy Medicine, *Energy Medicine: The Scientific Basis* and *Energy Medicine in Therapeutics and Human Performance*, help both patients and physicians appreciate the energetic aspects of massage and related techniques. Jim lectures world-wide on the mechanisms involved in bodywork, energetic and movement therapies. In 2005 he was a presenter in Albuquerque at the Massage Therapy's Foundation Conference, **HIGHLIGHTING MASSAGE THERAPY IN CAM RESEARCH**.



**9-3:30pm, 12-1:30pm Chapter Business Meeting**  
*Please Come and Volunteer to help our Chapter*

\*\*\*\*\* **NEW WORKSHOP LOCATION** \*\*\*\*\*

**SEACOAST CAREER SCHOOL, 670 N. Commercial Street, Manchester, NH**

## REGISTRATION FORM

<b>AMTA-NH Members Early Bird postmarked by October 8th</b>	<b>\$50</b>	<b>after October 8th</b>	<b>\$75</b>
<b>Non-Members Early Bird postmarked by October 8th</b>	<b>\$75</b>	<b>after October 8th</b>	<b>\$100</b>

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](mailto:jh458@comcast.net) or Call Julie at 603-929-0016 or email [hmtc@juno.com](mailto:hmtc@juno.com)

**Lunch is Included in Workshop Fee!!!**

**NOTE: TABLES AND LINENS ARE NOT REQUIRED**

Mass. Chapter AMTA presents:

# Ruth Werner

Author of "A Massage Therapist's Guide to Pathology"

## Fibromyalgia and the "Invisible" Diseases & The Ethics of Client Communication: Talking to Clients about Their Health

September 15, 2007

Best Western Royal Plaza, Marlborough, MA - Lunch Included!!

### Fibromyalgia and the "Invisible" Diseases

**8 a.m.-Noon**  
**4 Contact Hours**

This class will examine current thinking about the etiology of fibromyalgia, along with its most common "partners in crime": conditions that have a huge overlap with FMS, or that may contribute to a misdiagnosis.

These include myofascial pain syndrome, irritable bowel syndrome, chronic fatigue syndrome, and others. Participants will emerge with a new understanding about how these conditions fit together, and how bodywork might be used in these situations for the best possible benefit. Come prepared to learn and to share your experiences with other therapists.

### The Ethics of Client Communication: Talking to Clients About Their Health

**2-6 p.m.**  
**4 Contact Hours**

This class addresses the delicate art of communicating professionally and with open hearts when we have concerns about our clients' well being.

Topics discussed will include: medications that may influence bodywork choices, visual or palpatory signs that are red flags, maintaining boundaries for client safety.

Students will develop the skills to make responsible, professional, client-centered choices with their work—even when those clients may have diseases or conditions that make many types of massage impractical.

Ruth Werner is a massage therapist, writer, and educator with a passionate interest in the role of massage for people who are *not* in perfect health. She is the author of *A Massage Therapist's Guide to Pathology*, and a columnist for *Massage Today & Massage and Bodywork* magazine.

Ms. Werner has presented at many State and National AMTA Conventions and is known for being a passionate, energetic, and enthusiastic teacher.

Join us for the Chapter meeting at noon!



[www.massamta.org](http://www.massamta.org)

Please complete and return with payment to:  
Mass Chapter AMTA, PO Box 1044, Worcester, MA 01613  
Make checks payable to **Mass. Chapter AMTA**  
Questions? Call (978) 534-8888 or e-mail Greg Hurd at [ghurd6170@charter.net](mailto:ghurd6170@charter.net)

Name \_\_\_\_\_ AMTA Member # \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

Check appropriate selection  
 Both classes, \$150  
 only Fibromyalgia and the Invisible Diseases \$80, 8am-12pm  
 only Ethics of Client Communication \$80, 2pm-6pm

### Awards given at the May 2007 Chapter Meeting

*Congratulations to our dedicated volunteers!*



**Outstanding Committee Chair:**  
Melissa Klaus



**Retiring Board Officer:**  
Judy Harrington



**Great Idea Award:**  
Jean Biron



**Humanitarian Award:**  
Clara Levesque



**Outstanding Delegate Award and Chapter Meritorious Award:**  
Marie Straiton



**President's Award:**  
Cliff Korn

**Outstanding Delegate Award:** Greg Hooker (no photo available)



### Chapter Quality Rating Results from the Chapter Volunteer Orientation Program

— Doreen Rossi, President

You like us! You really like us!!

I have just returned from the Chapter Volunteer Orientation Program (CVOP). CVOP is another member benefit that our National Organization offers to volunteer members on a chapter level. This weekend event enhances the knowledge and skills of your Board of Directors and Committee Chairs. I attended the first one 5 years ago as a 3rd VP. This year I had the pleasure of attending for my 2nd time.

Our weekend began Thursday afternoon with a keynote address and introductory session. Each Chapter President received a fact sheet on their chapter that included a line called "Chapter Quality Rating." The average rating of all chapters was 55%. Only 7 state chapters in the country earned more than the desired target of 70%. The highest rating in the country was 81%. Our New Hampshire chapter earned a rating of 80%!

**Key points of these surveys were:**

- Your sense of feeling welcomed, and
- The sense of camaraderie you feel within the chapter

**Some of the items you may have seen were:**

- Your likelihood to renew your membership;
- If you would recommend the AMTA to others;
- The value you feel you receive from AMTA

**Value was broken down into:**

- The benefits you receive,
- The member services that are offered,
- What the chapter does for you
- The value of the National Convention

**There were also 3 key aspects to the 4 Value points mentioned above:**

- How we give back to the community;
- The newsletter you receive each trimester
- Our chapter meetings

All the points mentioned above were rated by members across the nation. You, our members, gave AMTA-NH that rating of 80%. We are so happy that you are pleased with the performance of your chapter. We also know this is no time to rest on our laurels. We always want to do more and we would like you to tell us what additional benefits & services you would like from your chapter. Is there an educational presenter that you would like us to bring in? Maybe you are looking for more information about a certain subject in the newsletter. Is there a service that could help your business/practice that you can't find any where else? Let us know! We want to continue giving you the best we have to offer, so please make sure your voice is heard.

## In Memory of **Bob Adams** by Jean Biron

New Hampshire's massage community lost an influential member who will long be remembered.

Robert F. Adams, Master of Education, known to his students as "Mr. A" died suddenly June 11th, 2007 while vacationing in Aruba. Born in Manchester, August 16 1949, he graduated from the local school system and received his bachelor's degree from UNH. He earned two master's degrees, one in education from Antioch College and was currently pursuing his PhD. Professor Adams was the originating Director of Massage Therapy at the New Hampshire Community Technical College in Nashua. He owned and operated the Adams Holistic Center in Bennington, NH, where he was an accomplished Massage and Hypno Therapy instructor. He also owned and operated the Adams 1810 House Bed and Breakfast and Holistic Center in Antrim, NH. His great Loves were traveling, teaching, reading and his beloved cat Kohla.

I'm a Licensed Massage Therapist and I've been rubbing people the right way since 1995, thanks to Bob Adams. It was a great fortune to have Bob as one of my first massage teachers and I will never forget the experience. On my first evening of Swedish Massage class we were waiting for our instructor and in comes this 5 foot tall, red haired flamboyant man who I thought was definitely a character. My first

thoughts were, "Oh my God! What have I gotten myself into". But, from that moment on Bob began to teach and we began to learn. He taught us the history of massage therapy, Swedish massage and many other techniques. In the beginning, I was very nervous about doing hands on. Many of my classmates remember my early massages as nervous vibration as my shaking hands performed the strokes of Swedish massage. But Bob would come up to me and raising his hand to my shoulder he'd say, "Mr. Biron. Breathe." It had the right effect. I relaxed and massage therapy began to reveal itself to me.

Bob Adams taught Esalen massage that he described as a sensual technique originating in California. Although skeptical, I signed up for the course. Bob taught us how to make every stroke an event, and how to really help a person feel the nurturing effects of massage. He suggested it would be an effective technique for hospice care because it that helps people continue to feel they are a part of humanity. Esalen brought everything I learned in my months of massage school together by giving my work a heart and soul. But it wasn't the technique itself, it was Bob. He would look into my eyes with his smiling eyes

looking to see if I got it.

The biggest lesson I learned from Bob was acceptance. By being his magnificent self I came to understand how to accept diversity. Flamboyant, funny, opinionated, unabashed, wise, experienced, courageous, caring and experienced just begin to describe that marvelous teacher. Bob taught thousands of students the same way he taught me and so his lineage continues through those fortunate enough to have known him and been taught by him.

The last thing Bob is teaching us all is "Life's too short". He was only 57 but he lived a full life always following his passions for traveling, teaching, reading, healing and advancing his life experience. He is a great example for us all to follow.

Today, there are among us in New Hampshire's Massage Community other people that rise up and take the lead as guardians, mentors and teachers. Without them where would we be? If you have been thinking about calling or writing one of them, do it today because you never know.

Goodbye Bob Adams. Thank you.  
Rest in Peace.

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### Massage Music Suggestions

— Jean Biron



Isn't it disappointing when you have played the same CD over and over again until it just becomes a work CD? I look high and low for music that is satisfying and inspirational. Here are some musical suggestions to help you out. Let me know if you like them or if you have favorites you would like to share. OK, let's give it a spin!

- #1 – Celtic Requiem (Windham Hill Records) Soothing lamentations.
- #2 – Musical Massage – Inside (Relaxation label) Very very sedating.
- #3 – Music to Disappear In 2 (Hearts of Space) The title says it all.
- #4 – Sanctuary – Music From a Zen Garden (NARADA) A peaceful transportation.

And for you adventurers...

- #5 – Moroccan Spirit (Higher Octave label) Exotic – Somatic

Well that's it for this issue. You can find most of these titles online and sample them. Send in your suggestions and remember, Move to the Music.

See you on the flip side.

Jeano

# A Warm Welcome to Our New Members

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

Brittany Bolton, Candia  
Heidi S. Brobst, Canterbury  
Rhonda Cavers, Litchfield  
Caryn Clark, Wolfeboro Falls  
Carrie A. Cogswell, Hudson  
Doug DuVerger, Manchester  
Brianna M. Foss, Concord  
Jessica Gelinis, Manchester  
Kelly Harvey, Stratham  
Aryana Ireland, Winchester  
Maria Jones, Plaistow  
Catherine Joyce-Courtemarche, Bennington  
Holley Kazakis, Hampton  
Carol Knutson, Stoddard  
Cheryl Kollett, Chichester  
Dawn Louise Lanctot, Manchester

Susan Manning, Candia  
Corinne Marggraf, Manchester  
Patricia L. McGinnis, Suncook  
Darci Morrill, Dover  
Melanie Morton, Dover  
Cody Myers, Nashua  
Jenny O'Dell, Somersworth  
Ellen Oliviere, Salem  
Melody Pitman, Wolfeboro  
Gerard P. Plante, Manchester  
Cheryl Strout, Hudson  
Erika Schultz, Sandown  
Jason Stone, Claremont  
Patti Watters, Tamworth  
Emily Wirling, Center Conway

Our next chapter meeting/workshop is in October. We hope to meet you there and introduce you to your chapter. We welcome all of your ideas and talents. Make the most of your membership by becoming involved in your professional Membership to the American Massage Therapy Association.

### Jan Wheeler, Membership Chair

[Janshands2@aol.com](mailto:Janshands2@aol.com)

H# 893-6016

W# 894-6402 #3

*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!



[www.amta-nh.org](http://www.amta-nh.org)

## 5 HOD Recommendations at AMTA Convention

— Leo Beaudry, AMTA-NH Delegate

There are five recommendations up for vote at this years AMTA convention House of Delegates (HOD) meeting.

*Recommendations #1 and #2* are brought forth by Dana Whitfield and Toni Roberts from the Georgia chapter of the AMTA.

*Recommendation #1* states that the bylaws be changed to allow newly elected chapter officers to be installed on a date later than the annual meeting unless the election was by mail ballot. The reasoning for this is to allow time for training and orientation of newly elected officers before their installation.

*Recommendation #2* states that the bylaws be changed to allow chapter nominating committees to recommend more than one candidate for each position. Currently, the bylaws state that the nominating committee can recommend only one candidate for each position up for election. The reasoning for this is concern over members not having exposure to all the potential candidates.

*Recommendation #3* is being proposed by the Illinois chapter and states that the bylaws for membership be changed to require current proof of

state license, certification, or registration for membership and membership renewal in states that regulate massage therapy. I attempted to reach the person presenting the recommendation but I have received no answer as of yet. My understanding is that they would like to change the regulations for AMTA membership to match the state's requirements.

*Recommendation #4* is from the New Jersey chapter of the AMTA submitted by Susan Ring. The recommendation states that the bylaws be changed to allow members to join more than one (state) chapter, providing they pay the chapter fees in each state. For people in different states this would allow them to join other states' chapters while still maintaining membership in their home state. As the bylaws stand now "Each member will be assigned to only one state chapter".

*Recommendation #5* is also proposed by New Jersey and it states that the AMTA offer only business, ethics, and theory type courses through their on line classes. The opinion is that "hands on" classes should be just that —

"hands on". Toni Roberts from the state of Georgia as well as Gail Friedman from the AMTA were helpful in obtaining this information . I should be receiving more information on this subject which I will pass on to the board as I receive it.

This year our chapter meeting is after the National Convention. We usually discuss the recommendation during our chapter meeting before National Convention. This usually allows us a consensus from the members, how each feels about each recommendation, and how they would like us to vote. Unfortunately, this will not be possible this year due to the timing of the meetings.

The next Board of Directors (BOD) meeting for the NH Chapter is September 10th in Manchester. Our NH members are welcomed to attend to hear further discussion on the recommendations. Stay tuned to our Website ([www.amta-nh.org](http://www.amta-nh.org)) for more information. To read each recommendations in full, please go to: [www.amtamassage.org/member/recommendations.html](http://www.amtamassage.org/member/recommendations.html)

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

[www.amta-nh.org](http://www.amta-nh.org)



## Massage Emergency Response Team (MERT)

— Clara Levesque, MERT Coordinator

As I have hinted in the past, the MERT team is facing some revising which you'll soon hear about. Why not hear about it now? We're still obtaining information from other states that have effective, active MERT teams. As we revise we'll be calling to let you know and to find out if you are interested in

participating in the training on Sunday, October 14, 2007 in Sandwich.

For those on the team wondering about the status of the MERT shirts: shirts have been sent to those current members who have voiced an interest in receiving the blue MERT shirts.

The rest of the shirts will be handed out to those attending the October 14th training.

**As always, here to help you.**

**Clara Levesque at [claralmt@juno.com](mailto:claralmt@juno.com)  
or  
Call 603-566-7415**



## Benevolence Report

— Rosanne Beurivage

### Heartfelt peer support is what we do!

We are pleased to acknowledge *Michelle Desjardins and Lee Chaffee*.

Michelle recently graduated from nursing school, and Lee had an article published in July 2007 issue of Massage Magazine. Well done, we're proud of you!


*Our recent activity includes:*

- ◆ Support and encouragement to therapists in recovery.
- ◆ Sympathy to family and friends of therapists who have recently passed away.
- ◆ Support and encouragement to those of us with significant "life challenges".

Congratulations for some major accomplishments.

This committee needs you! Please share the news of fellow therapists and friends of AMTA. AMTA-NH will extend a symbolic hand of applause or a hug. New ideas for committee work welcome.

**Rosanne Beurivage, Benevolence Chair, 603-753-4338  
[rosanne@newwww.com](mailto:rosanne@newwww.com)**



**25th ANNIVERSARY 2008**  
**AMTA NEW ENGLAND REGIONAL**  
**CONFERENCE**

*Hosted by AMTA Vermont Chapter*

**Achieving the SILVER, Reaching for the GOLD!**  
**MARCH 27-30, 2008**  
**Best Western Royal Plaza Hotel**  
**Marlborough, MA**

Stay tuned at [www.amta-vermont.org](http://www.amta-vermont.org) for conference info. Details to follow in email blasts.

Make sure AMTA National has your updated contact info. No email? No problem!

Call Michael at (207) 495-2465 to specifically request info be sent to you via the postal service

# Public Relations **\*\*New Committee Chair\*\***



## **Marketing Your Business — Do people know you exist?**

— Jean Biron, PR Committee Chair

Do people in your town know you exist and do they understand the benefits of massage therapy? It's my aim to promote the AMTA-NH Massage Therapists by getting the message out that you exist and why they should receive massage. But I can't do it alone! You can help me simply by notifying me in advance. Tell me about the events you organize or participate in to market your practice and market "massage therapy" in general. Why? So we can get news releases into your local paper in a timely manner. If you want, I'll even come and take pictures, write up the press release, get it to your local newspaper and presto, you're well-known. So, keep me posted, well in advance, of what your planning or if

you want some ideas.

### **Volunteers Needed**

I'm looking for volunteers to answer phones at NH Public Radio (during the year) and the NH Public Television auction (May 2008).

AMTA-NH will get some great exposure, support a good cause and have fun doing it. Let me know if you are interested.

### **Meet and Greet Luncheons**

Meet and greet luncheons can be on the menu around the state! These luncheons are so we can get to know each other, discuss our concerns and figure out how AMTA-NH can help. So don't be surprised if you get a call from me inviting you to lunch. Better yet, if you don't want to wait for my call,

go ahead and call me first! You pick the place and together we'll find a convenient time. We can find some other AMTA-NH members in your area and make it a group thing.

### **Questions or Concerns?**

Don't wait! I want to hear from you today about any questions or concerns you have as an AMTA-NH member. If I don't have the answers, I'll find someone who does. Really! Call or write, so we can learn from each other how "we" can make the AMTA-NH Massage Therapist a household name.

Stay in touch!

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## **National Massage Therapy Awareness Week**

**October 21 through October 27, 2007**

AMTA's National Massage Therapy Awareness Week is designed to raise public awareness about the benefits of massage and attract media attention to activities carried out by AMTA chapters, members, as well as AMTA school members. This gives all AMTA members an opportunity to demonstrate their profession and skills. You could pick a theme, a group or a venue to target. For example: Who better to help get the word out about the benefits of massage therapy than the educators of your community? Elementary, Middle School, High School or College.

Whether you are participating with your Chapter, with other AMTA members or on your own, every effort is equally important in promoting massage and the profession! Contact Jean Biron at 603-497-8565 if you need help setting up an event at a school near you or a local venue. If you have an event, take pictures and send them to Jean ASAP so he can put out news releases about your activities in your local newspapers. We would also love to print a follow up in the next AMTA-NH newsletter with pictures and experiences of what our members did to promote and educate others on massage.

This is the best opportunity of the year to build your clientele by teaching others about how professional you are and the benefits of your work. Let's all take advantage of this special week and put together an event, big or small, that will get the word out during National Massage Therapy Awareness Week. Do not hesitate! Call Jean today if you have an idea or need help with an idea. We're all in this together, AMTA-NH!

*State of New Hampshire*  
*By His Excellency*  
*John Lynch, Governor*

*A Proclamation*

**MESSAGE THERAPY AWARENESS WEEK**  
**OCTOBER 21-27, 2007**

**WHEREAS**, The American Massage Therapy Association is an organization for massage therapists, that strives to raise public awareness of the benefits of massage; and

**WHEREAS**, The New Hampshire Chapter of the American Massage Therapy Association works to develop and advance the art, science, and practice of massage therapy in a caring, professional and ethical manner, in order to promote the health and welfare of humanity; and

**WHEREAS**, The State of New Hampshire grants licenses to practice massage therapy to those who meet specific educational requirements and comply with the rules and regulations set for them by the state; and

**WHEREAS**, Therapeutic massage is recognized by healthcare professionals as beneficial to enhancing health and complementing medical treatment for illness, injury, and pain; and

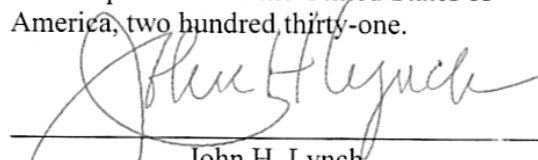
**WHEREAS**, The mission statement of the New Hampshire Chapter of the American Massage Therapy Association is "Promoting Massage Therapy through Education and Professionalism;" and

**WHEREAS**, 2007 marks the 11<sup>th</sup> year the American Massage Therapy Association recognizes Massage Therapy Awareness Week;

**NOW, THEREFORE, I, JOHN H. LYNCH, Governor** of the State of New Hampshire, do hereby proclaim **October 21-27, 2007** as **Massage Therapy Awareness Week** in New Hampshire, in order to raise awareness of the many health benefits of the therapeutic massage.



Given at the Executive Chamber in Concord, this 27<sup>th</sup> day of June in the year of Our Lord, two thousand and seven, and of the Independence of the United States of America, two hundred thirty-one.

  
\_\_\_\_\_  
John H. Lynch  
Governor



## Education Workshop Review: James Waslaski

— Julie Smith, Education Co-Chair

The May 2007 workshop “Jim Waslaski’s Orthopedic Massage for the Shoulder” was an entire weekend filled with lecture, demonstration and hands on work. Jim is a dynamic presenter who has a wealth of information and techniques to impart. This workshop gave real tools to utilize with chronic pain clients, while touching on the mix of spirituality and intuition that come together in massage therapy. This was evident with the joint capsule work that brings together intuitive thoughts with actual procedures that yields pain free movement.

We started with the importance of releasing and balancing the pelvic area in order to create long term upper body relief. Throughout the weekend the necessity of follow-up exercises and which specific movements are needed to maintain improvements were stressed. Jim’s focus of using a



multidisciplinary approach to achieve structural integration, pain free movement and to enhance well being was clearly demonstrated. His presentation was to the point, organized and followed a logical sequence taking the participants to another level of learning.

The use of technology was apparent presenting with multiple screens. A video camera displayed the live

demonstration on one screen and the musculo-skeletal view filled another. TA’s (teacher’s assistance) were there to assist us as we stumbled and flounder our way to grasping and welding new tools.

AMTA-NH next offering will be a workshop with Jim Oschman, author, biophysicist and cell biologist. He explores and explains the scientific basis of energy applications in alternative healing process. I guarantee a fascinating conversation will take place. So bring your inquiring minds on Sunday, October 21st Manchester, NH. For more information on this workshop and the registration form please refer to page 3 in this newsletter.

Hope to see you there!



*Boston Jojoba*



*Inner Peace*

### ***Vendors had an opportunity to participate***

Local and regional vendors had an opportunity to display at the recent Workshop.



### **A Letter from James Waslaski to AMTA-NH**

*"I was so impressed with the incredible value and benefits that the AMTA-NH members get at their membership meetings. I have taught seminars and conventions throughout the world, and it is very rare to see so much given to the members at such a low price. Between the quality of education, the meals, and the incredible social and networking opportunities, this is one of the best education opportunities hands down at a price that certainly shows a true commitment to the members of this great association. It was an honor to be a part of such a caring and supportive group. This is the ultimate in showing professionalism and membership appreciation. Keep up the great work AMTA-NH. I hope to get an opportunity to return as a presenter again in the near future."*

**James Waslaski**  
**Author & International Lecturer**  
**Chronic Pain & Sports Injuries**

# WORKSHOPS IN ORTHOPEDIC MASSAGE

## Injury Assessment & Treatment Training Series

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

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.

### 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.

### Upcoming Workshops in Watertown, Massachusetts

#### 2007

Low Back: September 21–23  
(Early registration: September 7)

Common Injuries: November 9–11  
(Early registration: October 26)

Headaches: December 7–9  
(Early registration: November 23)

#### 2008

Foot, Ankle, & Low Leg: Jan 25–27  
(Early registration: January 11)

Common Injuries: February 8–10  
(Early registration: January 25)

The Knee: April 18–20  
(Early registration: April 4)

Common Injuries: June 6–8  
(Early registration: May 23)

Neck & Thorax: June 27–29  
(Early registration: June 13)

Credits: 20 Contact Hours  
Fee: \$495 (\$450 early registration)

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

NCBTMB APPROVED PROVIDER



Approved provider  
number: 033029-00

To learn more or to register, call 1.866.331.PAIN (toll free) or visit [www.benbenjamin.com](http://www.benbenjamin.com)

# 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.*

### **Intro to Myofascial Mobilization of the Cervical Spine** 7 CEUs

Saturday, Sept 29 (900-400)

Postural assessment and TX plans. 4+ hrs of hands-on treatment.

### **Advanced Myofascial Mobilization** 8 CEUs per course

The Advanced Myofascial Mobilization courses are designed to take the myofascial therapist's skills to a new level.

Neck - September 8

Lower Leg and Forearms - October 27

Back - September 22

Shoulder - October 28

*"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*

### **Yoga teacher training starts September**

*Check website or email for prices and detailed course information.*

[www.MuscularWellnessInstitute.com](http://www.MuscularWellnessInstitute.com) , [CL1MBR@att.net](mailto:CL1MBR@att.net) , 603-520-5445



## Sports



### **The Event Sports Massage Team is Looking to Recruit You!**

**GOAL: Increase the active team membership**

Each year I receive requests from event directors to have Event Sports Massage as part of their post event services for their athletes. I consider the time of year and closeness to our annual events and size. There are many other logistics to consider in adding an event. I usually survey the team to assess if they are motivated and committed to a new event. I often get little or no interest in adding another event. If we can not provide an adequate team then this may not be seen as a quality professional service to the event directors, athletes, and spectators.

#### **Are you interested in becoming an active member?**

If so, contact me with any questions or for more details. With your response, please include any Event/Sports Massage education or event experience with you response. *Note: two credentials you must have:*

- ✓ **A current license to practice in New Hampshire**
- ✓ **professional liability insurance**

If you know of any practitioners in your community who may have an interest in becoming an active member, please give them my information.

Our next event is the **Great Island-New Castle 5K, Sunday October 7 from 9am to 1pm (Six Practitioners Required).**

**Questions and registration contact Paul Caswell at**

**[pfcaswell@netzero.net](mailto:pfcaswell@netzero.net)**

**Information and directions about and to event**

**<http://www.greatisland5k.org/>**

Be Well ~ Be In Touch,

Paul F. Caswell, Dpl. MT, LMT  
NH-AMTA, Sports Massage Team Director  
KMI-Bodywork & Sports Massage Practitioner  
Performance Muscular Therapy  
Portsmouth, New Hampshire USA  
603.430.8492

# Member's Networking & Classified Ads

We are once again offering a classified section for our members to sell and seek products, employment, sub-contractors, services, etc. The classifieds are limited to 25 words and are offered at a rate of \$10 each. Please contact Dianne Jezak at 603-890-9996 or [wellness@therapeuticcoasis.com](mailto:wellness@therapeuticcoasis.com).

## Space Available in NEW Massage Therapy Center

Space available for rent in NEW massage therapy center. Located on the Nashua/Merrimack town line. Private therapy room with additional shared office for desk and files. Access to client waiting room and lunch room. \$500.00/mo. Available September 1st. Call Patti at 603-321-6490.

## Motivated Massage Therapist Wanted

Motivated Massage Therapist wanted to work in a professional, clinical environment in Bedford and/or Goffstown. A great opportunity to grow your practice and make money! A minimum of 1yr. experienced preferred, with training in chronic pain, sports and repetitive stress injuries. Contact Jeanie Gorski, Therapy Designed for You at 603-721-9326, [jeanie@massage-etc.com](mailto:jeanie@massage-etc.com)

## Ninth Wave Center for Energy Education

### FALL SEMINAR SCHEDULE

For Details See:

[www.ninthwaveonline.com](http://www.ninthwaveonline.com)

#### Energy Works: A Foundation for Care of Self and Others

Saturday, Sept. 15, 2007

Learn strategies for conscious management of subtle energy to help you to strengthen your energy, avoid energy depletion, prevent burnout, maintain high level wellness and create a life you love to live!

#### Ethics, Energy and Boundaries in Relationships

Saturday, Sept. 22, 2007

This seminar will teach you about the role of energy in implementing and maintaining healthy boundaries. Your energy field affects all communication and is deeply influential in what occurs in personal and professional relationships. Come and learn how to create win-win flows of energy between people!

#### Emotional Freedom Technique ( EFT ) "Acupressure for the emotions "

Saturday, Sept.29, 2007

This seminar will teach you how to use this meridian based method to rapidly reduce or eliminate pain, effectively release anxiety and phobias, alleviate depression, grief and sadness without drugs, enhance performance and erase debilitating effects of trauma effortlessly.

#### Intuition, Spirituality and Creativity: An Energetic Perspective

Saturday, Oct. 6, 2007

The strength, coherence and flow of your subtle energy strongly determine your access and capacity for intuition, creativity and spiritual experience. This seminar will focus on how to discover and develop these innate abilities, use intuition as a "life skill" and open to increased creativity and spiritual experience

#### Massage Therapists

NCBTBM Approved 6 Continuing Ed. Units Provider No. 426764-00

Prerequisite: Completion of 500 hours Massage Therapy Schooling

Certificates of Achievement upon completion

CD's that include exercises used in this seminar will be available for sale

Ninth Wave is a non-discriminatory facility that meets ADA requirements

# 2007-2008 Calendar

## SEPTEMBER / OCTOBER

<b>9/10</b>	BOD Meeting, Manchester, NH	<b>10/07</b>	Great Island 5K Road Race, New Castle NH
<b>9/26-29</b>	<b>AMTA National Convention, Cincinnati</b>	<b>10/14</b>	MERT Training, Center Sandwich NH
		<b>10/21-27</b>	National Massage Therapy Awareness Week
		<b>10/21</b>	Chapter Workshop/Meeting: Energy Medicine with James Oschman

## NOVEMBER / DECEMBER

<b>11/08</b>	<b>NH State Licensing Test, Concord, 8:00am</b>	<b>12/07</b>	BOD Meeting TBD (exact date TBD)
<b>11/08</b>	BOD Meeting, TBD		
<b>11/15</b>	Newsletter Deadline		

## JANUARY—MAY 2008

<b>1/1</b>	Budget Meeting (exact date TBD)		
<b>2/10</b>	Myofascial Release, Neuromuscular Therapy & Postural Assessment with Jeff Mahadeen		
<b>3/27-28</b>	NERC: Royal Plaza Hotel, Marlborough, MA		
<b>5/4</b>	Activated Isolated Stretching the AIS Method of Aaron Mattes — Presented (or Taught) by Marjorie Brooks		

### AMTA-NH

25 Brandy Lane  
Pelham, NH 03076

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US POSTAGE  
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MANCHESTER  
NH  
PERMIT NO 425

### Inside This Issue:



#### Message Therapy Awareness Week

*October 21-27 Promote  
Massage Therapy — Build Your  
Business*



#### AMTA-NH Awards

*Congratulations to our  
dedicated members!*



#### HOD Recommendations

*Stay current on Chapter  
recommendations*