

Inter connected



29th National Conference • 12 - 14 October •
Rydges Sydney Central • 28 Albion Street, Surry Hills NSW 2010

Major sponsor:



This year, we invite conference delegates to think about how they engage with the wider healthcare system, exploring ways to better support our clients through positive interactions with other health professionals, through research and evidence-informed practice, and through self-reflection.

Day

Friday
12 October

9.30AM - 4.30PM

Working with Posture: A Biopsychosocial Perspective - Robert Libbey

Key concepts in getting to the nub of your client's back pain - Josephine Key

National Educators' Forum

5.30PM

Members' meet and greet -
Royal Exhibition Hotel, Surry Hills



Conference Program

Day

2

Saturday
13 October



7.45AM - 8.45AM	Registration
9.00AM - 9.10AM	Welcome and housekeeping
9.10AM - 10.00AM	Surgery, the Ultimate Placebo - Ian Harris
10.30AM - 11.00AM	Morning Tea and Trade Exhibit
11.00AM - 11.30AM	The importance of the words we use: implications for the treatment of MSK conditions - Mary O'Keeffe
11.30AM - 12.00PM	The Pleasure-Purpose Principle (or how I learned to stop worrying and enjoy my massage) - Tim Clark
12.00PM - 12.30PM	Massage research: Are we asking the right questions? - Jenny Richardson
12.30PM - 1.30PM	Lunch and Trade Exhibit
AFTERNOON BREAKOUT WORKSHOPS	
1.30PM - 3.00PM	Trauma Informed Care - Mirna Tarabay
	Knowing Thyself: The Role of Self-awareness in Massage Therapy - Tim Clark
	Ligamentous Articular Strain Techniques for the Shoulder - Robert Libbey
	A unique look at the pelvis in health and its dis-ease - Josephine Key
3.00PM - 3.30PM	Afternoon Tea and Trade Exhibit
3.30PM - 5.00PM	Breakout Sessions continued
6.00PM	Cocktail Party - Rydges Rooftop

Day

3

Sunday
14 October

MORNING BREAKOUT WORKSHOPS

9.00AM - 10.30AM	Trauma Informed Care – Mirna Tarabay
	Building for success – Derek Zorzit
	Ligamentous Articular Strain Techniques for the Shoulder – Robert Libbey
	A unique look at the pelvis in health and its dis-ease – Josephine Key
10.30AM - 11.00AM	Morning Tea and Trade Exhibit
11.00AM - 12.30PM	Morning Breakout Sessions continued
12.30PM - 1.30PM	Lunch and Trade Exhibit
1.30PM - 2.30PM	Industry Panel Session: health funds, education standards, regulation
2.30PM - 3.30PM	Mystery Session!
3.30PM - 4.00PM	Afternoon tea and close



Register online:
<http://bit.ly/AMT18>

A photograph of three people standing on a beach, holding hands in a circle. They are silhouetted against a bright, hazy sky, likely at sunset or sunrise. The foreground shows the texture of the sand. The overall mood is peaceful and communal.

Speakers



IAN HARRIS

Keynote Address: Surgery, the ultimate placebo

Ian Harris is Professor of Orthopaedic Surgery at UNSW Sydney with a clinical practice based at Liverpool Hospital and an academic practice based at the Ingham Institute for Applied Medical Research and the Institute for Musculoskeletal Health at Royal Prince Alfred Hospital and the University of Sydney. His clinical interests are in orthopaedic trauma and his research interests are centred on surgical effectiveness and include randomised trials, systematic reviews and methodological studies covering all aspects of surgery, particularly fracture surgery, joint replacement surgery and spine surgery. He has presented and published widely, including in the BMJ, the Lancet, JAMA and the New England Journal of Medicine and is author of the book *Surgery, the Ultimate Placebo*.



For more information, please visit
<http://www.amt.org.au/conference/welcome.html>



MARY O'KEEFFE

Plenary address:

The importance of the words we use: implications for the treatment of MSK conditions

Mary O'Keeffe is a physiotherapist and European Union Horizon 2020 Marie Skłodowska-Curie Global Fellow at Musculoskeletal Health Sydney, The University of Sydney. Mary was awarded her PhD in 2017 in the University of Limerick. Her PhD research examined whether tailoring multidimensional rehabilitation to the individual chronic low back pain patient enhances effectiveness. Mary is very passionate about public engagement and communicating evidence-based information about low back pain through radio, newspapers and social media. Examples include “All you ever need to know about back pain” (RTE News Ireland), “10 myths about back pain and how to cope when it strikes”, “15 things you didn't know about back pain”, “How to move on from back pain” and “How your sleep patterns could be contributing to your back pain” (Irish Independent newspaper). Mary has published 33 papers relating to low back pain and other musculoskeletal pain conditions.



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TIM CLARK

Plenary address:

The Pleasure-Purpose Principle (or how I learned to stop worrying and enjoy my massage)

Breakout workshop:

Knowing Thyself: The Role of Self-awareness in Massage Therapy

Tim Clark has a diverse background, including education and the arts, which informs his holistic work as a massage therapist and psychotherapist at Time & Space Therapies in Melbourne. He completed the Diploma of Remedial Massage last year, and the Masters in Counselling and Psychotherapy at the Cairnmillar Institute earlier in 2018. His Master's thesis uses psychotherapeutic theory to examine the relationship between a massage therapist and her client.



For more information, please visit
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JENNY RICHARDSON

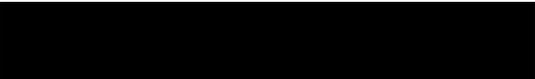
Plenary Address:

Massage Research: Are we asking the right questions?

Jenny is the owner of Canberra Myotherapy and has over 12 years' experience in treating clients with pain and injuries. She is passionate about understanding how the body works and using this to help clients with ongoing pain. Unfortunately (for her bank balance), she is a perpetual learner so, as well as 10 million continuing education courses, she is currently undertaking a research project in massage therapy as part of a Bachelor of Science (Honours) with Charles Sturt University.



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ROBERT LIBBEY

**Preconference workshop:
Working with posture: a
biopsychosocial perspective**

**Breakout workshop:
Ligamentous Articular Strain
Techniques for the Shoulder**

Robert Libbey graduated from the Canadian College of Massage and Hydrotherapy in 1994. As a faculty member at West Coast College of Massage Therapy, Robert served as a Senior Clinical Supervisor and instructed in the Orthopedic and Neurological Examination departments.

Robert has been studying, practising and enhancing Ligamentous Articular Strain Techniques (LAST) for over 20 years. He incorporates evidence-informed research pertaining to fascia, joint mechanics, arthroneurology, the neurophysiological model of referred pain and the biopsychosocial model for patient management into these courses.



For more information, please visit
<http://www.amt.org.au/conference/welcome.html>



JOSEPHINE KEY

**Preconference workshop:
Key concepts in getting to the nub of
your client's back pain**

**Breakout workshop:
A unique look at the pelvis in health
and its dis-ease**

Josephine Key is a neuromusculoskeletal physiotherapist with over 45 years in clinical practice.

The evolution of her model of care is the result of evaluating and integrating the available movement, fascial and neuroscience; the ample evidence gleaned from clinical practice; and the exploration and evaluation of various movement disciplines. Josephine is increasingly exploring the felt sense of movement and the ability to exploit neuroplastic change – “retraining our brain” to organise healthier movement patterns and better biomechanics.

Josephine has had a number of academic papers published, has presented at international congresses and conducts workshops both nationally and internationally for physiotherapists, interdisciplinary manual therapists, and movement teachers. She is the author of *BACK PAIN: A movement problem. A clinical approach incorporating relevant research and practice*. She has recently completed “*Freedom to move: movement therapy for spinal pain and injuries*” which will be published in September 2018.



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MIRNA TARABAY

Breakout workshop: Trauma informed care

Mirna Tarabay is a psychotherapist and counsellor whose work experience with survivors of trauma spans over a decade. She has worked in a range of capacities primarily with survivors of domestic violence and sexual abuse. Mirna has a practice in Sydney where the focus of her clinical work is with adult survivors of child abuse. She is also an educator and provides training to student counsellors at one of the leading counsellor educator institutions in Sydney. She also conducts training programs in a range of subject areas for government and community-based organisations.



DEREK ZORZIT

Building for success

Derek Zorzit has run a thriving rehabilitation and massage therapy business in Canberra since 1993. During this time, he has also worked with Olympic athletes and elite sports teams, including the Brumbies and the Wallabies. He was AMT Massage Therapist of the year in 2011 and is currently serving as Vice-Chairperson of AMT.

The background of the image shows three dark silhouettes of people standing on a sandy beach, holding hands in a circle. They are positioned against a bright, hazy sky, likely during a sunset or sunrise, which creates a warm, golden glow. The silhouettes are simple and abstract, capturing the essence of human connection and community. The overall mood is peaceful and collaborative.

Work- shops

WORKING WITH POSTURE: A BIOPSYCHOSOCIAL PERSPECTIVE **Presented by Robert Libbey**

This interactive workshop will present evidence-informed research supporting Ligamentous Articular Strain Techniques, through a combination of demonstration and hands-on practical application and feedback.

If you are looking to challenge your perceptions on posture; change how you communicate with your patients; incorporate mechanoreceptor specific techniques in your work; and engage with the research pertaining to posture and how to incorporate that research into your practice, then this is the workshop for you.

Together we'll look at the biopsychosocial model and how it applies to posture. We will challenge the preconceived negative perceptions and communication pertaining to posture, start positively cultivating body awareness and improve functional positioning, and promote strength and adaptability.

Not only will you walk away thinking and communicating differently about posture but you will learn strategic manual techniques focused on changing habitual positions, targeting the nervous system with mechanoreceptor specific techniques for the ligamentous and tendinous structures.



KEY CONCEPTS IN GETTING TO THE NUB OF YOUR CLIENT'S BACK PAIN

Presented by Josephine Key

This workshop will briefly review healthy spinal support and control mechanisms, and provide some new insights into postural control and aligning the thorax. It will also examine some of the myths around 'core control' and 'deep breathing'. A clinical working model of posturo-movement dysfunction and a simple clinical subgroup classification system will be presented. This guides patient assessment and patient-tailored interventions - both manual and movement therapy - to address dysfunction which may underpin the client's pain.

In the practical component, we will cover the common observable changes seen in postural assessment, and the specific testing and re-education of effective control of the deep spinal stabilisation system. We will also discuss complementary manual therapy approaches and workshop a series of suitable and appropriately staged home exercises which care for the spine and re-establish effective control of the deep axial support and stabilisation system.



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TRAUMA INFORMED CARE **Presented by Mirna Tarabay**

This 3-hour introductory workshop will assist participants to recognise the impact of abuse, neglect and other interpersonal trauma on people accessing their service. It is an ideal introduction to mental health, recovery and trauma concepts for practitioners who do not work in the mental health field.

You will learn about a range of topics including: trauma; how trauma relates to the stress response; understanding flashbacks, triggers and dissociation; developing trauma-informed responses by exploring safety in relationships; and understanding vicarious trauma and vicarious resilience.

The workshop will increase your confidence in responding to people who have experienced interpersonal trauma and develop trauma-informed responses to increase safety within your work environment

KNOWING THYSELF: THE IMPORTANCE OF SELF-AWARENESS FOR MASSAGE THERAPISTS **Presented by Tim Clark**

We all like to think we're pretty self-aware but even the most introspective of massage therapists can be tripped up by their unconscious material. This interactive session looks at how we can recognise our blind spots so they don't come between us and our clients. It promises to be an enlightening and refreshingly honest exploration of who we really are and how self-awareness can make us better therapists.



LIGAMENTOUS ARTICULAR STRAIN TECHNIQUES FOR THE SHOULDER

Presented by Robert Libbey

In this interactive workshop, we will cover specific assessment and innovative treatment techniques to effectively treat neurofascial force-coupling dysfunctions of the shoulder to improve treatment outcomes. It combines demonstration with hands-on practical application and feedback. You will learn ligament pain referral patterns for the shoulder supported by the Neurophysiological Model for referred pain.

By the end of the 3-hour workshop, you will be able to:

- specifically palpate the fascial/ligamentous structures of the shoulder demonstrated in class
 - identify dysfunctional neurofascial force-coupling patterns by specific motion testing of the shoulder
 - reproduce in-class demonstrations of assessment and treatment techniques for shoulder dysfunctions
 - describe how referred pain occurs according to the Neurophysiological Model
 - recognise the typical Ligamentous Pain Referral Patterns of the shoulder.
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A UNIQUE LOOK AT THE PELVIS IN HEALTH AND ITS DIS-EASE **Presented by Josephine Key**

The pelvis is a busy cross roads of function between the legs and the spinal column. It is one of the main agents of weight shift through the body and the initiator of much spinal posturo-movement yet its healthy function is generally little appreciated, let alone its dysfunction as a cause and perpetuator of spinal pain syndromes.

This workshop will briefly cover healthy pelvic function and introduce the pelvic fundamental patterns of control. We will proffer a working model of pelvic dysfunction commonly seen in low back pain and pelvic pain disorders. The practical aspect will cover the common observable changes in pelvic postural and movement assessment, and discuss appropriate manual therapy avenues to redress pelvic joint and myofascial dysfunction.

We will then look at complementary movement therapy and its incorporation into a few simple mindful related exercises that can be adopted as part of activities of daily living.

BUILDING FOR SUCCESS **Presented by Derek Zorzit**

This highly interactive and fun workshop will cover how to improve relationship with GPs and health care providers to increase business; how to deal effectively with Comcare and other insurance agencies; keeping client retention rates high; using your spare time well for marketing; and using AMT marketing resources and available research data successfully. It's there for a reason! You will learn how to maintain and build a client base ethically and professionally, without creating dependence or relying on rebooking clients without a sound therapeutic rationale.



Pricing

SINGLE-DAY REGISTRATION

Earlybird rate	After August 13	Student Rate
\$240.00	\$270.00	\$170.00

TWO-DAY REGISTRATION

Earlybird rate	After August 13	Student Rate
\$450.00	\$520.00	\$320.00

THREE-DAY REGISTRATION

Earlybird rate	After August 13	Student Rate
\$630.00	\$700.00	\$450.00

Accommodation and transport

AMT has negotiated a delegate rate at the Rydges Sydney Central from October 11 – 14. A superior King single is \$229.00 per night and double occupancy is \$249.00 per night. These rates include a full, buffet breakfast. Contact the reservations team on 02 9289 0000 or reservations_sydneycentral@evt.com and quote block #453006 when making your booking. Credit card details will be required to guarantee the reservation.

AMT is happy to compile a register of delegates interested in twin sharing rooms to save on costs. Please contact AMT Head Office on 02 9211 2441 to register your interest.

There is also a range of reasonably-priced accommodation in and around the conference venue, including backpackers. We recommend you look at Wotif.com and book early.

The venue is located within 5 minutes walk from Sydney's Central station. The direct train line from the domestic airport takes around 10 minutes to reach Central.

Parking

There is underground parking available at Rydges Sydney Central for \$44 per day/night.



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