

celebrating
50
years

Association of Massage Therapists
27th National Conference

September 23-24,
2016

Luna Park
1 Olympic Drive
Milsons Point Sydney

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CONFERENCE PROGRAM

FRIDAY 23 SEPTEMBER

PRE-CONFERENCE WORKSHOPS

9.00am	Registration and arrival tea/coffee	
	Workshop	Speakers
9.30am – 5.00pm	TMJ	Til Luchau
	Tricky Tarsals	Jenny Richardson
	Working the thorax	Michael Solano

SATURDAY 24 SEPTEMBER

7.30am – 8.45am	Registration and arrival tea/coffee	
	Event/Workshop	Speakers
9.00am – 9.45am	Conference opens: welcome, fun and filibustering	Peter Berner
9.45am – 10.45am	Why what's between your ears is more important than your sore back: new insights from pain neuroscience	Dr Tasha Stanton
10.45am - 11.15am	Morning tea and trade exhibit	
11.15am – 12.00pm	Massage and eating disorders	Sarah Fogarty
12.00pm – 12.30pm	Researching massage therapy patients in Australia - an update on AMT's research partnership with ARCCIM	Suzy Ladanyi
12.30pm – 1.30pm	Lunch and trade exhibit	
1.30pm – 2.15pm	Celebrating our past	Tamsin Rossiter
2.15pm – 2.45pm	Building our future: Launch of AMT's new strategic plan	Rebecca Barnett
2.45pm – 3.15pm	Afternoon tea and trade exhibit	
3.15pm – 3.45pm	Clinician Heal Thyself: Adventures in self care	Derek Zorzit and Alan Ford
3.45pm – 4.45pm	The Great Debate: "That we need to remove the term 'massage' from our professional title and replace it with something more credible"	
4.45pm	Program close	
6.30pm	Pre-dinner drinks	
7.30pm	Gala dinner	

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SPEAKERS



PETER BERNER MC

Peter Berner is a stand up comic, TV presenter, radio host, writer, artist, cartoonist and social commentator. He has written and hosted the twice Logie nominated political satire BackBerner, The Einstein Factor (ABCTV) and You Have Been Watching (Foxtel). He also conceived, wrote and presented Peter Berner's Loaded Brush, a documentary centred around his entry into the Archibald Prize.



TASHA STANTON KEYNOTE ADDRESS | Why what's between your ears is more important than your sore back: new insights from pain neuroscience

Dr Tasha Stanton is a Senior Research Fellow at the University of South Australia, Adelaide, and Neuroscience Research Australia, Sydney, and she currently holds an NHRMC Early Career Fellowship (2014-2018). She has received over \$1.7m in competitive research funding and has been a keynote/invited speaker at 25 national and international conferences. Her research focuses on clinical pain neuroscience, with a specific focus on cortical body representation, somatosensation, multimodal illusions, and pain.



SARAH FOGARTY PLENARY | Massage and eating disorders

Sarah Fogarty is a remedial massage therapist and researcher with over 17 years of experience. She is also an adjunct research fellow at Western Sydney University and has worked on a number of studies involving complementary medicine and eating disorders. She has presented her work at over ten international and national conferences, including both complementary medicine and eating disorder conferences.



SUZY LADANYI PLENARY | Researching massage therapy patients in Australia - an update on AMT's research partnership with ARCCIM

Suzy Ladanyi is a Registered Nurse and Lecturer in the Faculty of Health at the University of Technology Sydney, where she is the Course Coordinator for Undergraduate and Postgraduate Critical Care Nursing. Her PhD studies are associated with women's use of massage. She is an Associate Member of the Australian Research Centre in Complementary and Integrative Medicine (ARCCIM).



MICHAEL SOLANO PRECONFERENCE WORKSHOP | Working the thorax

Michael Solano completed a double major in Human Movement and Psychology at the University of Melbourne before going on to complete an osteopathy degree at RMIT in 1992. He has been in private practice for over 23 years. He has also been involved with undergraduate and postgraduate education since 2005.



TIL LUCHAU PRECONFERENCE WORKSHOP | TMJ

Til Luchau is a popular presenter and author of the bestselling Advanced Myofascial Techniques guidebooks. His regular Myofascial Techniques column has appeared in Massage & Bodywork magazine since 2009, and his articles have been published in magazines and peer reviewed technical journals.



JENNY RICHARDSON PRECONFERENCE WORKSHOP | Tricky tarsals

Jenny is the owner of Canberra Myotherapy and has been practising massage and myotherapy for 10 years. She is passionate about understanding how the body works and using this to help clients with chronic pain. Jenny is a perpetual learner and is bringing together material from a range of sources for her workshop "Tricky Tarsals".



TAMSIN ROSSITER PLENARY | Celebrating our past

Tamsin has been a member of AMT for over 20 years and became a life member in 2014. She is a past president of AMT and currently sits on AMT's Ethics and Education Committees. She has a keen interest in the professional and ethical practice of massage therapy, and co-authored AMT's Code of Practice. As a long-term, dedicated industry advocate, she is uniquely placed to take us on a journey celebrating AMT's rich history.



REBECCA BARNETT PLENARY | Building our future

As AMT Secretary, Rebecca Barnett has been at the coalface of professional advocacy for ten years. Her proudest achievements include the release of the AMT Code of Practice and the establishment of AMT's internationally acclaimed classified massage therapy research database. She remains committed to the advancement of the massage profession, and is optimistic about the future.



DEREK ZORZIT PLENARY | Clinician Heal Thyself

Derek 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.



ALAN FORD PLENARY | Clinician Heal Thyself

Alan has been involved in health and wellbeing since 1978, operating a busy private practice in Canberra. He volunteered at two Olympics as a massage service provider and has previously presented at many AMT conferences and members days. He is a former AMT president and was AMT Massage Therapist of the year in 2005.



PRECONFERENCE WORKSHOPS

TMJ

Presented by Til Luchau

In this hands on workshop, Til will demonstrate a range of myofascial techniques that will dramatically improve your ability to work with TMJ pain, ear and sinus issues.

TRICKY TARSALES

Presented by Jenny Richardson

The feet are the base for the rest of the body. Do you know how to really get someone's whole foot moving again, not just the range of motion at the ankle? Learn how to assess the movement of the foot and ankle, mobilise the joints and work on fascial densifications that restrict ROM. Understand how the patterns of movement of the foot affect the knee, hip and upper body. Feet are fun – you can see a lot of change in a short time if you know where to go to find the restrictions.

WORKING THE THORAX

Presented by Michael Solano

What if everything you knew about breathing and anatomy was thrown out? In this workshop, Michael will share some insights from his explorations of embryology, specifically how having an understanding of the concept of form following function has revolutionised his approach to treatment. He will lead you through a series of palpatory exercises and techniques that will change the way you examine and treat your patients. You will discover aspects of the sternum and upper ribs that will unlock spinal and cervical tensions more effectively than hours of massage. A combination of myofascial and post-isometric release techniques will be applied to the different layers of the thorax, cervical spine and diaphragm.

ACCOMMODATION

Here are a few options that offer affordable rates close to Luna Park:

- Carnarvon Lodge is located in Kirribilli
<http://www.carnarvonlodge.com/en/rooms.php>
- Glenferrie Lodge is located in Kirribilli
<http://glenferrielodge.com/home/>
- Rydges is located in North Sydney
<http://www.rydges.com/accommodation/sydney-nsw/north-sydney/rooms-and-suites/>
- Harbourview Hotel is located in North Sydney
<http://viewhotels.com.au/northsydneyharbourviewhotel/rooms/>

TRANSPORT

Luna Park is located at Milsons Point, under the northern end of the Sydney Harbour Bridge. It's super easy to get to by train, ferry, bus or car. To plan your trip and view public transport timetables visit <http://www.transportnsw.info/>

TRAVELLING BY TRAIN

Milsons Point train station on the north side of the Harbour is the closest to Luna Park. From the station, Luna Park is an easy five minute stroll downhill towards the Harbour.

TRAVELLING BY BUS

Many North Shore bus routes pass the nearby North Sydney Station and/or terminate at Milsons Point (just a five minute stroll from Luna Park).

TRAVELLING BY FERRY

There are regular Luna Park services to and from Circular Quay on the following routes: Darling Harbour/East Balmain, Woolwich/Balmain and Parramatta.

TRAVELLING BY CAR

Luna Park has its own car park. Entry to the car park is via Paul Street, just off Alfred St South, Milsons Point. All day parking costs \$35.