

In Good Hands

The Newsletter of the Association of
Massage Therapists (NSW) Ltd

June 2002



PRESIDENT'S MESSAGE

By Geof Naughton

Good News! Medibank Private will now pay benefits for Remedial Massage. This means that all of the major Health Insurance Funds have accepted massage as a modality which their members use, value and regard as deserving of rebates. In other words, remedial massage is now on an equal footing with other para-medical modalities.

You will find a lot more information about gaining Provider recognition with Medibank Private on page 8 of this Newsletter. Please read this information carefully. You will notice that Medibank Private has set a very high level of education as one of their criteria.

Included with this Newsletter are a number of inserts. Please don't regard these as 'junk mail'. **Read them carefully** - they contain important information including:

The 2002 AMT Conference and Annual General Meeting to be held at Wentworth Falls on 21st and 22nd September. The organising committee has changed the format slightly this year. The Conference has been structured so that members attending on both days will be able to participate in all four workshops. Two of these workshops will be hands-on (or other parts of the body in the case of the Swiss Ball workshop!) and two will be lecture style.

The Conference not only provides members with educational opportunities but is also an important social gathering. It gives us a chance to catch up with old friends who we probably only see once a year at the Conference! It also provides an opportunity to make new friends and network with colleagues. Our Annual dinner also plays a large part in the social aspect of the Association. My thanks to the Blue Mountains team, led by Tamsin Rossiter, for their efforts so far with Conference planning.

The AMT (NSW) Ltd Annual General Meeting (AGM) will be held on Sunday 22nd September in conjunction with the Conference. **Members should note that attendance at the AGM is free.** If you want to attend the AGM and NOT the Conference, you don't have to pay.

Nomination forms and explanatory notes for election of Office Bearers for 2003. I urge each of you to consider what sort of contribution you can make to **your** Association. The Executive particularly needs people with skills and experience in the education field (i.e. teachers) to assess and accredit schools, courses and workshops and also someone with public relations/marketing skills. Remember, the more people there are on the Executive, the less each person has to do and more can be done efficiently and effectively.

- Nomination forms for Massage Therapist of the Year and Student Massage Therapist of the Year. These awards are judged on the information provided on the nomination form. So, if you are nominating someone, please provide as much supporting information as you can (treat it like a job application).

Details of the next AMT workshop to be held on Sunday 7 July at the Centre, Randwick on the subject of "Functional Outcomes for Compensable Bodies". This is not a subject that will interest all members but is very important for those with little or no experience dealing with insurance companies (or for those with experience who want to find out how other people operate).

We occasionally get complaints that all AMT workshops seem to be held in the Eastern Suburbs. This is simply because your Executive doesn't know of any suitable venues elsewhere. If you are aware of other suitable venues, please let us know.

There has been a major change in AMT Head Office. Mark has resigned to go back to his old profession of nursing - we wish him well. Melanie is now the person working at the coal face.

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Workshops advertised in this Newsletter are not necessarily accredited by the AMT. The views, ideas, products or services in this Newsletter are not necessarily endorsed by the AMT.

NEWS FROM THE STATE COUNCILLORS

HUNTER Elizabeth Matsen

The Hunter Branch AGM in March was well attended by members and saw the re-election of John Cavanagh as Regional Coordinator, Bev Purdon as Secretary, Dan Gould as Treasurer and seven committee members. Unfortunately, John subsequently decided he was unable to continue in his role and resigned. This means the position has been re-opened for nominations and an election will take place at our meeting in May. A willing volunteer is also being sought to take on the work of Sports Coordinator, as Megan Matthieu is taking well-deserved 'time out' this year.

Catherine Tiney attended our AGM to talk about the value of CEUs and how the system may be revamped. Members appreciated Catherine taking the time to talk with us on this issue and we look forward to her final assessment and recommendations for changes.

After the discussion on CEUs, Dr Phil Tynan (Director of Clinical Chemistry at Hunter Area Pathology Service) gave an informative lecture on 'Medicine for the Massage Therapist'. Dr Tynan freely shared his knowledge and expertise, and we are now more aware of pharmaceutical use in disease states such as blood dyscrasias, musculo-skeletal problems and endocrine disorders, and the treatment risks or contraindications to massage associated with these medications and diseases.

In May I will represent AMT Hunter Branch at two graduations of massage therapy students - The Hunter College of Massage on May 11th and the Massage, Sports and Fitness Faculty of the Hunter Institute of TAFE on May 17th. Hunter branch will be donating a prize at each graduation ceremony for the 'most outstanding student' from each college. I look forward to welcoming these new colleagues to our industry.

NORTHERN RIVERS Sharon Keogh

In October last year, Casino hosted the very first "Relay for Life" for the North Coast area. I was asked by the Cancer Council to muster a few therapists. Of the 50 odd Therapists I contacted (AMT & otherwise) five therapists volunteered their time. Of those five committed therapists, three were AMT members: Gwen Cowell, Simon Jackson and Linda May. Well done guys and thank you for carrying the flag on behalf of AMT. Unfortunately I had other commitments on the day.

We have had quite a few new members sign up for AMT membership over recent months from the Diploma of Health Science course at Kingscliff. Welcome to you all. We would love to have your input, so feel free to drop us a line or phone call.

It was great to see so many familiar faces at Foster again this year. The quota of therapists was

well down on last year but a big effort was put in to compensate for lack of numbers overall. However, I feel that even though the students who attended went very well and put in a great effort, many were trying to cope with problems far beyond their expertise. Many of the athletes they treated are professional and my concern is that a lot of the students had not been shown how to do post event massage. The risk of inadvertently doing damage to one of the athletes is always an issue. Unfortunately, in the litigious world we live in, I think this should be seriously looked at for future events.

Planning for the next Northern Rivers Branch meeting is under way so any ideas on guest speakers would be appreciated. The meeting will be held in Casino on a date to be announced and all are welcome. Well troops, until next time ...

MACKAY Val Jenkins

The branch held its first executive and general meetings for the year at my new home in Northview Gardens Lagoon Park. A major topic for discussion was the issue of clients not turning up for appointments. Annie Caruana-Kirschner pointed out that, in her practice, she always forwards an account to clients who break appointments and charges a booking fee. Apparently this approach has worked for her. All new clients are informed of this policy and sign an agreement to that effect.

Brendan Byrne was the principal speaker following the meeting and captivated everyone with his demonstration of the use of magnets in therapy. He also addressed the excellent results that have been achieved with the magnets at the Jenkins Clinic over the last three years.

Anne Clark, Natural Therapist and Author, gave a Nikken 'wellness' demonstration of magnet therapy while she was in Mackay in April. I intend to write an article providing more information on aspects of magnetic therapy for the next issue.

The next meeting of the Branch will be on the 7th of June at 7.30pm at 30 Vassallo Drive, Northview Gardens. Guest speaker following the meeting will be Gaye Ashman on the topic of Kinesiology.

LETTERS TO THE EDITOR

Professionalism under review

Since joining AMT in July 2001 I have received three newsletters. I like the updates and informative articles on different therapies, legal changes and new courses. They are very beneficial, especially as I am a sole practitioner.

However, one article in the first issue I received niggled me slightly. The writer had gone incognito for a remedial massage and was reporting on said treatment. The treatment was reported as reasonable. However, the reviewer was disgruntled at her hair being messed up and oiled even though she had problems in the neck and shoulder. Might I suggest she goes for a remedial treatment on a day when she can go home and recover or perhaps, like one of my clients, wear a swimming cap!

I also found the article in the March issue 'A Brief History of the Underpant' most perturbing for several reasons:

- The therapist flirted with a lewd caller. I have had many similar dealings with those confused about the kind of service we provide. I feel this is an area in which we should not play. As professionals we can easily point out the difference and refer such callers to appropriate services.
- I was trained in London in the early 1990s to get clients to strip completely. This was not problematic as it was always clear and there was no connection made to sexual service. It also made it easier to access gluteal muscles. Draping and privacy were always respected.
- Most disturbing was that the writer worried about what pants she was wearing to a treatment. Why? As a therapist surely you are not staring or peeking at someone's underpants and making judgement on them? This is the kind of dilemma you might worry about in a group changing room or at the beautician's but not in a clinic setting.

You may think I am missing some humorous point but I just felt this article highly inappropriate for a professional association magazine. The article was indeed well-written but would be far better placed in *Cosmopolitan* or *Cleo* style publication.

Maybe it is hard to fill the pages with only a few subscribers but there are so many subjects which would be of interest to members. For example, how to deal with inappropriate clients or dirty callers and how to deal with emotionally unbalanced clients ... or other subjects which are often not included in massage courses. I do not think there is enough separation made between massage and saucy services so can we please try ourselves to make it clear?

Lizzie Milligan, Senior Level 1

Three dilemmas

Number One: What does it take to acquire an Award for Massage Therapists? As Director of a large remedial therapy centre, I have been trying to find a wage Award for the massage therapist who wants to be employed, as opposed to working as a sole practitioner. At this point, there does not appear to be one in existence.

I have spent hours searching and making phone calls to Associations and Schools. Many Natural Therapies Schools who have earned the expensive VETAB accreditation train their graduates to be self-employed only, hence there has been no impetus to push for the establishment of an Award.

It is difficult to extrapolate a massage therapist's wage from the 'hands-on' technical Wage Awards which are available (i.e. hairdressing or nursing). There was once a Health Centre Attendant Award many years ago ... what happened to that?

Number Two: As professional massage therapists, how well-developed are our palpation skills?

It has been published that our bones begin to lose calcium at around 25 years of age. Could a remedial massage therapist comment on this?

What do remedial massage therapists know about the effect of medically prescribed drugs on the tissues of their clients?

Could an AMT member comment on their palpation skills: what they are feeling in the tissues while they are massaging? We also need comments from "kneading" massage therapists on how massage therapy techniques release joints.

Number three: What will it take for massage therapy to gain mainstream recognition? To quote from Joel Morrell in the March issue of *In Good Hands* "As a massage therapist it is discouraging to be totally ignored". Absolutely!!

Nothing much seems to have changed since 1972 when the first massage school opened its doors. Over the years, as the fledgling natural therapies industry really took off, the monies raised from massage courses have been used to increase the profile of other natural therapies rather than raising the credibility of massage as a modality in its own right.

Is it our responsibility to raise the profile of massage therapy? In the 1980s I lobbied to have the term 'Massage Therapist' accepted (with the help of the AMTA, USA). Thirty years of very hard work has gone into developing massage therapy education and training and yet, how far have we really come in that time?

Cynthia Davis, Honorary life member AMT

THE LUCKY MASSAGE THERAPISTS

By Diana Glazer

There is a view that half the world population are optimists and the other half are pessimists. You know the story – some think that the glass is half-full and some that the glass is half-empty. Personally I prefer the story of the ten-year-old twins celebrating their birthday. They were told that their presents were at the back of the house. Running around the back they were faced with two equally large piles of horse manure. One twin burst into tears and the other grabbed the nearest shovel...because if there was so much manure there must be a pony somewhere!

Whilst reading the last Newsletter I sipped my half-empty glass of water and pondered the perverse nature of massage therapists. Having been the President of AMT for about seven years I feel qualified to make the following observations about, well, obviously not **you** ... but the rest of us!

Massage therapists:

- ☛ desire/want/demand that health funds pay rebates for massage therapy. Head Office gets lots of phone calls asking us to bombard the Funds that do not yet give rebates. **BUT**
- r **do not** see the need to have professional receipts, First Aid is not necessary because they only massage healthy people and they do not do enough work to become insured
- ☛ want referrals from doctors, physiotherapists and chiropractors. **BUT**
- r **do not** want to keep professional records and write concise progress reports
- ☛ want to boast that we fix people's musculoskeletal problems **BUT**
- r **do not** take the time to ask the questions necessary to work out what the precise problem is
- ☛ want respect from doctors and other health professionals **BUT**
- r **do not** want to earn it by doing extra study - especially if it means paying money

Did you read your last Newsletter? What did you read?

Monika Cole is obviously an opportunist – not only did she have a lipoma and not a lymphoma but she managed to turn it into an educational possibility! She now has far more knowledge about tumours and chest muscles and has a theory ready to discuss with a doctor at the next cocktail party - AND has been able to turn it into CEUs by writing about it! Thrice blessed!

Andrea Ligt has become an expert in Massage of adults with Cerebral Palsy and Spasticity. She did not pay for a course – she did voluntary work! How often have I heard therapists refuse to do voluntary work **because** they are professionals. How fantastic to see a story about someone who became a professional **because** of voluntary work. Andrea is lucky – she gets to feel great about herself, gain extraordinary expertise and confidence **and** get CEUs by sharing her experience.

Matt Dilosa got lucky – he was “fortunate” to start at a well-established multi-modality practice. He also increased his client workload by delivering a lecture.

Luck had nothing to do with it! Matt continues to develop his expertise by attending workshops and conferences. No wonder his relationship with other professionals has developed into one of mutual respect and understanding.

Let's have a look at the source of Matt's luck:

he paid for, attended and listened at the AMT conference. Reward: he could model his lecture from that of the conference guest speaker, not only using the information but also being confident that the language and content was appropriate for the medical professionals he was lecturing to.

he is on the AMT Executive committee with an interest in education. Reward: the ability to articulate the intent of our profession to raise educational standards and awareness in the community.

Matt obviously reads his Newsletter. Reward: knowledge of the Health Funds that give client rebates.

What about the ACT branch? I am not sure why they held a local meeting and a Members Day so close together – but note the names of the four that came to the Members' Day. You will see them in just about every report and every function. It's amazing how lucky they are in building a dynamic reputation for getting things done.

Congratulations to the ACT Sports Team – notice some of the same names coming up here? The Team is gathering a solid reputation and members are sometimes being paid for their services. First the volunteer work – then the reputation – then the money! They have now demonstrated that the Region has the capability and the enthusiasm to support local and national elite sporting events. Was all this just luck?

Which brings me to the Hunter sub-branch report and the original trigger for this article. John Cavanagh mentioned that the gripe of CEUs arose yet again. He also wrote that sub-branch members

discussed the idea that members who do not have CEUs etc. actually cost the Association less in time and money and therefore should pay less in membership fees. This part was edited out so that I could have my say – one of the lucky perks of the job!

Here we have an acute case of the half-empty glass syndrome – I should know, I'm a consummate pessimist. AMT on the other hand is functioning on the half-full glass philosophy. The current membership fee levels reflect the minimum amount the Association needs to function for all members. It was a conscious choice of the AMT Executive to 'reward' members who have recognised and worked towards the highest possible levels of professionalism by doing more work for them for free. In other words we the volunteers and paid staff will work harder for the same amount of money if members work harder for what we all believe to be really important – **professionalism**. We will represent equally wherever possible, the members who do not have the same professional status or opportunity.

So if we want to work with fellow health professionals, get referrals from doctors and rebates for our clients, and become financially successful and emotionally fulfilled we need to get lucky - you know – CEUs, professional receipts, muscle testing etc.

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THE UNSEEN HAZARDS OF MASSAGE THERAPY (PART 2)

By Keith Harrison, Registered Psychologist and Massage Therapist

Recently, I was approached by a journalist who was writing an article on GPs and pharmacists to discuss the issues of anxiety and massage in relation to the way I approach the treatment of my clients. In the process of preparing to speak to the journalist I was reminded of the issues which we began to address in the December 2001 *In Good Hands* because I feel it is important to keep in mind the reason I incorporate Massage Therapy in my practice.

I stress again that our clients will have an effect on us as massage therapists. This effect may be positive or negative. In our training we are made aware of the need to organise the environment to best suit our purposes. For example, lighting, temperature, music, warm towels etc. will have an effect on the process of the massage. We learn by training and experience how to 'manipulate' these environmental factors to best advantage. However, the manner in which the client will effect me - the therapist - is far more difficult to teach or know until I have had some experience of massaging. Sometimes these experiences throw doubt on our perceptions of our adequacy or 'fitness' to be a massage therapist. For some it may only be an underlying vague sense of discomfort when in the presence of specific clients.

A massage treatment proceeds in a direction which is dependent upon many complex factors. These include the physical, emotional, mental, spiritual and interactive state of the client and therapist.

In a previous article I outlined the process by which vicarious traumatisation may be experienced by massage therapists. It is due to the empathic (unconscious) engagement, at a deep emotional level, with the client's trauma material (for example, when we feel anger and/or injustice on our client's behalf). We need to clearly perceive ourselves and the client as separate, with our boundaries intact, to positively deal with this circumstance and other hazards.

When I massage a client I should be "massaging my client". How can I do this effectively if my thoughts wander or I am distracted by the day's news and events, most of which in the media are negative and about disasters or social injustices? The client too may be caught up mentally and emotionally with these happenings. Also, my feelings may include a sense of being fatigued, unwell, hyperactive, on a delighted 'high', or dreaming of what I will be doing (or eating) that evening and with whom! What effect will this have on my client? If my client is in an emotional state because of these same news and events, what effect will this have upon me, and upon my ability to do the massage?

Clients talk to us, whether bidden or not, even when we often ask them to remain silent and enjoy the experience of just being massaged. The client's 'chatter' may distract me from being centered and mindful of the experience of massaging. Hence I may miss that important moment of palpation or client reaction to my stroke/pressure etc., or even the emotional inner response of my client or myself. Massaging a person or receiving a massage can release deeply held emotions which are attached to physical, mental, emotional and spiritual experiences. If a person has undergone traumatic events which, over time, have become buried they may become attached to current life events and thus much more accessible to our psyche producing a certain vulnerability in them. This also applies to us as massage therapists.

THE WAY FORWARD

Regularly meet with other Massage Therapists. Discuss your difficulties, seek outside assistance if problems arise in yourself which seem overwhelming. Determine to engage in practices which will strengthen your sense of identity, body awareness (through yoga, massage etc), an understanding of, and being comfortable with, other cultures and their belief systems and practices, a recognition of one's own moral principles (which may be different from others, even within your own culture). Finally, acknowledge your own spirituality, the meaning of life and your sense of hope, and the ability to live your inner life. Practise these to ensure that you have a strong physical, mental, emotional spiritual and social **basic self**. You will be able to call upon this sense of self to first recognise the inner difficulty, and then work towards its resolution.

Prepare yourself before the treatment to ensure that you are fully present for the client during the massage. Take a minute or two and breathe deeply, visualise that you are safe and secure, centered, aware of your state and have a sense of emotional strength ... that you are going to massage your client for **their** health and wellbeing.

When we are able to be mindful of ourselves within the process of the massage, the energy of the healing is as beneficial for the therapist as it is for the client. The therapist's boundaries must be ever present, allowing for the simple and smooth exchange of the benefits of the massage, without the effects of **vicarious traumatisation**.

Be mindful while you massage but do not dwell on the failure to be perfect. Simply begin again at the moment of waking up to the fact that distraction, dreaming and a myriad of other possibilities may have just taken place.

Practise, practise, practise!

PERSONAL ASSOCIATIONS

By Hugo Van Staden

As professionals, practising **The Healing Art**, can extend the use of our own behaviour and thought patterns in our daily clinical practice. Focusing on how we **can** be or **want** to become can be advantageous both for ourselves and our clients.

We work with and apply ourselves daily to negative attitudes and conditions of clients. Applying ourselves positively in thought and actions, can contribute to the success of our practices.

Compassion and empathy for a painful condition should be done clinically yet with care and sensitivity. Emotional involvement with the condition of a client could result in us subjecting ourselves to the negative aspect of the condition.

It all begins with **our selves**. Zen states that *only with the greatest discipline do we have the greatest freedom*. Cultivating a positive attitude within us and being aware of how we think and apply ourselves, is probably the most important association we can cultivate.

It is not easy to always be positive. The more we try the sooner our thought patterns can change, becoming more positive and thus more useful. This can enhance the healing process.

Negative thoughts, attitudes and behaviours drain our energies and are **real** pitfalls in the healing process. In contrast, positive attitudes and thoughts result in better relationships and associations with all things and people.

How we think, positive or negative, dictates our destiny.

Striving to be healthy, happy, of service, creative and successful can result in us becoming better clinicians.

DEADLINE!

**Deadline for the September issue of
In Good Hands is**

1st August

**If you have any queries please
contact Rebecca Barnett:**

Ph: 0414 732 873

Email: rebeccabarnett@bigpond.com

HEALTH FUND UPDATE

As of mid-April this year **Medibank Private** has introduced benefits for Remedial Massage Therapy for a limited range of extra covers. AMT is pleased to report that we have been given 'Accepted Association' status that will assist our members in gaining Provider Status.

To become a recognised provider, you need to meet **ALL** criteria in the following areas (A. to I.):

A. Education/skills – you need to demonstrate that you have completed a minimum of 650 hours of study in total and received a Remedial Massage qualification. The breakdown of the hours is as follows:

Minimum of 500 hours of **CORE STUDIES** including:

- ✓ Anatomy and Physiology - minimum of 100 hours
- ✓ Supervised clinical training - minimum of 50 hours
- ✓ Massage Therapy theory and practice - minimum of 250 hours with no more than 100 hours of distance education

Minimum of 150 hours of **ELECTIVES** – minimum of two electives, each at least 50 hours (at least two health science, massage-related or practice management electives)

PLEASE NOTE - If you graduated prior to 1995 with fewer than the required hours of study, prior learning and experience may be assessed in conjunction with study hours for equivalence with the above criterion. If you graduated after 1995 you will need to meet the above educational criteria.

B. First Aid – current senior certificate

C. Insurance – minimum of \$1 million public liability and professional indemnity

D. Clinical experience – 12 months post graduation practicing experience

E. Independent private practice – not associated with funded organisations such as a community health centre, private hospital or nursing home

F. Continuing professional education – average of at least 20 hours per annum

G. Practice quality – meet Medibank Private quality standards noted on the application form

H. Non-eligibility for Medicare benefit – i.e. not a medical practitioner

I. Fit and proper person – any complaints, criminal charges, civil proceedings

(J.) Pay a fee of \$150 to Medibank Private (this may be waived if you are endorsed by AMT as having the appropriate criteria).

HOW DO I APPLY?

You may demonstrate that you meet all of Medibank Private's criteria through:

1. Assessment by Medibank Private. In this case you must complete the whole application form (available from Medibank Private or AMT Head Office) and forward it to Medibank Private together with a non-refundable cost-recovery assessment fee of \$150. Your application will be assessed by an External adviser appointed by Medibank Private, **OR**
2. If you are a Senior Level Two or Three member (or a Senior Level One graduate from TAFE) currently on the AMT list for automatic inclusion to Health Funds (we have records of your education, first aid, insurance and CEU) you need to tick the first box of Section A on the application form. Next complete B – I, sign the declaration and send the form back to AMT. Please remember that you will need to continue to meet these criteria to be recognised by Medibank Private. AMT will endorse your application and forward it to Medibank Private to be considered for provider recognition. There will be no charge from AMT and you will not have to pay the \$150 Medibank Private fee, **OR**
3. Other members who feel they meet the Medibank Private criteria will need to have their qualifications assessed by AMT. **AMT will charge a non-refundable fee of \$50.00 which must be included with the application form.** Please take care with your application – make sure you meet every part of criteria A, and include all necessary documentation for A, B and C and fill in the information needed in D to I.

NOTE:

To avoid confusion and duplication, please apply only once through only one Association.

You do not need to contact Medibank Private. AMT will liaise with them on your behalf

If you are already a Medibank Private Recognised Provider in another health profession (e.g. naturopathy) you will need to apply for recognition as a Remedial Massage Therapist

If your application is successful Medibank Private will send you a Provider number, details of the commencement date and information about benefit claims. Each recognised Provider will have a unique Provider number for each practice location, which needs to appear on their invoice/receipt so that the eligible member (client) can claim benefits.

HEALTH FUND STATUS

Please read the following information carefully. You will notice that we have changed the classifications to reflect the growing number of private health funds who now recognise AMT (NSW) members.

| Health Funds and Societies | Status |
|--|---------------|
| ACA Health Benefits Fund (SDA Church) | A |
| ANZ Health Insurance | A |
| AXA Australia Health Insurance (National Mutual Health Fund) | C |
| Cardmember Health Insurance Plan (American Express) | C |
| Commonwealth Bank Health Society | A |
| Gay & Lesbian Health Fund | C |
| Geelong Medical Benefits Fund | C |
| Government Employees Health Fund | C |
| Grand United Friendly Society | C |
| HBA | C |
| HCF | C |
| Independent Order of Oddfellows | A |
| Independent Order of Rechabites (IOR) Health Benefits | A |
| Manchester Unity | B |
| MBF | D |
| Medibank Private | E |
| Mutual Community | C |
| National Mutual Health Fund | C |
| NIB | C |
| NRMA Health | C |
| NSW Teachers Federation Health Society | A |
| Queensland Country Health | A |
| Railway and Transport Hospital Fund | A |
| Reserve Bank Health Society | A |
| Super Health Plan | C |
| Victorian Workcover Authority | C |
| Westfund Health Fund | A |

Status Levels:

- A.** (Formerly 1) All AMT practitioner levels
 - B.** (Formerly 1A) All practitioner levels with:
 - One million dollars current insurance
 - Current Senior First Aid (Level 2) certificate
 - C.** (Formerly 2) Senior Level One, Two or Three members with:
 - One million dollars current insurance
 - Current Senior First Aid (Level 2) certificate
 - D.** (Formerly 3) As per C above and have sent a copy of a client receipt to Head Office for verification
 - E.** (new category) Senior Level Two or Three members with:
 - One million dollars current insurance
 - Current Senior First Aid (Level 2) certificate
- NB: some Senior Level One members may qualify upon AMT's assessment of their qualifications etc

To be eligible to remain on the above Health Fund lists:

1. Members must be financial and have a commitment to ongoing education (i.e. an average of 100 CEUs per year)
2. Clients must be provided with a formal receipt, either computer generated, or with rubber stamp or address labels clearly indicating practitioner's name, AMT member number (eg: 1-1234), practice address (no PO Box numbers) and phone number. Client's name, date of treatment, nature of treatment (i.e: Remedial Massage), and particular health fund provider number may be handwritten.
3. Health funds require that AMT provides them with a practice address for each member – failure to supply these details to us will result in your name being removed from health fund listings
4. If you have more than one practice address, please notify AMT Head Office of all relevant addresses
5. Please include a **copy of one of your receipts**(for each practice address) to Head Office with your next AMT membership renewal or correspondence
6. **AXA, Cardmember, Gay & Lesbian, Government Employees, Grand United, HBA, HCF, Mutual Community and Super Health** will send you an agreement to sign once they have received a claim from one of your clients and require you to use the Provider Number they issue to you. **Medibank Private** require an application form upfront and will provide you with a Provider Number (no rebates will be given until this agreement has been returned to the health fund). All other health funds will accept your AMT number (eg 1-1234) as your Provider Number.

STAR TREK MEDICINE IS HERE !

*This article is an edited extract from **Virtual Medicine** by Dr Keith Scott-Mumby MB ChB. Dr Scott-Mumby is the author of 6 books on alternative medicine, including the best-selling *Food Allergy Plan*. Once known as "The Number One Allergy Detective", he has now moved into the domain of electromagnetic diagnostic and treatment devices. His new book **Virtual Medicine** (Thorsons, July 1999) reflects these new interests. It brings together the wisdom of Eastern healing and Western medical science technology in a completely new paradigm.*

SCENAR is a pocket-sized device which has been used to treat a range of illnesses and musculo-skeletal problems, including back pain and sports injuries. It has broad clinical applications for the remedial massage therapist, assisting in the removal of metabolites, realigning muscle fibres and breaking down scar tissue. Bodyworkers who have tested the ENAR device on some of their more challenging or difficult cases have found that it can have a profound effect on chronic pain conditions and injuries which have been unresponsive to other forms of treatment.

BACKGROUND

In 1986 the offspring of a military Soviet project emerged into the public domain after nearly 20 years of development. The invention of the SCENAR device by a leading Russian Radio-Engineering Institute is dramatically altering the way healthcare is delivered in Russia. SCENAR is an acronym for self-controlled energo-neuro-adaptive regulation. (or more simply ENAR).

The device works by stimulating the body's endogenous energies, using as a mediator our internal pharmacy of neuro-peptides. This allows the body its own choice of healing ingredients. Through biofeedback, an interaction is formed between the soft tissues and the instrument. Each new signal evolves as a new output. No two consecutive signals from the device are the same. This allows the treatment to be truly dynamic, reflecting changes in the soft tissue through time and in different physiological states.

The SCENAR device arose from a study of an Eastern therapy known as Zonal contact massage. The intention was to develop some way of monitoring the electro-magnetic effect of the pressure of the massage, according to skin response. Equipment was developed to tap magnetic effects from the skin and use these to modulate changes in pressure of the massage. A team of scientists, including five research doctors, was involved in the original study. The establishment of a biofeedback mechanism led to the creation of a device in which output was dependent on the energetic response of the skin. The term SCENAR was born. It is a brilliant marriage of Western electronic technology and Eastern energetic healing.

OPERATION

The device resembles a TV remote control and is powered by an ordinary 9 volt battery. It is placed on the skin of the area you wish to treat, where it collects electromagnetic signals. These are then modulated according to the on-board software programme and played back to the tissues. Essentially, SCENAR is using the client's endogenous signals on a cybernetic feedback basis, scanning and re-transmitting many times a second. It evolves a new signal pattern for the disordered tissues, literally entering into an information dialogue with the body. New frequencies and energy patterns are established, which in turn become fresh input signals, to be further modified, and so on.

CLINICAL ASPECTS

The device is very safe and the impulse times are very short. No pain is usually felt but the client is aware of a tingling sensation while it works. The practitioner seeks for what the Russians term 'asymmetry', meaning something different about the tissue characteristics in the vicinity of the signal. These signs might include:

- discolouration (reddening or pallor)
- sensation (numbness or hyper-aesthesia);
- stickiness in which the machine drags with a magnet-like quality as it
- is drawn over certain tracts of the skin;
- sound changes (the machine begins to chatter electronically as it hits certain zones)

There are remarkably few contra-indications and, after 20 years of clinical investigations, a complete absence of negative side-effects. SCENAR technology can be used as a valuable addition to other soft tissue therapies or could be a stand-alone treatment.

For the Sports/Deep Tissue Therapist it is certainly a viable alternative to endless hours of heavy 'elbow' work.

FURTHER INFORMATION

The Australian Agents for the ENAR Space Healer are Enlightened Therapies Pty Ltd.
Contact Paul Keetley 02 9799 0271.

POST SCRIPT

The ENAR was originally entitled SCENAR and because it was developed as part of the Russian Space program, for use by cosmonauts as an all-round pain management, health and healing device, the ENAR Space Healer was devised as the latest version product name. The two original inventors were awarded an Order of Lenin prize (Russian equivalent of the Nobel). It is now a mainstream medical treatment modality in Russia and some of the research articles are available on the internet: see http://www.invet.net/32/e/scann_e.shtml#62.

MASSAGE THERAPY FOR SPRINTERS AND RUNNERS

By Stewart Angus

Reprinted from the Journal 'Clinics in Podiatric Medicine and Surgery', April 2001. This Journal is published quarterly in Canada.

Massage therapy for athletes can be traced as far back as Roman times. However, it has only been in the past decade that this effective therapy has been used commonly by competitive athletes to enhance their performance.

The sprinter, for example, counts on an immediate bodily response during the run, which means deriving maximum strength and efficiency from his or her body over a short distance. Any minor injury or reduced elasticity in muscles, tendons, ligaments or joints can affect performance and reduce speed or sustainability. Any slight margin of performance loss is significant: it can cost that coveted gold medal.

It is the focus of the athletic therapist to work with the athlete to sustain the fine balance between maximum strength and efficiency on the one hand and injury prevention on the other. Injury prevention is important because rehabilitation can take weeks or even months. Top athletes typically train hard for 6 days a week to maximise their track performance.

PRE-EVENT

At the track, it is important that the therapist has free access to the athletes as they prepare for their first race of the day. The function of the therapist in this pre-event role is to assist the athlete's musculoskeletal system in working at its maximum potential. This assistance does not replace the athlete's normal warm-up routine, but is structured to assist the athlete where he or she may feel some dysfunction through a muscle or tendon or feel reduced range of motion through a joint. The athlete may require several treatments during the course of the warm-up, as he/she discovers various tension areas in the body.

The mental tension felt by the athletes can be high, and the athlete should be allowed the space and freedom to sharpen mental focus and prepare for the forthcoming event. Any discussion the therapist has with the athlete regarding his or her musculoskeletal system status should be brief.

The athlete's lower limbs, although acting independently, must function synergistically as one unit to propel the athlete at maximum speed. Both sides of the body must be balanced and biomechanically capable of exerting equal pressure through the foot, ankle, knee and hip. To achieve this balance, the therapist must compare the muscles, tendons, ligaments, and joints of one side of the body with the other quickly.

The upper torso and limbs play an integral part in the ability of the athlete to achieve maximum speed, but for the purpose of this article, the focus is on the lower torso and limbs. Specific areas of therapist focus for each of the muscles, tendons, ligaments and joints are outlined with their corresponding actions.

MUSCLES

The therapist's focus is on attaining a fine balance between relaxation and hypertonicity. Another pre-event goal is to bring maximum oxygen, blood and nutrition into the muscle so the muscle has instant energy to burn when needed.

Working through the long muscles of the leg, the therapist uses massage therapy techniques to ensure consistent tension through the muscle fibres. The therapist works to reduce trigger points (i.e. specific points of hyper muscle activity and pain referral) through the muscles and to balance the muscular hypertonicity from one leg to the other.

TENDONS

The therapist's focus is to maintain the natural or normal elasticity of the tendon, allowing it to stretch in its normal maximum range when under load conditions. As with the muscles, supplying fresh blood to this avascular region is important for improving functionality. Although they are avascular, tendons join the muscles and bones. It is important to pay attention to the musculotendinous and the tendoperiosteal junctions by applying cross-fibre friction techniques to stimulate these areas and introduce fresh blood with its intrinsic qualities.

LIGAMENTS

The therapist's focus is to prepare this sinuous avascular material to work effectively so that the integrity of the joint remains in its boundaries. The therapist must pay attention to their attachment points by using cross-fibre friction techniques.

JOINTS

The focus is on smooth range of motion, allowing the joint to articulate through the required range with maximum sustainable leverage. Although the massage therapist's primary focus is on the muscles, tendons and ligaments, some attention must be paid to the joints. If the fluidity or range of motion in a joint is compromised by a previous injury or hypertonicity, the athlete's peak performance is affected and physical injury results if the athlete pushes the joint beyond its current functional limit. The joints of one of the athlete's lower limbs should be checked for mobility and range of motion against the joints of the other limb. If discrepancy exists, the attached soft tissue structures must be checked.

Although the previously discussed techniques may seem to be time consuming, the therapist does not have a lot of time, perhaps as little as 5 minutes, to achieve their therapy goals. The therapist must work effectively and efficiently, and must have good communication with the athlete.

INTER-EVENT

The inter-event is a time of fine-tuning the athlete and of generally helping him or her to feel loose and relaxed before the next event. The amount of time available to the therapist depends on the meet and the number of race heats before the finals.

This time provides the therapist with a window of opportunity to work through any areas of the athlete's body in which he or she feels stress or decreased functionality. Any minor injury can be assessed and treated for short-term maximum gain. The decision to complete under these circumstances rests with the athlete.

Once the athlete has completed his or her cool down, the therapist usually works quickly through the lower limbs, assessing the status of the muscles, tendons and ligaments. Various modalities of massage therapy are used to achieve continuity of elasticity and flexibility.

POST-EVENT

Although the race is over and the medals have been awarded, it is not time for the massage therapist to relax; it is time to focus on recovery and repair. For athletes that are training hard (6 days a week), there may only be 1 or 2 days of recovery before the next training session.

As with the inter-event, the massage therapist needs detailed feedback from the athlete about how his or her body performed during the final race, particularly how well it operated as a unit. Armed with this information, the therapist waits for the athlete to cool down, then focuses on relaxing and de-stressing soft tissue to help remove and replace waste products to aid in the athlete's overall recovery. The therapist should remember that a common tactic of top runners during heats is to run just fast enough to ensure a

place in the next race. As a result, the stress on the musculoskeletal system may seem different at the end of the finals.

ACTION

The time available to the therapist in the post-event is usually greater than in the pre-event or interevent. The overall goal during this period is to assist the return of the muscles, tendons and ligaments to their normal resting length which generally is achieved by using long, slow strokes through the soft tissue. This work also helps the athlete mentally unwind from the high pressure and mental focus required of a top track performance.

RECOVERY FROM INJURY

In the previous section, it was assumed that the athlete arrived at the track without injury, and was not injured during the event (even in a minor way). This author, however, opines that highly competitive elite athletes often are not injury-free. In light of heavy training and international competition, a minor injury can reduce the athlete's competitive edge. The following sections address massage therapy as it relates to treating the injured athlete.

RACE DAY

If the athlete develops a minor injury during warm-up or during the pre-final heats, yet still decides to compete, the therapist should minimise the effect the injury has on his or her performance. The therapist uses various techniques to reduce soft tissue trauma. As the athlete prepares for the final race, he or she must be aware of the risk for further damage.

SHORT-TERM INJURY

Any minor injury, if treated quickly and effectively, should be only a short-term one. The athlete's training schedule should be modified appropriately so that the injury is not prolonged and the athlete is given every opportunity to recover. The seriousness of a short-term injury, which impacts the athlete's training schedule and therapy treatment, is related to the amount of time left before the next track competition.

LONG-TERM INJURY

This type of injury is the most serious. It affects the athlete's performance by reducing top sustainable speed or by affecting his or her training schedule so that he or she loses the competitive edge that wins the competition. The goal at this point is to minimise recovery time. The athlete should take a multidisciplinary approach to injury recovery, which includes the services of other health care professionals in conjunction with massage therapy. Throughout treatment, a balance between recovery, training and competition must be maintained. Some athletes learn to adapt to their injuries by modifying their running style (i.e. a working compromise). To achieve his or her best, the athlete's underlying problem must be resolved.

UNRELATED INJURIES

Athletes train hard and often push themselves in work and in leisure. As a result, injury can and often does occur during the athlete's leisure time. The consequences of such an injury may not appear for several years, typically when the athlete reaches the elite peak, where every part of his or her body is fine-tuned and must be called up.

For example, an athlete who has had a minor tear to a rotator cuff tendon while playing volleyball in high school may experience reduced full extension of his or her rotator cuff many years later. Because the injured arm works harder, a subsequent balancing torsion occurs in the lower body. The net effect is a slight reduction in top speed. The weakness can be resolved by working through the rotator cuff tendon to minimise unwanted scarring and to increase free arm movement.

BODY AWARENESS

Generally, athletes have some level of awareness of how the whole body is involved in running. However, they usually are not aware of the intimate inter-relationship of body parts and how top speed depends on all parts working in harmony. The massage therapist can help here.

Individual training focuses on running faster and on reducing personal best times through personal dedication, strength training, and endless hours at the track, practising and refining technique. The massage therapist has powerful tools to enhance the athlete's personal training. Their tool-kit contains assessments and treatments for soft tissue, joint range of motion, posture, biomechanics and body movement. Working together, the massage therapist and athlete aim for the gold.

WORKING WITH ELITE ATHLETES

Ensuring that an athlete attends the clinic regularly is an important part of massage therapy for sprinters and runners. By being an integral part of the athlete's support structure and by attending track meets and training sessions, the massage therapist most effectively can apply all of their professional knowledge, skills and experience. By observing or filming the athlete from different positions, the therapist can create a three-dimensional picture in their mind that can be used to understand how the athlete's body is trying to achieve its maximum speed. The therapist can examine how the athlete's feet strike the track or how his or her arm motion affects the upper body, and can use this information to build an ongoing massage therapy treatment plan.

The therapist should detect structural imbalances in the athlete's body, because the body works as if it follows Newton's third law of motion: Every action requires an equal and opposite reaction. The implications to the athlete are that a weakness in one part of the body may manifest as an injury in another part of the body. Observing a highly trained

sprinter in full flight is like watching a symphony of fluid motion through every part of the body.

FOOTWEAR

Footwear generally is a personal choice for the athlete. At times, however, the best choice may be compromised if the athlete is sponsored by a company for a certain brand of running shoe.

Competitive track spikes are lightweight and have a reasonable amount of foot support but are not worn often (usually only before race time or for high-speed and fast-acceleration practise). The material and snug fit of this shoe may make it impractical for the athlete to use orthotics, even if the orthotics are required to correct a lower limb imbalance. Experimentation with different orthotic and shoe combinations may reveal a solution that works.

COMMON INJURIES AND TREATMENTS

The most commonly seen and treated injuries by the author are those of the hamstring muscles and associated tendons and ligaments. The severity of injury ranges from a severe tear to the long head of the biceps femoris to minor strains of all three hamstring muscles.

A severe tear in the long head of an athlete's biceps femoris came to the author's attention months after the injury incident. The athlete felt constant pain in the muscle when it was under higher stress. The scar tissue associated with this injury prevented the muscle from achieving a full, pain-free stretch or a full-strength contraction. Over a period of time and with constant attention, the scarring was reduced to a *good* scar. It no longer adhered to other surrounding structures and provided a strong muscle attachment in the same linear direction as the muscle fibres.

Another common problem often requiring the massage therapist's attention is not caused by a specific physical injury but is the result of an imbalance through the pelvis, which affects the overall body balance and structural alignment. This imbalance requires one or more parts of the athlete's body to work harder than the others. The result is reduced performance. If the anterior superior iliac spine and posterior superior iliac spine of both halves of the pelvis are compared, the therapist can acquire a spatial impression of the structural alignment. Assessing and correcting any misalignment in this area is like solving a puzzle. If there is no physical injury or structural damage, it is likely that the muscles attaching to and surrounding the pelvis are imbalanced. For example, the rectus femoris in the left leg can be more hypertonic than in the right leg. In this example, the net effect is more strain through the left anterior pelvis, causing a constant downward pull. The imbalances through the pelvis usually are more complex than described in the previous example and involve different muscles, all with different vector pulls that work together to achieve a net overall balance.

LAW AND ETHICS

Review of the new AMT Home Study Module By Fiona Henderson

As a member of ATM(NSW), one requirement is to display our Code of Ethics where clients can easily read it. Have you got yours on the wall? Have you actually read and understood it?

What sort of client records do you actually have and how long do you keep them for?

The new Continuing Education Unit module 'Ethics and Law' is brilliant. I have just completed this module and it gives plenty of food for thought. Questions are based on a book called **Complementary Medicine: Ethics and Law** by Michael Weir, who is Solicitor of the Supreme Court of Qld, and Associate Professor, School of Law, Bond University. His book aims to provide bodyworkers with coverage of important ethical and legal issues across all areas relevant to complementary health, in a format that is easy to read and understand.

The aim of this module is to give us a working knowledge of the sections of Australian law that pertain to Massage Therapists (Weir also deals with other modalities such as Chiropractic, Osteopathy, Naturopathy, Homeopathy, Acupuncture, Herbalism, etc). This module also brings to our attention the latest amendments to Workplace Health and Safety, Workers Compensation, legislations such as Consumer, GST and TGA.

There are eight chapters in Weir's easy to read book. These are:

- 1) **Introduction**; what is complementary medicine and regulation health Professionals
- 2) **Ethics and professional Misconduct**; explaining ethics, various codes of ethics, and disciplinary action
- 3) **Scope of Practice**; prohibition of the practice of medicine, use of medical equipment, Duty to Refer to medical practitioner, etc,
- 4) **Negligence and professional Responsibilities**; general principles of negligence, consent to treatment, liability in contract, etc

A review of Michael Weir's book 'Complementary Medicine: Ethics and Law'. By Sharon Keogh

Last year I was asked by Geof if I would review **Complementary Medicine: Ethics and Law**. Michael is said to be quite an authority in this particular field. Due to my already overstretched workload, I had to pass on the review. However, as it happens Ethics and Law is one of the modules I am currently doing at TAFE and the required text is the above mentioned - and as a bonus my teacher is none other than Michael himself.

- 5) **Goods**; TGA, fair Trading Acts, consumer legislation, etc
- 6) **Modalities**; eight modalities are separately discussed, including Therapeutic Massage
- 7) **Setting up a Practice**; business names, leasing, employees, indemnity insurance, and
- 8) **The legal process**; sources of law in Australia, types of law, acting as a witness, and expert witnesses.

'Now,' I hear you all say 'what about the actual learning unit?'. Well, if someone will provide me with free massages at my place of residence for a year then I **may** tell you the answers! Seriously though, the answers to all questions are found in the book. The questions are such that you *will need* to read the whole book (220 pages) - but it is for your own benefit! The module is divided into eight sections, each of which relate to a particular chapter.

Assessment is by written answers. There are various questions which relate specifically to each chapter in the book. Some questions require a short answer, others are longer and require a bit more thinking. However, rest assured, if you get stuck along the way, help is at hand via AMT Head Office.

The module requires about 6-10 hours of reading and answering, and is worth 100 CEUs if all answers are complete and correct.

Whist at first glance this may seem like a 'dry' subject but it certainly isn't. It is very interesting, easy to read, and Weir's content is just as pertinent to our learning as Anatomy and Physiology. Could you answer questions such as: what are the advantages/disadvantages of sub-leasing or what steps would you take if a client took legal action against you? Do you understand and appreciate the importance of disclosure in the right of refusal? This is certainly one unit which should, in my humble opinion, become mandatory in all bodywork teaching.

The cost of doing this module is \$55.00 (including GST) and does not include Michael Weir's book 'Complementary Medicine: Ethics and Law'.

Michael is an Associate Professor of the School of Law at Bond University and is an academic lawyer with broad legal experience. Michael has qualifications in therapeutic massage and has taught complementary medicine students on ethical and legal issues for 10 years. This gives Michael a unique insight into the legal and ethical issues that arise for the professional practice of complementary medicine.

Trying to understand legal jargon can be quite daunting, but Michael explains it clearly and in layman terms so that it can be easily interpreted.

He appreciates that there aren't too many Lawyers out there practicing Massage Therapy, so he makes a point of keeping his book as jargon-free as possible. The book "gives you the tools to" understand the Ten commandments of Professional Practice. Not to quote all ten, but to name a few: I shall practice in a competent, caring and responsible method, I shall practice within the scope of my expertise and understand and respect my limitations. The book then goes on to outline each of these commandments. Other topics covered include:

Identify and deal with tricky legal situations that arise in practice. Decipher professional indemnity insurance. In class, we discussed the current crisis relating to professional indemnity insurance and how easily you could fall foul of a client, for example, at a party someone starts telling you all about their sore...whatever (you know the scenario). Do you give them a consultation there on the spot and maybe even treat them? What if your casual treatment and advice is wrong and your "friend" decides to sue. Where do you stand legally? Throughout the book, simple matters are addressed that you probably wouldn't have considered as a problem, but, as we see, even the most innocent act, when addressed to you

as a professional, no matter how casual a situation, has the potential for disaster.

Understanding your legal obligations to your clients and the profession. Points such as Consent, the how to's on making sure your client understand what they are consenting to and how you stand legally with written and verbal consent.

Appreciating your ethical responsibilities and understanding the permitted boundaries of your practice. This applies not just to your clients but also the statutory scopes of practice of a number of registered professionals and breaches of those ethics.

Setting up your professional practice - things like specific sanitation and building requirements in your State, licences, GST.

Understanding the ins and outs of commercial leases can be a mind numbing experience, but the book sets it out simply for you.

This is just a very brief overview of this book, but for a little book it covers a substantial amount. So whether you are a student or already practising, this book gives you a comprehensive, easy to read and very informative look at vital issues relating to complementary medicine. I highly recommend it.

HOME STUDY MODULES

Gain your CEUs whilst studying at home! On application you will be sent a home study module applicable to your needs. There are three types of modules:

1. Multiple choice questions (mostly Anatomy and Physiology) at your level of membership. You can also challenge yourself by choosing harder modules. Each correct answer = 2 CEUs. All correct = 100 CEUs.
2. Short answer questions on Pathology taken from "A Massage Therapist's Guide to Pathology" by Werner and Benjamin (Williams and Wilkins). Answered correctly = 100 CEUs!
3. Short answer questions on Ethics and the Law taken from "Complementary Medicine: Ethics and the Law by Michael Weir. Answered correctly = 100 CEUs.

PLEASE TICK THE BOX(ES) FOR THE PROGRAMME(S) YOU REQUIRE

- | | | | |
|---|---------|---|---------|
| <input type="checkbox"/> A & P for General Level | \$55.00 | <input type="checkbox"/> A & P for Senior Level 1 | \$55.00 |
| <input type="checkbox"/> A & P for Senior Level 2/3 | \$55.00 | <input type="checkbox"/> Pathology | \$55.00 |
| <input type="checkbox"/> Ethics and the Law | \$55.00 | | |

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Acupressure Therapy

By Master Zhang Hao
Director Chi-Chinese Healing College

Traditional Chinese Acupressure massage, commonly known as Acupressure or 'TuiNa' is the manual therapy aspect of Traditional Chinese Medicine. It works with the healing power and sensitivity of human touch implementing the combination of Acupoint stimulation, soft tissue manipulation, tendon/joint alignment and life energy regulation to restore the balance and harmony of the body.

When studying this ancient healing art, it is essential to first understand 'Chi' and the concept of 'Yin and Yang'. According to Traditional Chinese Medicine, Chi is regarded as the basic micro substance of the body as well as the animating life force that gives the body the capacity to move, think and feel. Yin and Yang is a philosophical systematic correspondence that represents two complementary yet opposing dynamics which makes up the balanced whole. Yin is classified as a negative force and is represented by water while Yang is positive and represented by fire. A person is said to be in good health if there is harmony and balance between these two. If the proportion of one force is greater or lesser than the other, illness occurs.

Just as blood vessels carry the blood to nourish every part of the body, the Chi flows through an invisible channel called 'JinLou' - meridians to connect all physical, physiological and emotional aspects of the body and integrate functions. Within this network, there are many 'gates/windows' known as 'Xue'. These are acupoints which have a higher sensitivity and electrical conductivity over the meridian lines. Because the meridian system bridges the internal with the external and inter-links every part of body, stimulating Acupoints by applying pressure to specific points on the surface of the body can affect internal organs and distal areas. In this sense, the Acupoint becomes the Axis around which the other parts are revolving.

In recent years, modern research has shed new light into the ancient practice of Acupressure. It has been discovered that stimulating Acupoints triggers the release of endorphins in the body, the natural biochemical to relieve pain. Some scientific researchers credit this to the relieving or allaying of mental strain which affects the resistance and natural healing power of the body, or to the enlivening of the autonomous nervous system.

Acupressure massage has been practised and refined for more than four thousand years and has developed into a comprehensive, multi-modality therapy. There are four specialised methods geared for specific purposes. There are Dian-Xue - specialising in Acupoint pressing techniques on meridians for Chi imbalances or blockages; AnMo - specialising in Press and Rub techniques on muscles and skin for health maintenance and relaxation;

TuiNa - specialising in Push and Grab techniques on tendons and joints for physical injury or misalignment; and WaiQi - focusing Chi into meridian/points or disturbed areas for healing energy enhancement or to remove negative memories.

Acupressure massage is beneficial for revitalising the body's recuperative ability; improving blood circulation; reconditioning the joints, muscles and soft tissue; adjusting the nerve and internal organ function; regulating mental and emotional disturbance and strengthening the body's resistance to disease. The therapy is non-invasive, child-friendly and free from side effects.

Mastering Acupressure massage is also considered to be a path to self-cultivation. The practitioner must undertake considerable physical, mental and energy training to acquire good posture, sharp mental focus, effective breathing and stronger Chi. Therefore, practising Acupressure massage not only makes one capable of caring for others, but also achieves a healthier body and mind for oneself as well!

If you are interested in becoming a qualified Chinese Acupressure therapist, please contact the Chi-Chinese Healing College (02) 9899 9823 or visit www.chihealing.com.au. The College is accredited by AMT and will be running a series of two-day workshops. Please refer to the Calendar of Events for dates and venues.

AMT MERCHANDISE PRICE LIST

(PRICES INCLUDE A 10% GST)

| | |
|---|---------|
| Tiger Balm T-shirt | \$16.50 |
| Polo Collar T-shirt with logo | \$27.50 |
| Postage for T-shirts | \$3.00 |
| AMT Badge | \$11.00 |
| (if purchased with polo shirt) | \$8.80 |
| "What is Massage Therapy?" pamphlets x 50 | \$13.75 |
| x 100 | \$27.50 |
| Receipt Book (100 leaves) (updated to reflect GST) (includes postage) | \$15.00 |
| Home Study Modules | \$55.00 |

AMT Calendar Of Events

JUNE TO OCTOBER 2002

- The letter V indicates that the number of CEUs is Variable - depending on the number of hours attended.
- Courses accredited by AMT attract 5 CEUs per hour.
- Courses not accredited by AMT attract 4 CEUs per 3 hours.
- Please check dates and venues with the contact person before you attend.

| | | |
|---|---|-----|
| JUNE 1-2nd | Chi Acupressure Weekend Presented by Master Zhang Hao Chi-Chinese Healing College, Burwood. Ph: 98999823 | 70 |
| 11-15th | Myofascial Release 3 – Advanced (60 hours). Presented by Patricia Farnsworth Peridor Health Schools, Bondi Junction. Ph/Fax: 93880699 | 300 |
| 18, 19, 25, 26th | Myofascial Release 1 – Fundamentals (32 hours). Presented by Peter Wells Green Point Community Centre, Greenpoint (Gosford) Ph: (02) 43844263 | 160 |
| 22-23rd | Chi Acupressure Weekend Presented by Master Zhang Hao Newcastle West Community Health Centre, Ph: 98999823 | 70 |
| 30th and July 7th | Pregnancy Massage, 9.30am to 4.30pm Om Shanti College of Tactile Therapies, Canberra. Ph: 62952323 | 60 |
| <hr/> | | |
| AUGUST 3, 4 10, 11 th | Myofascial Release 1 – Fundamentals (32 hours). Presented by Peter Wells Green Point Community Centre, Greenpoint (Gosford) Ph: (02) 43844263 | 160 |
| 23-26th | Myofascial Release 1 – Fundamentals (32 hours). Presented by Paul Doney Peridor Health Schools, Bondi Junction. Ph/Fax: 93880699 | 160 |
| 24-25th | Chi Acupressure Weekend Presented by Master Zhang Hao Chi-Chinese Healing College, Burwood. Ph: 98999823 | 70 |
| <hr/> | | |
| SEPTEMBER 19-23 | Myofascial Release 5 – Craniosacral Anatomy Theory, Dissection and Anatomy Museum Presented by Paul Doney Peridor Health Schools, Bondi Junction. Ph/Fax: 93880699 | 300 |
| 21, 22 nd | AMT Annual Conference Wentworth Falls College of TAFE (please see insert for more details) | 100 |
| <hr/> | | |
| OCTOBER 3, 10, 17, 24, 31 st | Practice Management, Legal Issues and Marketing Skills Presented by Mark Philip Deal Peridor Health Schools, Bondi Junction. Ph: 93872319 | 75 |
| 25-28 th | Myofascial Release 1 – Fundamentals (32 hours). Presented by Paul Doney Peridor Health Schools, Bondi Junction. Ph/Fax: 93880699 | 160 |
