

AMT Suggested Professional Development Activities

2026

Introduction

AMT does not formally accredit or endorse professional development activities. If an education provider is claiming that an activity is accredited by AMT, please [let us know](#).

The recommendations in this document are grouped into broad subject areas. They include a variety of professional development activities (for example, webinars, conferences, practical workshops, online courses, podcasts and lectures). Many of the suggests activities are low cost or free, and can be completed from the comfort of home.

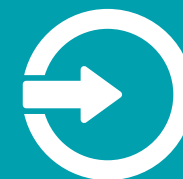
As a practitioner member of AMT, you'll need to complete at least 20 hours of continuing professional development (CPD) each year to keep your skills fresh and up to date.

- Every hour you spend in active learning will count as one hour of CPD.
- You can track your progress in 15-minute increments, making it easy to log even the shortest activities.
- While it's great to exceed 20 hours in a year, extra hours can't be carried over to the next year.
- It's important that your CPD activities relate to massage therapy scope of practice to ensure relevancy. Please refer to the [AMT Code of Practice](#) for guidance on activities that are outside scope.
- You'll need to include dates, a description of what you achieved and the time spent on each activity in the Reflection Record in your personal membership portal.
- Remember to keep written documentation of your CPD, such as certificates of attendance, copies of articles, books, or links to online content. Please upload these into your Reflection Record as well.
- Participation in mandatory skills acquisition, like First Aid training, may also count towards your CPD hours but annual CPR recertification can't be claimed.



Contents

Introduction	2
Featured PD	4
AMT events	5
On-demand AMT practical workshops	6
On-demand AMT webinars	9
On-demand AMT virtual conferences	13
Other conferences	15
Pain and pain management	16
Anatomy review	17
Research literacy and evidence-informed practice	18
Trauma informed care and mental health	20
Elder/aged care	21
Conditions and populations	22
Regulation and ethics	24
Various	25



Featured PD

AMT Domestic Violence Modules

AMT has developed a series of free modules for members on Domestic and Family Violence. There are 5 parts in the series:

- **Part 1:** Understanding the nature and prevalence of domestic and family violence
- **Part 2:** Understanding the impact of domestic and family violence
- **Part 3:**
 - 3.1 Making your treatment space safe for a disclosure
 - 3.2 Responding to a disclosure
 - 3.3 Asking about domestic and family violence
- **Part 4:**
 - 4.1 Safety
 - 4.2 The Workplace
- **Part 5:** Resources



AMT events

Formal mentoring

[2026 AMT mentoring program information session](#)

February 12 @ 7.30pm AEDT

Live webinar

[Understanding the South Australian Code of Conduct for certain health care workers](#)

Presented by Matthew Dempsey

24 February @ 7.30pm AEDT

Live webinar

[Structural and Functional Anatomy of the Foot](#)

Details and registration to come.

Presented by David Ward

April 16 @ 7.30pm AEST

Live webinar

[Headache screening and treatment](#)

Presented by Dr Peter Tuchin

Details and registration to come

May 28 @ 7.30pm AEST

AGM

[AMT Annual General Meeting](#)

May 24 @ 10.30am - 11.30am AEST

Formal mentoring

[AMT Mentoring Program](#)

Applications open 13/02/2026

27 March - 21 October

Conference

[AMT 60th Anniversary Conference](#)

Sydney, 10 October

Conference

[Post-conference workshop](#)

Presented by Vinay Srinivasan and Luke Troiani

Sydney, 11 and 12 October

Please check the [AMT Calendar of Events](#) for updates.



On-demand AMT practical workshops

On-demand practical workshop

[Tension Headaches: Looking Beyond the Obvious Culprits](#)

Presented by Jenny Richardson

Using a simple process of assessment and treatment, you'll learn how to identify and address tension in areas such as the subclavius, anterior torso, jaw, and sinuses. We'll also revisit the posterior and lateral neck briefly to look at some specific culprits there.

On-demand practical workshop

[Hands-On Success: Great Outcomes, Simple Approach](#)

Presented by Thea Dillon

In this workshop, you'll learn how to work through a simple, practical, assessment, treatment and management process for the shoulder girdle, thorax, and lumbar regions of the body. It's designed to help you gain confidence in your clinical reasoning approach, to work through a few common presentations, and provide you with a few additional treatment tips and tools.

On-demand practical workshop

[The other TIE massage \(Take is easy\)](#)

Presented by Aran and Sheree Bright

Put on your best TIE so you can look extremely stylish while you perform massage that rock stars can only dream of . . . We will run through a series 'remedial' style techniques using a combination of compression and client positioning to target joint and soft tissue. The focus will be spine, shoulders and hips. The techniques demonstrated will be well-suited to working through clothing or draping and can be easily integrated with movement and exercise.

On-demand practical workshop

[Working with the scapula to improve shoulder girdle function](#)

Presented by Bethany Ward and Larry Koliha

Improving freedom and coordination of shoulder blade movement is key to affecting shoulder pain, neck and back issues, and headaches. In this virtual workshop you'll learn assessments that indicate where to focus interventions, hands-on techniques for freeing scapular movement, verbal cues for shifting habitual shoulder girdle use and movement exploration for self-care and client education.



On-demand AMT practical workshops (cont...)

On-demand practical workshop

[Better Breathing Through Bodywork: Working with the Breath, Diaphragms and Ribs](#)

Presented by Bethany Ward and Larry Koliha
Working with breath is key to affecting long-term, whole-body changes for our clients. Breathing patterns play an integral role in repetitive strain conditions, chronic pain, and sense of wellbeing. In this virtual workshop, you'll learn assessments that indicate where to focus intervention; hands-on techniques for optimising thoracic function; verbal cues for shifting habitual patterns and breathing exploration for self-care and client education.

On-demand practical workshop

[Bite-sized fitness: savouring the benefits of 'exercise snacks'](#)

Presented by Dr Shelley Keating

In this workshop, Shelley will discuss the concept of 'exercise snacks' and how they relate to the current global physical activity guidelines for adults. With a focus on practical applications (working up a sweat is optional but encouraged!), Shelley will unpack the evidence for exercise snacking and high-intensity interval training, with a dedicated lens on what might benefit the musculoskeletal presentation of the 'office desk worker'.

This workshop is ideal for therapists wishing to revise and develop their knowledge of exercise physiology, experience interval training and examples of exercise snacks, and establish referral pathways with accredited exercise physiologists. Participants will be guided to create their own personalised exercise snack plan and consider their daily schedule and potential opportunities for short workouts.

On-demand practical workshop

[DermoNeuroModulating \(DNM\)](#)

Presented by Robin Kerr

DermoNeuroModulating is a manual therapy system developed by Canadian Physiotherapist Diane Jacobs for the treatment of pain. It is a structured, interactive approach that focuses on 'sensory rehabilitation' rather than the manipulation of 'mechanical tissue' via application of techniques that focus on the cutaneous nerves. Pain reduction is assumed to be due to positive changes in the nervous system. DNM techniques are slow, light, kind, intelligent, responsive and effective, and are increasingly considered to be an important part of the manual therapy of the future.



On-demand AMT practical workshops (cont...)

On-demand practical workshop

[The Shoulder Rehab Blueprint for Pain-Free Overhead Positions](#)

Presented by Vinay Srinivasan and Luke Troiani

In this workshop, Vinay and Luke dive into the often overlooked mechanics behind shoulder dysfunction in overhead pressing. While many clinicians treat impingement and bursitis as isolated conditions, this session challenges that view by tracing the root causes to faulty ribcage positioning, limited shoulder flexion, poor scapular mechanics, and compensatory movement patterns that ripple through the entire kinetic chain.

On-demand practical workshop

[Moving on the table: Using client movement to enhance outcomes](#)

Presented by Colin Rossie

How do we bring the concept of 'motion is lotion' into our massage practice? In this workshop, we will look at ways to enhance client outcomes by identifying when, where and how to include movement-based protocols during a treatment. Active Movement Participation (AMP), Client Assisted Movement (CAM) and other acronyms aplenty will be demonstrated and demystified, including indications for their use (CRAC, PIR, MET, PNF, SARC). These techniques can also be used as client take-homes to support progress between clinical sessions.



On-demand AMT webinars

On-demand webinar

[Managing Professional Boundaries Webinar](#)

Presented by Jocelyn Kirton

This 90-minute webinar will cover the reflective professional development in creating, establishing and maintaining boundaries. It will provide therapists with a communication framework that allows them to identify ambiguous situations; navigate potentially uncomfortable conversations and/or situations; respond and end therapeutic interactions/sessions. The emphasis is on the importance of the therapist's safety in massage therapy environments.

On-demand webinar

[Introduction to Mental Health in Australia](#)

Presented by Conjoint Professor Mike Hazelton

This webinar provides a general introduction to mental health in Australia, covering the extent and impact of mental health problems and disorders on individuals, families and the community. The webinar will include an outline of key mental health issues and priorities and policy and practice responses to these. Particular focus will be given to the lived experience of mental ill-health and the impact of stigma and discrimination on help-seeking behaviours among those living with mental ill-health.

On-demand webinar

[Massage and Breast Cancer Research](#)

Presented by Lizzie Milligan

Lizzie discusses the research project she undertook at Chris O'Brien Life House Cancer Centre in Sydney, 'Evaluation of Oncology Massage on self-reported symptom burden and wellbeing for breast cancer patients attending an Australian Comprehensive Cancer Centre'. This was a retrospective study of the perceived benefits of individual oncology massage sessions in 228 Individuals who received a breast cancer diagnosis at any stage of disease or treatment at COBLH and who completed Patient Reported Outcome Measures surveys.



On-demand AMT webinars (cont...)

On-demand webinar

[Should research consider massage as a process rather than a technique](#)

Presented by Jennifer Richardson

Jenny Richardson discusses the research she undertook through Charles Sturt University "What is effective in massage therapy? Well, "it depends...": A qualitative study of experienced massage therapists". In her qualitative study, Jenny talked to 6 experienced Australian massage therapists about what they considered to be important in determining the effectiveness of the treatment when working with clients with pain or injury. Jenny talks about what her participants said, how she analysed the information and what that might mean for future research.

On-demand webinar

[Mental Health, Human Rights and Recovery](#)

Presented by Conjoint Professor Mike Hazelton

Mental health is now seen as a human rights issue by both the United Nations and the World Health Organisation. In particular, tackling mental health-related stigma is seen as a priority for improving mental health globally. In recent decades the concept of 'personal recovery' and the development of recovery-oriented mental health practice have been important initiatives for addressing stigma and improving mental health care in Australia and internationally. The purpose of this webinar is to provide an outline of human rights issues surrounding stigma and how these are being addressed through recovery-oriented mental health care. Basic principles of recovery-oriented mental health care will also be covered.

On-demand webinar

[An Introduction to Depression and its treatment](#)

Presented by Conjoint Professor Mike Hazelton

Depression is a common mental health condition that can range from mild to severe in terms of its impact on affected individuals. The purpose of this webinar is to provide an outline of the causes, impact and current social, psychological and pharmacological treatments for depression. Basic principles for helping a person living with depression will also be covered.



On-demand AMT webinars (cont...)

On-demand webinar

[Understanding Schizophrenia and its Treatment](#)

Presented by Conjoint Professor Mike Hazelton

While schizophrenia is much less common than conditions such as depression, it can have a severe and prolonged impact on affected individuals. However, people living with schizophrenia can and do recover to live full and meaningful lives. The purpose of this webinar is to provide an outline of the causes, impact and current treatments for schizophrenia. Basic principles for supporting the recovery of a person living with schizophrenia will also be covered.

On-demand webinar

[Employee rights and pay](#)

Presented by Norelle Pratt

Confused about the difference between being a contractor and an employee? Wondering if you're being paid fairly or what to do if something doesn't feel right? In this practical and empowering webinar, Norelle will break down the key things every massage therapist needs to know about the Health Professionals & Support Services Award, hourly rates vs commissions, evaluating job offers and negotiating pay and benefits.

You'll also receive a bonus worksheet to help you compare pay structures and get clear on what you're really earning. This session is ideal for employed therapists or those considering a job offer – even if you have or are hiring a team, you'll take something away from this too.

On-demand webinar

[An Introduction to Personality Disorders](#)

Presented by Conjoint Professor Mike Hazelton

While personality disorders affect many people in Australia each year, they are one of the most controversial and least understood areas of mental health treatment and care. The purpose of this webinar is to provide an outline of the causes, impact and treatments for personality disorders, focusing especially on borderline personality disorder. Basic 'do's' and 'don'ts' for helping a person living with a personality disorder will also be covered in the webinar.



On-demand AMT webinars (cont...)

On-demand webinar

[Can massage cause stroke?](#)

Presented by Dr Peter Tuchin

Stroke is a common event in most countries and can cause significant disability or death. In the USA, it is estimated that 800,000 people will have a stroke and 140,000 people will die this year (5% of all deaths). Similar incidence rates can be seen in other countries.

Despite its rarity, there are published case reports of CAD following massage. However, many of these case reports on massage and CAD have significant omissions, errors and flaws. This has led to concerns regarding a possible association between massage and a rare type of stroke. This lecture will explore this issue and provide reassurance.

On-demand webinar

[From anecdote to evidence](#)

Presented by Dr Sarah Fogarty

This webinar explores how to transform therapeutic effects observed in practice—whether in the clinic or through casual encounters—into reliable, research-backed evidence. Learn how structured reporting and analysis can help validate your findings, bridging the gap between anecdotal experiences and scientific proof. Gain practical steps to document, analyse, and present your clinical insights in a way that contributes to the broader body of research.

On-demand webinar

[Becoming better allies](#)

Presented by Dr Summer May Finlay

Aboriginal and Torres Strait Islander people have a long history in the lands now known as Australia pre and post colonisation. However, it is not well understood what that history means and how it impacts Aboriginal and Torres Strait Islander people today. Through the lens of NAIDOC week and the theme “For Our Elders”, this webinar will outline the history, what it means and how non-Indigenous people can work towards being better allies in their personal and professional lives.



On-demand AMT virtual conferences

Conference recordings

[2020 AMT virtual conference](#) [Old tricks, new schtick](#)

Presentations

- Lessons from my low back labelling trial, presented by Mary O'Keeffe
- Role of massage in a pain revolution, presented by Angie Clerc-Hawke
- Is it a HIIT? presented by Shelley Keating
- Motivational Interviewing, presented by Alison Sim
- Managing the treatment environment, presented by Dan Wonnocott

Conference recordings

[2021 AMT virtual conference](#) [Oh the places you'll go](#)

Presentations

- Adding value: planning, timing, intention and execution for manual therapists, presented by Dan Wonnocott
- Trauma informed practice with transgender and gender diverse clients: building literacy for better care, presented by Egan Magee
- What is effective in massage therapy? Well, it depends, presented by Jenny Richardson
- Are you ready for pain? Presented by Lisa Fiddes
- Preliminary findings from the Impact of COVID on the professional identity of Australian massage therapists research project, presented by Dr Sarah Fogarty

Conference recordings

[2023 AMT virtual conference](#) [Mastering the Basics: Empowering Therapists for Success](#)

Presentations

- Massage Myth Busting, presented by Paul Ingraham
- Cyber Security
- Pain Management for the Massage Therapist, presented by Aran Bright
- Panel Discussion



On-demand AMT virtual conferences (cont...)

Conference recordings

[2025 AMT virtual conference](#)
[Partners in Healthcare](#)

Presentations

- Research as Common Ground: Strengthening the Role of Massage Therapy in Interprofessional Care, presented by Amanda Baskwill
- From Common Ground to Collaborative Care: Pathways to Professional Partnership Presented by Lisa Fiddes
- How to unfollow social media risks Presented by Christie Boucher
- A Journey into Interprofessional Care Presented by Trent Renshaw
- Collaborative healthcare panel session – various panellists



Other conferences

Conference

[2026 Australian Pain Society 46th Annual Scientific Meeting](#)

19 - 22 April

Adelaide Convention Centre

Conference

[2026 Australian Lymphology Association Annual Conference](#)

30 April - 3 May

Cairns Convention Centre

Conference

[2026 Rehabilitation Medicine Society of Australia and New Zealand: Bridging the Rehabilitation Gaps](#)

19- 22 July

Darwin Convention Centre

Conference

[Australasian Society of Lifestyle Medicine: The Nature of Health](#)

13 - 15 November

Hobart



Pain and pain management

Lecture/Presentation

[New insights from pain neuroscience](#)

Presented by Dr Tasha Stanton

Online course

[Preventing Chronic Pain: A Human Systems Approach](#)

Presented by Dr James Friction

Lecture/Presentation

[Understanding Complex Regional Pain Syndrome](#)

Presented by Dr Anne Daly

Online and face-to-face courses

[Explain Pain](#)

Presented by NoiGroup

Lecture/Presentation

[Is pain science really a pain for massage therapists](#)

Presented by Aran Bright

Online course

[Cognitive behavioural skills to treat back pain](#)

University of Oxford

Lecture/presentations

[San Diego Pain Summit](#)

Various presenters

Lecture/Presentation

[The role of massage therapy in a pain revolution](#)

Presented by Angie Clerc-Hawke

Podcast

[Low back pain: rarely associated with serious tissue damage](#)

With Rachelle Buchbinder

Online course

[Better Pain Management](#)

Faculty of Pain Management ANZCA

Lecture/Presentation

[Optimising Care for those experiencing chronic pain](#)

Presented by Lorimer Moseley

Podcast

[Pain reframed: We believe you](#)

With Keith Meldrum

Online course

[The Reign of Pain](#)

Presented by Howard Schubiner



Anatomy review

Online course

[Crash course Anatomy and Physiology](#)

Presented by Hank Green

Online course

[Essential Human Biology: Cells and Tissues](#)

Various presenters

Online course

[Anatomy and Physiology: Support and Movement](#)

Presented by Laura Kibiri

Online course

[Applied anatomy of the locomotor system](#)

Presented by Daria Anna Nurzynska

Online course

[Human Anatomy: Musculoskeletal Cases](#)

Various presenters

Online course

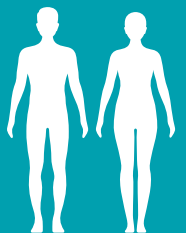
[Understanding the brain: the neurobiology of everyday life](#)

Presented by Peggy Mason

Online course

[Human Anatomy and Physiology](#)

Presented by Laura Kibiri



Research literacy and evidence-informed practice

Lectures on YouTube

Evidence-based practice

Presented by the Rural Research Collaborative Learning Network

[Part 1](#)

[Part 2](#)

[Part 3](#)

[Part 4](#)

[Part 5](#)

Online course

[Understanding Medical Research: Your Facebook Friend is Wrong](#)

Presented by F Perry Wilson

Lecture/Presentation

[Surgery: the Ultimate Placebo](#)

Presented by Professor Ian Harris

Podcast

[Translating evidence to clinicians, as a clinician](#)

With Mick Hughes

Online course

[Basics of research literacy for massage therapists](#)

Massage Therapy Foundation

Podcast

[Research Perch](#)

Massage Therapy Foundation

Online course

[Science Literacy](#)

Presented by Dr Claire Scavuzzo

Podcast

[Bias and confounding in research](#)

With Peter Malliaras and Pat Valance

Lecture/Presentation

[Managing the Treatment environment](#)

Presented by Dan Wonnocott



Research literacy and evidence-informed practice (cont...)

Podcast

[Failing models](#)

With Eyal Lederman

Podcast

[Stretching the tissues or stretching the truth?](#)

With Til Luchau and Whitney Lowe

Online course

[Understanding clinical research: Behind the statistics](#)

Presented by Jaun Klopper

On-demand webinar

[Writing Case Reports: Free Five-Part Webinar Series](#)

- Jerrilyn Cambron
- Ruth Werner
- Karen Boulanger
- Kim Goral Stevenson
- Rosemary Chunco



Trauma informed care and mental health

Online course

[Trauma informed care modules](#)

Human Services Skills Organisation

On-demand webinar

[Trauma informed practice and worker wellbeing](#)

Human Services Skills Organisation

On-demand webinar

[Trauma-informed Care in Practice: strategies for workers in the care sectors](#)

Human Services Skills Organisation

Live webinars

[Mental health webinars](#)

Mindspring Mental Health Alliance

On-demand webinar

[The impacts of trauma on the physical body](#)

Mental Health Network

Online course

[Introduction to trauma informed care](#)

Presented by Kammaleathahh Livingstone

Online course

[Mental health and trauma-informed care \(various\)](#)

Mental Health Coordinating Council



Elder/aged care

Online course

[Equip Aged Care Learning Packages](#)

Wicking Dementia Centre

Podcast

[Massage for elderly clients with diabetes](#)

Dawn Castiglione

Online course

[Learning pathways](#)

Dementia Training Australia

Online course

[Understanding Dementia](#)

Wicking Dementia Centre

Online course

[Pain Aged Care Training](#)

Australian Pain Society

Online course

[Preventing Dementia](#)

Wicking Dementia Centre



Conditions and populations

Podcast

[Massage therapy for multiple sclerosis: a case report](#)

Massage Therapy Foundation

Online course

[Mental Health and Multiple Sclerosis](#)

Menzies Institute

On-demand and live webinars

[Various musculoskeletal topics](#)

Musculoskeletal Health Australia

Online course

[Understanding Multiple Sclerosis](#)

Menzies Institute

Podcast

[Oncology Massage](#)

With Janet Penny

Podcast

[Acute knee injuries](#)

With Til Luchau and Whitney Lowe

Online course

[Understanding Disease Modifying Therapies \(DMTs\) for Multiple Sclerosis](#)

Menzies Institute

Online course

[Understanding traumatic brain injury](#)

Wicking Dementia Centre

Lecture/Presentation

[Massage and eating disorders](#)

Presented by Dr Sarah Fogarty



Conditions and populations (cont...)

Online course

[Well and Able - Improving the Physical Health of People with Intellectual Disability](#)

Presented by Nicholas Lennox and Miriam Taylor

Online course

[Melanoma and skin cancer detection](#)

Masced UK

Lecture/Presentation

[Lessons from a low back labelling trial](#)

Presented by Mary O'Keeffe



Regulation and ethics

Online course

[General Code of Conduct \(Victoria\)](#)

Health Complaints Commissioner

Online course

[Successful complaint handling](#)

Health Complaints Commissioner

Podcast

[Therapeutic relationships](#)

2 massage therapists and a microphone

Podcast

[Keeping clients safe](#)

With Dr Ben Benjamin

Podcast

[Dealing with sexual requests as a massage therapist](#)

Folding Towels Podcast

Book

[The Educated Heart: Professional boundaries for massage therapists](#)

By Nina McIntosh and Laura Allen

Podcast

[Create a zero tolerance practice](#)

With Joyce Gauthier



Various

Online course

[FIFA Diploma in Football Medicine](#)

International Federation of Football

Lecture/Presentation

[Motivational Interviewing](#)

Presented by Alison Sim

Online course

[Masterclass in Thoracic Acupuncture / Dry Needling Safety](#)

Presented by OMT Training

Online course

[Hand hygiene learning modules](#)

Australian Commission on Safety and Quality in
Healthcare

Lecture/Presentation

[Patient Engagement: A new name for old tools](#)

Presented by Lisa Fiddes

Online course

[Introduction to Artificial Intelligence micro skill](#)

Institute of Applied Technology

Lecture/Presentation

[Staffing strategies for Allied Health Clinics: Navigating Employee vs Contractor Decisions](#)

Presented by Sarah Bartholomeusz

