

C E L E B R A T I N G

100

Y E A R S

37th National Conference

Saturday October 10

Saltbox
Wunderlich Lane
399 Cleveland Street, Redfern NSW 2016

Thanks to our diamond sponsor



CONFERENCE PROGRAM

SATURDAY 10 OCTOBER

8.00 – 8.45am	Registration and arrival tea/coffee	
9.00 – 9.45am	Welcome, fun, filibustering and sports ... but not as we know it	
	Sessions	Speakers
9.45am – 10.45am	Keynote address: Is rainfall a therapist? Challenging seven axioms of the physical therapies	Dave Nicholls
10.45am - 11.15am	Morning tea	
11.15am -12.00pm	From tradition to evidence: the evolution of massage therapy research	Sarah Fogarty and Ann Blair Kennedy
12.00 – 1.00pm	The power of presence: how practitioner regulation influences client nervous systems	Amanda Fincham
	More than a rub: the psychosocial impact of massage therapy	Clare Carey
	Tales from the table: what 25 years in massage practice has taught me about communication, confidence and client engagement	Nicola Hogan
1.00pm – 2.00pm	Lunch	
2.00pm – 3.15pm	Celebrating AMT's history: Join past AMT luminaries for a panel discussion exploring the AMT of yesteryear	
3.15 – 3.45pm	Afternoon tea	
3.45pm – 4.15pm	Celebrating AMT's people - Presentation of AMT Awards	
4.15 – 5.00pm	Great debate - "That massage therapists need more tools in the toolbox"	
6.45 – 9.45pm	Gala dinner - Let there be trivia and possibly dancing	

SUNDAY 11 AND MONDAY 12 OCTOBER

Post conference workshop (held at Artarmon Parklands Pavilion)

9.00am – 5.00pm	Exercise prescription and rehabilitation	Luke Troiani and Vinay Srinivasan
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Full program details, including session descriptions, can be accessed in the conference section of the [AMT website](#). The program schedule and speakers are subject to change without notice. Any updates will be communicated to registered attendees via email and via the [AMT website](#).

SPEAKERS



DAVE NICHOLLS

Keynote address

**Is rainfall a therapist?
Challenging seven axioms of
the physical therapies**

Dave is a Professor of Critical Physiotherapy in the School of Clinical Sciences at AUT University in Auckland. He is a physiotherapist, lecturer, researcher and writer, with a passion for critical thinking in and around the physical therapies. Dave is the founder of the Critical Physiotherapy Network (CPN), an organisation that promotes the use of cultural studies, education, history, philosophy, sociology, and a range of other disciplines in the study of the profession's past, present and future. His own research work focuses on the philosophy, sociology, and critical history of physiotherapy, and considers how physiotherapy might need to adapt to the changing economy of health care in the 21st century. He has taught in physiotherapy programmes in the UK and New Zealand for over 30 years and has presented his work around the world.



ANN BLAIR KENNEDY

Plenary

**From tradition to evidence:
the evolution of massage
therapy research**

Ann is an Associate Professor in the Department of Biomedical Sciences at the University of South Carolina School of Medicine Greenville and Director of the Patient Engagement Studio. A licensed massage therapist since 1999, she brings a unique perspective that bridges clinical practice, public health, and research. Her work focuses on patient and stakeholder engagement in research and whole-person health approaches, including massage therapy and integrative care. Dr. Kennedy previously served as Executive Editor-in-Chief of the International Journal of Therapeutic Massage & Bodywork and has contributed extensively to advancing the research culture of the massage therapy profession. Through her research, publications, and international collaborations, she works to strengthen the connection between massage therapy practice, scientific evidence, and healthcare systems.



SARAH FOGARTY

Plenary

**From tradition to evidence:
the evolution of massage
therapy research**

Sarah holds a Diploma of Remedial Massage and has been in practice as a remedial massage therapist and acupuncturist for over 25 years. She currently works in a clinic with a women's health focus. She completed her Masters in 2005 and in 2011 was awarded her PhD from the Department of Health Sciences at Victoria University, Australia. She is an adjunct fellow at Western Sydney University, and has published over 40 papers, including papers on pregnancy massage, massage and miscarriage, bereavement massage, and fertility massage. She has presented her research at both national, international and local conferences and massage organisations.

Sarah was awarded a Massage Foundation Research Grant in 2022 for her research on pregnancy massage after stillbirth and is only the second recipient to be awarded the grant outside the United States. She is currently serving as an associate editor for the International Journal of Therapeutic Massage and Bodywork.



AMANDA FINCHAM

Plenary

**The power of presence:
how practitioner
regulation influences
client nervous systems**

Amanda has worked as a massage therapist since graduating from Nature Care College in 2002 with a Certificate IV in Massage Therapy. Her practice has evolved over time to focus on nervous system regulation, incorporating craniosacral therapy into treatment. Her clinical work centres on supporting nervous system health in both adults and infants. She is particularly interested in the role of practitioner presence, therapeutic attunement and nervous system co-regulation.

SPEAKERS



CLARE CAREY

Plenary

**More than a rub:
the psychosocial impact
of massage therapy**

Clare is an experienced remedial massage therapist with over 18 years in the industry, including more than a decade working in elite sport. She has a strong interest in athlete wellbeing, psychological safety, and the integration of biopsychosocial approaches into practice. She is passionate about advancing the massage profession through reflective practice and advocating for more holistic, person-centred care.



NICOLA HOGAN

Plenary

**Tales from the table:
what 25 years in massage
practice has taught me about
communication, confidence
and client engagement**

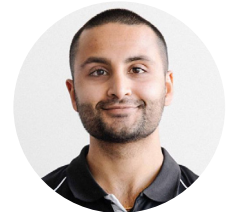
Nicola is a remedial massage therapist with 25 years of clinical experience, known for her thoughtful, client-centred approach and deep interest in the human dynamics beneath the touch. Her work is grounded in "tales from the table" - the patterns, conversations, and insights gained through hands-on practice. She has also supported therapists as a mentor in the AMT pilot mentoring program, trained and mentored staff in her clinical business Stress Less Bodyworks, and worked as an advisor through the government funded ASBAS program, helping practitioners with their digital marketing capability to communicate with clarity. Nicola writes regular articles on her Substack, Beneath the Touch.



LUKE TROIANI

**Post-conference workshop
Exercise prescription and
rehabilitation**

Luke is the head clinician and co-director of Avia performance. He began his journey in 2011, opening his first single room clinic after graduating with a Bachelors in Health Science (Musculoskeletal Therapy). His thirst for knowledge and drive to be at the forefront of the industry saw him subsequently graduate with a Masters in Applied Science (Acupuncture). Luke's unique blend of Western and Eastern medical knowledge and his passion to get people back to what they love to do is what informs his work. He is also passionate about educating and mentoring the next generation of therapists.



VINAY SRINIVASAN

**Post-conference workshop
Exercise prescription and
rehabilitation**

Vinay is the head Strength and Conditioning Coach at Avia Performance. He holds a Bachelor of Exercise and Sports Science, and is a Level 1 Powerlifting Coach and Level 1 accredited member of the Australian Strength and Conditioning Association. His journey started when he was 19 years, working in a commercial gym. He completed a one-year internship based out of AAMI Park and was then offered a full-time role as a Strength and Conditioning Coach. During the next few years, he gained experience with teams such as Melbourne Victory, Melbourne Storm, World Athletics Center and the Australian Basketball Company. He has worked with hundreds of athletes and has been heavily involved in strength sports such as powerlifting and field-based sports such as cricket, AFL and soccer.

POST CONFERENCE WORKSHOP

Exercise prescription and rehabilitation

This two-day workshop is designed for therapists who already prescribe exercises but want greater structure, confidence, and clinical reasoning when progressing clients through rehabilitation and strength-based loading.

Suitable for clinicians across all experience levels, from new graduates to experienced practitioners, the workshop will focus on using exercise as an extension of manual therapy, improving client outcomes and supporting practitioner longevity through safer, more efficient treatment strategies. It aims to simplify rehabilitation and help therapists confidently progress clients beyond passive care.

Participants will apply these principles to common clinical presentations including:

- shoulder pain and overhead limitations
- lower back pain and load intolerance
- hip and pelvic movement dysfunction
- patellofemoral pain presentations
- sciatic and neural tension presentations
- thoracic outlet-related symptoms
- exercise limitations commonly seen in clinical practice.

Pricing

Registration type	AMT Member	Non-Member	AMT Student Member
In person conference delegate	\$260	\$330	\$220
Virtual conference delegate	\$120	\$170	\$80
Gala conference dinner (optional)	\$100	\$100	\$100
Post conference workshop	\$550	\$650	\$500

Registration

Register as an in-person conference delegate [here](#)

Register as a virtual conference delegate [here](#)

Register for the post-conference workshop [here](#)

Transport

The conference will be held at Saltbox, which is in the heart of Sydney's vibrant Wunderlich Lane precinct in Redfern. It is easily accessible by light rail, bus or foot from Central Station (around 10 minutes). Parking options are limited so we advise you to take public transport.

The post conference workshop will be held at Artarmon Parklands Pavilion, which is a 10-15 minute walk from Artarmon Train Station. There is plenty of parking available onsite.