

AMT Virtual Conference 2023

**MASTERING
— THE —
BASICS:**

Empowering Therapists for Success

Program

Sunday 22 October

10.30 – 10.45am	Chairperson welcome – Subhadra Gerard
10.45 – 11.45am	Massage Myth Busting – Paul Ingraham
11.45am – 12.00pm	Trivia Quiz and Break
12.00 – 12.45pm	Cyber Security – Fenton Green
12.45 – 1.15pm	Trivia Quiz and Break
1.15 – 2.00pm	Pain Management for the Massage Therapist – Aran Bright
2.00 – 2.15pm	Trivia Quiz and Break
2.15 – 3.15pm	Panel Discussion - Meredith Spark, Melissa Woodward and Moira Ruff
3.15 - 3.30pm	Closing remarks
3.30pm	Close

Register online:
<http://bitly.ws/LKoQ>



Pricing

AMT MEMBER	\$99.00
NON-MEMBER	\$120.00
STUDENT AT AN RTO	\$79.00

Cancellation

- Cancellation less than 2 weeks but more than 1 week – administration fee of \$25.00
- Cancellation less than 1 week before event – less 50%
- No refund will be given after the event

About the presenters



PAUL INGRAHAM

Paul Ingraham is a Vancouver science writer and a former Registered Massage Therapist. He left that profession over concerns about pseudoscientific beliefs and practices, and went on to create PainScience.com, a website about the science of pain, injury, treatment, and rehab, where he has published hundreds of articles and ten books on these themes, the longest of which is about “trigger points.” His blog/newsletter have been active for about fifteen years now. He’s also a reluctant runner and was, until quite recently, an avid amateur ultimate player (the Frisbee sport) for twenty years. He has a substantial history of sports injuries and pain problems that inform his work. He is working on his next book and endless updates to PainScience.com.

Session

MESSAGE MYTH BUSTING

Massage therapy is great, but not for many of the reasons so many massage students are taught. It has virtually no proven medical benefits and is burdened with a history of amateurish research and pseudoscientific rationalisations. To progress, the profession must understand and renounce its many stubborn myths and move towards therapy based on more plausible ideas and techniques. Paul Ingraham is well known for his work on PainScience.com, has been guiding (and dragging) therapists towards the science for over twenty years.

In this presentation, Paul will explore three of the most pernicious myths in the field.

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ABOUT THE PRESENTERS (CONT...)



VANESSA COLLINS **PROFESSIONAL RISKS/AFFINITY DIRECTOR**

Vanessa has over 30 years' experience in the insurance industry. Her expertise spans professional risk broking and underwriting including program design and placement in both local and international markets. She has spent over 15 years in roles involving binder and scheme set up and management including wording creation, systems implementation, loss ratio management and program remediation.

Vanessa is a product specialist in the professional risk classes of insurance including Professional Indemnity, Directors and Officers Liability and Cyber Risks.

She has also spent time in compliance and operational roles in both broking, underwriting and claims giving her very broad industry experience.

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MONIQUE SOLLIS **AFFINITY MANAGER**

Monique has 8 years' experience in the insurance industry. Her experience has been focused on providing insurance and risk solutions for member-based associations and their members. She has spent time partnering with member-based associations to design a risk program for their members including constructions professionals, allied health practitioners, accountants, and medical professionals. Monique is a product specialist in the professional risk classes of insurance including Professional Indemnity, Directors and Officers Liability and Cyber Risks.

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Session

CYBER SECURITY

Fenton Green will provide an overview to AMT members on the cyber risk facing their practices. Including providing sobering statistics on how cyber criminals are affecting Australian small businesses and how all members need to consider their cyber risk in practice.

Fenton Green will explain the types of cybercrime and provide an overview on transferring your cyber risk through practice risk management tips and cyber insurance.

We will provide some real-life cyber insurance claims against small businesses.

ABOUT THE PRESENTERS (CONT...)



ARAN BRIGHT

Aran Bright started his career as a massage therapist in 2002 after graduating from the Australian College of Natural Medicine in Queensland. In 2006, he completed his Diploma of Remedial Massage and, in 2007, his Bachelor of Health Science in Musculoskeletal Therapy. Aran has also graduated from University of Queensland with a Graduate Certificate of Sports Coaching, completed a Certificate IV in Fitness and an Advanced Diploma of Myotherapy. He currently teaches at Q Academy on the Sunshine Coast and runs his own businesses, Bright Health Training, with his wife Sheree.

Session

PAIN MANAGEMENT FOR THE MASSAGE THERAPIST - A REVIEW OF THE NEW DIPLOMA STANDARDS WE SHOULD ALL KNOW

This year the diploma of remedial massage has changed to a new version of the course. This includes a unit of study that is focused specifically on massage therapists managing clients in pain. This session will be focused on what this means for both existing therapists and students studying their diploma for the first time. We will look at what is expected for a student to be able to provide pain management, and therefore what this means for existing therapists to be able to do the same.

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ABOUT THE PRESENTERS (CONT...)



MEREDITH SPARK

Meredith is a Remedial Massage Therapist that has been in the industry for 5 ½ years. She loves unlocking the puzzle of what is causing clients discomfort or stress. She's currently working at a large multi-modality clinic where she rents a room. She has experienced the good, the bad and the ugly when it comes to room rentals, and she understands the challenges that therapists have to overcome to make their business a success.

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ABOUT THE PRESENTERS (CONT...)



MELISSA WOODWARD

Melissa is Remedial Massage Therapist and Women's Health Coach with a passion for working with women through the significant physical changes that come with pregnancy, post-natal recovery, and menopause. She is on a mission to support women to heal their relationships with food, exercise, and their bodies. With a myriad of qualifications Melissa has reinvented her business as she moved from the big city to Dubbo, NSW in 2022. As a mum of boys aged 4 and 9, she understands the challenges many therapists face balancing work and family, yet her business offering continues to grow to support the needs of women in regional NSW.

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ABOUT THE PRESENTERS (CONT...)



MOIRA RUFF

It doesn't matter if she is running a half marathon or jumping off the local pier to mark the start of winter, Moira loves being part of her local community. This connection has helped her run her home-based business in the gateway to Victoria's wilderness coast in Far East Gippsland. Qualified since 2006, one of Moira's strengths is not trying to "go it alone". She's actively sought out other therapists so that she has a network of support to ensure that even though she works from home she is never truly working on her own.

Session

PANEL DISCUSSION

Join us for an engaging and enlightening panel discussion featuring three AMT members from different practice models, as they share their insights, experiences, and success. You'll have the opportunity to gain valuable perspectives and learn from massage therapists who have excelled in various settings, such as private practices, room rentals, home-based clinics, and mobile services. Our expert panellists will candidly discuss the challenges they faced, the strategies they employed, and the lessons they learned along their respective journeys.

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