

President's Report

By Alan Ford

Association of Massage Therapists Ltd

Office hours:

Monday-Friday 10.00am - 4.00pm

Level 1 Suite B,
304 King Street
Newtown NSW 2042

Postal address:

PO Box 792, Newtown NSW 2042

T: 02 9517 9925

F: 02 9517 9952

massage@amt-ltd.org.au

www.amt-ltd.org.au

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in good hands

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Firstly, I'd like to say a big thank you to all the volunteers, support staff, sponsors and members of the AMT Executive for making our 17th Annual Conference and 40th birthday celebrations a huge success. Special thanks to the Davis family who were responsible for the wonderful poster display and, in particular, the written and pictorial history of our first 40 years as an Association.

I feel extremely confident about AMT's prospects for the future. I believe that the membership is ready to step up and be counted; to go out and recruit like-minded therapists who want to belong to an organisation that sticks together through thick and thin; and to pursue our vision for the future of the profession with the best interests of our clients, the Association and the industry in mind.

Many thanks to those members who attended the Conference and the heartening majority of delegates who stayed for the most important Annual General Meeting of our past 40 years. Those present at the AGM hotly debated several significant motions: the decisions reached at the meeting will set a distinct course for AMT over the next few years. Significantly, those present helped us to ring in a new constitution. You can read more about this in Rebecca Barnett's report.

Everyone I had the pleasure of speaking with at the Conference was impressed by the quality of our keynote speaker, Dr Martha Menard. Martha's enthusiasm and belief in the value of research literacy was palpable (she was well above average

on the dance floor too!). In an increasingly evidence-based health care environment, massage therapy research will become more and more important. Ultimately, it will help us win the credibility war within the allopathic medical paradigm.

I have always been of the belief that the 3 Rs were the essential ingredient to guide us through the myriad experiences and challenges of our working life. Cynthia Davis has now inspired me to look at our organisation's past and future with a few extra Rs tacked on, each one representing a decade in AMT's history:

1966 – 1976	Recognition
1976 – 1986	Recruitment
1986 – 1996	Registration
1996 – 2006	Re-education

In our efforts to rebuild 'our house' I believe the phase we have just commenced is that of '**rejuvenation**'. There has never been a better time for AMT to become proactive again and regain our place as an industry leader.

It is with great pleasure, and indeed excitement, that I lead an executive committee who all share the same drive and ambition for the future of AMT. There is no better feeling than to head up a group of like-minded people whose individual and team goals are happily united: to help make our association the very best.

As this will be my last report for the year, I wish each and every member, and their families, the best for the holiday season. Be aware wherever you travel, by car, air, sea, bike or foot: we need you in 2007!

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Secretary's Report

By Rebecca Barnett

Hooly dooly.

I find myself wondering how many times you'll let me get away with starting these reports with hooly dooly. But the last three months have been as hectic and productive as the preceding three. Faster than a speeding bullet; more powerful than a locomotive; able to leap tall egos in a single bound ... the AMT executive has been displaying superhuman degrees of intestinal fortitude. We know that the whole 'underpants on the outside' deal is a tragic fashion statement but, hell, we're sure getting a lot of work done. Just don't come near us with any Kryptonite.

I'd like to thank our Executive Officer, Jacqueline Lapensée, for providing a stable pivot point around which much of the activity and chaos has revolved. Jacq has been required to do the work of 10 strong men and, as a consequence, has put in a lot of overtime to keep Head Office ticking along. We hope to profile Jacq in the next issue of In Good Hands.

The change in AMT's core management team has also led to a significant shift in the culture at Head Office. There is a strong customer service orientation emerging and several key initiatives should see a greater level of responsiveness to AMT members. From the end of November we will have a 2nd full time staffer to process the increasing workload created by an active Executive and a growing membership. We are also in the process of installing a 2nd phone line to handle the volume of calls coming into the office. We are aware that many of you have been frustrated by coping our answering service but we are endeavouring to correct that problem with an extra line.

I would also encourage members to check the AMT website as a first point of access to up to date information. Our home page is updated regularly so please do visit from time to time for all the latest events and news. Why not make it your home page?

CONFERENCE 2006

Our 40th anniversary celebrations began with a surprise appearance from the Statue of Liberty (who led a rousing chorus of Happy Birthday) and ended with an exhausted Executive Committee fielding questions during an eventful AGM.

Sincere thanks to the crack team of volunteers who ensured that the event ran smoothly: Claudia Iacovella, Beth Schurger, Letitia Kennedy, Melanie Elsey, Graham Scott, Tim Coombes, Maria Conway and Joy Brown. They had to put up with me being a wee bit crankypants on Saturday morning due to sleep deprivation and several months of unrelenting pressure but they were extraordinarily gracious and forbearing throughout the entire weekend. I'd like to single out Claudia for her sustained effort in the months leading up to the event: every single assignment I gave her was completed with her trademark flair and efficiency.

While I am in thank you mode, I'd also like to acknowledge Susie Davis' effort in compiling the history of AMT and donating the resulting poster series to AMT. And a hearty thanks to Maria Grasso for donating the Student Therapist of the Year prize.

I certainly hope that delegates enjoyed the conference. Much of the event is already a blur in my mind but I won't easily forget the sight of ACT region representative, Ben Connelly, surrendering to the rhythms of Drum Beats during our Friday night drumming session. What a groover!

Feedback from the conference did reveal a small degree of disgruntlement with the heavy research focus and complaints that there was not enough hands-on content. I'd like to respond to these comments with a simple plea: consider that there is more to excelling in our field than just hand skills. I believe that any professional association representing massage therapists has a duty to challenge the assumption that our professionalism rests solely on our abilities with our hands. Having an understanding of how we achieve the clinical effects we are aiming for can only enhance the quality of our work and the quality of our communications with our clients. It will also ultimately help to build a bridge between the massage therapy profession and the established medical fraternity. And I figure AMT is probably allowed to feature research at least once every 17 years or so ...

For those of you who have been requesting copies of session notes and presentations from the conference, they are now available for download in the AMT forum (in the Body of Knowledge/ Recommended texts section).

www.amt-ltd.org.au/forum

We hope to have some photos from the conference on the AMT website too. Please watch out for them.

Annual Awards

There were three Awards announced during the Gala Dinner at the Conference. Congratulations to the following recipients:

JEFF MURRAY

Massage Therapist of the Year

MARGARET GRAHAM

Student Therapist of the Year

Joel Morrell was awarded the Cynthia Davis award posthumously.

Annual General Meeting

As you are aware, there was a swag of significant motions put before the membership at our AGM on October 8. I was delighted by the strength of the turnout - over 130 members stayed behind at the end of the conference to attend the meeting. And the level of engagement with proceedings was incredibly heartening.

The merger dialogue with AAMT was the focus of a great deal of discussion and debate at the meeting. The following question, amended from the floor, was put to members:

"Would you like AMT executive committee to continue to pursue dialogue with AAMT"

The vote went resoundingly against this proposition.

(There were several attendees who left the meeting before they had an opportunity to sign the attendance book. Can you please contact Head Office so we can make sure that your names are recorded in the register?)

Congratulations, it's a ... Constitution

As a result of several motions passed at the AGM, we now have a new constitution. The most significant change relates to the structure of AMT's management. The Association has traditionally been governed by a Board of up to 5 appointed directors (who were responsible for overseeing the financial status of the organisation) and an elected executive committee (who were responsible for setting policy and

making decisions about the day to day management of the Association).

Under our new constitution, the Association will be governed by a Board of up to 12 elected Directors. The Board will be actively seeking members who are interested in being seconded to key subcommittees in the areas of Education, Finance and Strategic Planning. If anyone is keen to have an input into one of these subcommittees please let me know: secretary@amt-ltd.org.au or 0414 732 873.

Due to the resignation of our caretaker Treasurer, Melanie Elsey, there is currently a casual vacancy for this position. We encourage nominations from interested AMT members. Sincere thanks to Mel for stepping into the breach at a challenging time.

You can access a copy of the AMT Constitution inside the AMT forum (in the Executive Committee section).

HEALTH FUNDS

As I mentioned in my last report, many of the health funds are starting to align their provider recognition criteria to the national training package HLT qualifications. Sadly, this process has not been driven by any kind of quality assurance motive but by fiscal imperatives: the decisions are almost invariably based on the reckoning and insight of actuaries, not health care practitioners.

The provider recognition agenda has been somewhat stolen from under the noses of all the major Associations representing massage therapists. The private funds have become de facto regulators of our industry as they set their eligibility criteria with no real insight, knowledge or understanding of the industry qualifications framework.

At the same time, the reporting requirements of the funds are becoming increasingly time-consuming, elaborate and cumbersome to service. Compiling the monthly lists of eligible providers is a substantial administration burden for

AMT and is testing our database to the limit. It's hard to escape the feeling that this is a deliberate and nightmarish tactic on the part of the funds to subjugate the working therapist by pressuring the Associations to cave into their ever-increasing list of demands.

We are currently in urgent renegotiations with MBF and awaiting a new provider agreement with them. Sadly, they appear to be stalling the process and, in the meantime, have refused to action the last two months of eligible provider lists we have sent through to them. If your clients are experiencing problems with their MBF claims, we encourage you to contact their provider recognition department directly and put in a vigorous complaint. Please contact:

Shanneen O'Reilly, Team Leader
MBF Australia
National Provider Registration Dept
(02) 8239 2744

In the interim, we are working extremely hard to correct the problem.

MEMBERSHIP FEES FOR 2007

Now, here's the rub.

Pledging extra resources to the smooth running of Head Office has also substantially increased the financial burden on the Association. We are completely committed to improving the level of service to the membership but this does cost money.

As a consequence of this, there will be an increase in membership fees to absorb the rising running costs of AMT. The fee schedule for 2007 is as follows:

General Level	\$ 150.00
Senior Level 1	\$ 190.00
Senior Level 2	\$ 220.00
Senior Level 3	\$ 220.00
Student	\$ 50.00
Auxiliary	\$ 60.00

Don't forget that your membership fees are fully tax deductible.

NEARLY THERE ...

On a personal note, I'd like to acknowledge the extraordinary effort that Melanie Elsey has expended for AMT over the last 5 years, most recently as a dedicated volunteer on the Executive. I'll probably feel her resignation harder than anyone as she has been a constant comrade and companion in our dedicated effort to make AMT the Association we are fiercely proud to belong to and sacrifice the last vestiges of our mental health for!

Take care Mel. AMT will feel the loss of your skills, dedication and passion keenly.

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REVIEW OF WORKCOVER FEES AND CONDITIONS

WorkCover is currently reviewing the provision of services by Remedial Massage Therapists to injured workers. This will incorporate a review of the following:

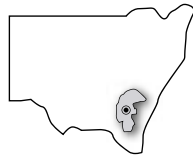
1. fees payable for services provided by WorkCover approved remedial massage therapists
2. draft Remedial Massage Therapists' Guide to WorkCover

The proposed fee increase is not even in line with CPI trends over the last 3 years since the initial schedule of fees was set.

AMT invites submissions from members to present to WorkCover.

You can download the fee schedule and new WorkCover guidelines from the news section of the AMT website.

News from the regions



ACT by Ben Connelly

What a great conference: a big thank you to all the organisers, helpers and presenters for making the event such a pleasure! And it was good to see the ACT so well represented.

Through the last quarter of this year, we have continued to promote massage to the public through Massage Therapy Awareness Week and our part in the Red Cross Blood Service's donor programme.

Planning for next year's regional meetings and workshops is proceeding. With the feedback I have received from ACT members so far, our 2007 workshop and meeting programme should prove interesting and useful to all.

I am sure many of us will be extra busy this month with all the stresses that usually accompany the run up to Christmas. Now's the time to arrange a few well-deserved exchange massages with a fellow therapist or two – and remember, they're worth CEUs to you both!

Lastly, let me thank you all for your support during 2006 and wish you and your families a happy, safe and peaceful Christmas and New Year. Take care.



Hunter by Elizabeth Matsen

The Hunter Branch meeting in September was attended by 13 members. Guest speaker Rebecca Barnett brought us up to date on the directions being set for AMT by the new Executive Committee. Colin Rossie and Melanie Elsey were also present.

Colin chaired the meeting, as there was an election of new office bearers. The election was held a little earlier than usual due to the Strategic Planning Committee's (SPC) restructuring of regional branches. The SPC is currently focusing a lot of time and energy into ensuring that our regional presences are vibrant and healthy: spreading the workload across the three key roles of Chairperson, Secretary and Treasurer should help to promote a strong team culture and energetic core of shared effort to drive the activities within our regions.

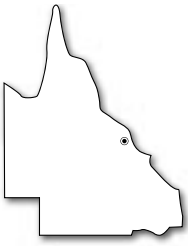
The new Hunter Branch committee consists of:

Chairperson – DENISE CHERRY
Treasurer – KERYN GRIFFITH
Secretary – ELIZABETH MATSEN

Cherith McInnes will continue as Catering Officer until our AGM in March 2007.

Many thanks go to Pat Bolsover and the outgoing committee for organising the regional meetings for the past two years.

◀ **Claire Kemp and Rod Legge - Nominees for the Carer's Queensland Carer Friendly Awards (see page 13 for article)**



Mackay by Valerie Jenkins

Firstly, I'd like to thank Rebecca Barnett for the enormous amount of work and effort that she put into running our Conference, not to mention her helpers Claudia and all those other volunteers who did such a wonderful job on the day.

Well done everyone - once again a fantastic conference and much enjoyed by all who attended.



North Queensland Conference Attendees ▲

Fourteen people traveled from Mackay and one from Townsville. Thank you Mackay members for such a great effort. That is the highest representation of members we have ever had at an AMT Conference. My motto for the weekend was 'True professionals attend Conferences'.

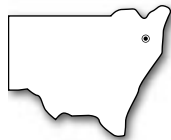


Valerie Jenkins and Cynthia Davis ▲

My biggest moment was to meet up again with Cynthia Davis. This was a highly emotional meeting as Cynthia was my mentor and I owe her much. She guided me in my career as a massage therapist in the early 1980s.

As Principal of the Jenkins School, it is always such a thrill when one of my students receives an award and Margaret Graham was indeed deserving of her Student Therapist of the Year accolade. Thank you AMT for recognising her achievements. Also, congratulations to Claire Kemp and Rod Legge for their recent awards for support to the Queensland Carers' Association.

15th February 2007 will be the date of the next General Meeting to be held at the PCYC Norris Road, commencing at 7pm.



New England by Letitia Kennedy

Welcome to the freshly vamped New England branch. We do exist out here!

Our first meeting was held in Inverell on the 16th September. We had five people attend: thank you to everyone for traveling the distance.

The following subcommittee was elected at the meeting:

Chairperson – MICHELLE CARNEY

Treasurer – DAN ALTER

Secretary – LETITIA KENNEDY

Congratulations to our new office bearers!

Our next meeting will be held in Armidale on the 9th December. Please don't hesitate to contact us, especially those students at Armidale TAFE. Come along and get involved. I can be contacted directly on 02 6722 1096.

As we are in infancy there isn't a lot to report on. I sincerely hope there will be a lot more to relate in the next issue!

Congratulations to the conference committee on an excellent event.



Northern Rivers by Keryn Rose

Well, the silly season is upon us: seasons greetings to all.

During November a series of member recruitment talks were undertaken throughout the Colleges and TAFEs in our region. We should expect to see significant growth in our local membership during early 2007 and we hope to establish a viable Gold Coast branch soon.

The coming year is looking to be a hectic one as the Northern Rivers will be hosting the AMT Annual Conference in late October on the sunny Gold Coast. It will be all hands on deck!

We also have a busy workshop schedule for the region in 2007 so get ready for a great year of continuing education opportunities! To keep up to date with all the events in the local area, please join the AMT forum and check the posts regularly.

www.amt-ltd.org.au/forum

And have a Cool Yule!

■ **amt**

Need CEUs?

Journal question -
December edition

**Which position on the
executive committee is
vacant at present?**

Please write your answer in the space provided on your CEU record sheet and retain it until you submit the form with your annual renewal. Blank CEU forms can be downloaded from:
http://www.amt-ltd.org.au/index.php?Page=Members_CEU_1.php



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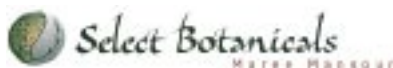
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Neurostructural Integration Technique

By Michael Nixon-Livy

Michael Nixon-Livy is an internationally renowned lecturer, teacher, author and health practitioner. He holds qualifications in Human Relations, Psychology, Kinesiology and Bowen Spinal Therapy. He is the founder of the highly acclaimed Neurostructural Integration Technique and travels the world teaching to groups of professional health practitioners.

This is an edited extract of a paper written for the International Kinesiology College Conference 2006.

Basic Principles

The basic principles that govern the structure and application of Neurostructural Integration Technique (NST) are that the body is a self-regulating mechanism that needs to be balanced in the structural, chemical and mental arenas if it is going to manifest a robust physiology and, consequently, deliver health. Like chiropractic, osteopathic and craniosacral work, NST heavily subscribes to the integration of the sacrum, spinal column and cranium as a fundamental starting point for the resolution of almost all symptoms.

Self regulation as far as the sacrum, spinal column and cranium are concerned means specifically, the innate and automatic capacity for this ordinarily integrated system to resume its intrinsic motility (as opposed to fragmented functionality) via dural membrane connectivity, muscular integration and the osseous rhythms of the sacrum and cranium. In other words, if the sacrum, spinal column and cranium are balanced, all systems belonging to or passing through these important structures will be free to function unimpeded.

NST is often described as Soft Tissue Osteopathy or Neuromuscular Osteopathy with a Naturopathic supporting philosophy. However, NST differentiates itself from all other modalities that share the same underpinning philosophy by its unique application.

Importance of Muscles

NST is applied to the neuromuscular complex in a way that is totally unique. Tom Bowen, the original developer of the method, uncovered an approach that permits the rapid unlocking and re-integration of the human body through the musculoskeletal system. He insisted that, in order for the structure/ crania-sacral motility or 'cycle of the body' to come back into balance, muscle tensions throughout the body had to be even on both sides. This was his singular goal in applying his work.

This means not only that leg muscles need equal bilateral tension but erector spinae and upper body muscles as well. Even the finer muscles of the hyoid system, if left unbalanced, can wreak havoc throughout the structure via the temporomandibular joints and their associated control system, the stomatognathic system (see description later in this article).

Muscles are the primary tissue of animal life making up about 80% of our bulk. They are also the largest consumer of energy in the body and therefore blockages (neuromuscular compensations) can have dire consequences for our health and, indeed, predisposition to disease.

A muscle that is blocked is using just as much energy as a muscle that is actively engaged in appropriate work.

The secondary consequences of reciprocal vertebral subluxations and inhibition of blood supply to other muscles must not be overlooked.

Moreover, it is the organs that must produce energy for the function of the muscles and not the other way around. Consideration of this implication therefore opens up another important relationship between muscular blockages, visceral function and health. Blocked muscles can impede the function of organs directly through energy stagnation and spinal reflex arc association.

Application

An NST treatment typically involves the application of sequences of pre-designed and specific neuromuscular movements to the Lumbar, Thoracic and Cervical spines as a starting point. These sequences are designed to integrate the body from the central core (sacrum, spinal column and cranium) outwards to the periphery and to ensure that pathways from the periphery to the central core remain clear.

The importance of the balancing of the central core before other parts of the body cannot be overstated: it is the central core through which all other systems are obliged to pass! And it is this feature alone which creates the appropriate neuromuscular context for other more exterior symptoms to be effectively removed.

Other sequences that then relate to particular presenting symptoms (e.g. shoulder or ankle problems etc) are added to the base core sequences to ultimately build a session that is tailored for the person's needs. A session is then completed via an investigation and, if necessary, balancing of the Pelvic and Temporomandibular Joint complexes.

Bowen himself offered very unconventional and anecdotal explanations when asked how his work could be better understood. His most common response was that "explanations are not important if people are getting well".

Lack of explanations from Bowen, however, has not dampened enthusiasm from practitioners around the world to decipher what is really going on with the work when a session is performed. One of the most popular explanations as to why the work functions so effectively is the spinal reflex arc model which basically operates according to the rule that whatever is stimulated in a spinal reflex arc will provoke all members (muscles, organs, nerves, glands and skin) to respond equally and simultaneously. This model is often what makes the use of neural therapy so effective as well.

Operational Systems – Overview

Some fundamental systems in the human body that we seek to integrate via NST are the Primary Respiratory Mechanism, The Secondary Respiratory Mechanism and the Stomatognathic System.

The Primary Respiratory Mechanism

For decades now we have known much about the unique physiological outcomes when a sperm and egg join and initiate the process of biological life. Shortly after the sperm buries its head into the egg an electrical impulse is measurable across the egg. It has a positive aspect and a negative aspect and a very direct line of communication along an invisible axis.

This pulse, rather than being just a random event, is said to play the role of stimulating cell development and multiplication. As the first egg splits and divides into two and then four and then clusters of cells, we discover that the pulse is ever present, oscillating somewhere between two to eighteen cycles per minute.

This pulse has been given the name primary respiratory rhythm because it presides over the rate at which cells take in oxygen and nutrients and give off waste products.

Without this cycle we would die.

Sutherland, the father of Craniosacral work, referred to this pulse as being the most fundamental of all bodily pulses referring to it as the pulse of life.

The Secondary Respiratory Mechanism

Once the baby reaches full nine months gestation and comes into the world taking its first breath, another life supporting cycle is initiated known as the Secondary Respiratory Mechanism. This is more connected with pulmonary respiration per se.

As the baby gasps its first breath of air, the diaphragm is distended compressing the visceral organs into the pelvic floor and causing it to have a flaring response in the Iliia in an anterior-lateral direction. As the sacrum is connected to the Iliia through the Iliosacral joints, the sacrum itself is also obliged to move, its distal aspect moving forward. The cranium then flexes in response to the tugging it receives at the spheniobasilar junction from the Dura Mater, which is connected firmly to the anterior portion of the second sacral segment and then the upper cervical vertebrae (C3 and C2) and the cranium itself at the foramen magnum.

The flexing of the cranium is sufficient to provide movement within the cranial sutures, provoking intra suture receptors to send an impulse to the mid brain and ultimately an impulse via the phrenic nerve to relax the diaphragm ready to take another breath.

The significance of the Secondary Respiratory Mechanism cannot be overstated in NST as it is indeed the mechanism around which the NST core bodywork has been designed. The core body balance in NST includes sequences to integrate lumbar, thoracic and cervical spines and the diaphragm.

The Stomatognathic System

After the central core has been treated, the emphasis then shifts from gross to subtle as an evaluation and, if necessary, balancing of the Stomatognathic system through the Pelvis and Temporomandibular joint complexes commences.

Although, at its basic level, the Stomatognathic system controls the functions of chewing, biting and swallowing, there is a high degree of overlap with the components of the Secondary Respiratory Mechanism. Thus, the Stomatognathic system also has a significant sphere of influence over the whole structure. The two systems share the innominate bones, sacrum and coccyx, dura mater and cranial bones. However the Stomatognathic System goes further to include the atlas, temporomandibular joint, the hyoid bone, the seven cervical vertebrae, first three thoracic vertebrae, two clavicle bones, two scapulae and sternum and then all the muscles, tendons, ligaments, nerves and blood vessels that enable the system to function.

The Stomatognathic System functions as a closed system – this means that every time any of the functions of chewing, biting and swallowing are performed, the components of the whole system are obliged to move as one unit. As with all closed systems, any unstable component or faulty part will tend to disturb the entire system or, to put it another way, determine the system's absolute integrity. A chain is only as strong as its weakest link.

SUMMARY

In summary, the Neurostructural Integration Technique is designed to release the neuromuscular imbalances throughout the body which have a direct impact on the proper functioning of the cycle and health of the whole body. The main objective is to remove pain and dysfunction by restoring structural integrity.

Ron Phelan will be teaching a 5 day NST workshop in Sydney from 7th to 11th December at the Chevalier Centre in Kensington. The workshop is AMT accredited. For more details contact Ron directly on 03 5255 5229 or 0419 380 443 or email bowenst@iprimus.com.au

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<h2>Traditional Chinese Medicine Remedial Massage</h2>	<h2>China Acupressure Massage (Tui Na) 2007 Study Tour with Master Zhang Hao</h2>
<div data-bbox="119 443 239 593"></div> <p data-bbox="287 421 734 533">Cert. IV in Traditional Chinese Medicine Remedial Massage (An Mo Tui Na HLT40102)</p> <p data-bbox="331 566 689 645">Accredited by VETAB, AMT, ARM, ATMS</p> <p data-bbox="119 694 790 757">One year comprehensive training program specialized in Chinese Remedial Massage Therapy and 'Chi' Acupressure.</p> <p data-bbox="119 779 742 846">Training Centre : Penrith - Strathfield Course Commence : 29th Jan. - 31st Jan. 2007</p> <p data-bbox="119 869 790 958">Upon completion of this qualification, the graduates will be able to gain advance standing into Diploma of Traditional Chinese Medicine Remedial Massage (HLT50102).</p> <p data-bbox="119 969 766 1003">For detail and registration, please visit www.chihealing.com.au</p> <p data-bbox="239 1014 667 1093">Chi-Chinese Healing College Registered Training Organisation</p>	<p data-bbox="813 425 1364 488">Place: China International Exchange Centre of Traditional Chinese Medicine – Beijing</p> <p data-bbox="813 488 1212 521">Date: 6th – 21st April, 2007</p> <p data-bbox="813 521 1308 555">Departure: Sydney (Direct Flight to Beijing)</p> <ul data-bbox="813 560 1452 768" style="list-style-type: none">* Two weeks intensive training in Five reputable TCM Hospitals* Daily hands on clinical experience with expert physicians* Lectures on diagnosis, Tui Na, Qi healing & Chinese reflexology* Morning outdoor Tai Chi & Qi Gong training & exercises* Evening shows such as Peking opera and Acrobatic show* Weekend sightseeing of the Great Wall, Forbidden City, Temple of Heaven and much more... <p data-bbox="837 772 1444 835">Upon completion, a certificate of participation in Chinese Acupressure-Tui Na Massage training will be issued from:</p> <p data-bbox="853 857 1428 913">'The State Administration of Traditional Chinese Medicine, People's Republic of China'</p> <p data-bbox="853 940 1428 1003">Special tour cost \$3990.00 Book early for limited placement. For details: www.chihealing.com.au</p> <p data-bbox="925 996 1356 1075">Chi-Chinese Healing College (02) 9899 9823</p>

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HURRY!
Places are limited!
July 2006 seminar
was booked out

Basics and Principles of the Akupunkt-Massage according to Penzel(APM)[®] Method

By Rene Goschnik

Basics

This technique comes from Germany and was developed over time by Willy Penzel.

Chinese acupuncture teachings are the basis for this method of massage which incorporates the knowledge of three millennia of far-Eastern therapy and combines it with European therapies and Penzel's own observations and experiences.

The core of the APM method is the use of the energy system of Yin and Yang Meridians, and the balancing and transference of this energy using a specialised metal pen on the body. There are 24 meridians with 12 on each side of the body, and 2 vessels.

Another important part of this method is the treatment of the spinal column and treatment of scars.



APM metal Pen

Diagnosis

There are five main tools used to diagnose where the disruptions to the energy flow are:

- 1. The test stroke:** this is where you stimulate the region between the pubic bone and the navel using the metal pen. The client indicates whether pain is worse or less.
- 2. The sand and satin stroke:** this is a gentle stroke along a meridian, using your fingers to feel for a smooth or rough sensation on the skin.

This will give an indication of whether there is an energy surplus or deficiency.

- 3. Energetic diagnosis through the ear reflex zones:** this is done by stimulating certain reflex zones on the ear which will indicate the energetic condition in the Yin and Yang, or in a single meridian or organ.

This can also be used as part of the treatment.

- 4. Rule Midday/Midnight:** by stimulating the opposite meridian on the other side of the body, the client can give an indication of a change in pain levels. This can also be used as part of the treatment.

- 5. The classical pulse test** according to traditional Chinese medicine, along the radial pulse.

There are further diagnostic tools used for the alignment of the spine and pelvis that are not energetically based.

Before each treatment, the therapist needs to diagnose the present energetic condition of the client, as it can change between treatments.

Technique

Holding the metal pen in a specific way, the therapist applies gentle pressure on the body, and strokes along the meridian to stimulate the chi energy flow. A red or pale pink line will show on the skin and this gives the therapist an indication of the energy flowing along the meridian.

After the energetic condition has been established you either treat all of the Yin or all of the Yang meridians. This is called Tension-Equalisation-Massage and is the root treatment of Akupunkt-Massage. It facilitates the self-healing mechanisms of the body.

After the first few treatments, there are further energetic rules to follow. You might use the Midday/Midnight tool (transferring energy from one side of the body to the other by treating the opposite meridian). For example, if we were treating acute tennis elbow and right elbow pain, we would be targeting the affected Large Intestine meridian (which has an energy surplus) by treating the opposite meridian, which is the Kidney meridian on the left side.

Various unilateral discomforts (for example ankle-pain; lower back pain or knee pain) can have a causative connection with a blockage of the contra lateral sacroiliac joint. The recurrent blockage of the sacroiliac joint is often caused by an anatomic difference in the leg length in addition to an energetic disturbance in the Bladder meridian.

Energy Star



Treatment of scars

Scars need to be tested if they are in an area where a meridian flows. Using the Pen, you apply pressure on the scar to see if the scar feels painful or numb. The result of this would indicate if the scar is blocking the energy flow along the meridian. If the scar is in a state of energy surplus you need to take energy away from it. In the case of a deficiency, you would need to bring energy into the scar.

Indications

Some of the most common ailments APM is used for are acute and chronic pain, especially back pain; all joints, tendons and muscles; functional disturbances; migraines; tension headache; vertigo; tinnitus; neuralgia; gastrointestinal problems; asthma and allergies.

References

Taken from APM according to Penzel texts and literature, Heyen, Germany

**For further information call
René or Karen Goschnik on
9547 0158 or e-mail
rene.karen@optusnet.com.au**

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Courses on the TWEED COAST

2007

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FOR REHABILITATION**
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24 & 25 March

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AND CORRECTION OF
THORACOLUMBAR,
PELVIS AND SACRUM**
27, 28 & 29 April

**ONSEN VOLUME II
FUNCTIONAL ASSESSMENT AND
CORRECTION OF LOWER BACK,
PELVIS AND HIPS**
25, 26 & 27 May

**ONSEN VOLUME III
STRUCTURAL ASSESSMENT
AND CORRECTION OF
CERVICAL AND THORACIC
REGIONS**
22, 23 & 24 June

**ONSEN VOLUME IV
FUNCTIONAL ASSESSMENT
AND CORRECTION OF THORACIC
AND CERVICAL REGION**
20, 21 & 22 July

Contact Jeff on
www.beyondmassage.com.au
email:
jeff@beyondmassage.com.au
or 07 5599 2514

QUEENSLAND CARERS' AWARD

Two AMT members from Mackay were recently nominated for the Carers' Queensland Carer Friendly Awards. These awards recognise businesses that have demonstrated an understanding of the particular needs of unpaid family carers by implementing employment and service policies and procedures that help make life a little easier for carers.

Both Claire Kemp and Rod Legge were nominated for the Great Service Award. Claire was placed first over all nominees while Rod was runner-up. Due to the great work done by these two members - supported by other stalwarts from the Mackay region - Carers' Queensland decided to also recognise AMT with an Award.

Special acknowledgement should also go to Linda Danvers for implementing the program at the beginning of 2006. Linda proposed that AMT therapists should provide one free massage per month for a carer. Fifteen therapists participated in the program with the carers receiving vouchers for four free massages per year. The concept has worked fabulously and we encourage therapists in other regions to consider adopting the program.

Congratulations Claire and Rod, and all the Mackay therapists involved in the programme. This is the kind of community work we are immensely proud of as an Association.

Thanks also to Clyde Matthews for taking time out of his clinic to accept the AMT Award in Brisbane.

AMT NEW MEMBERS

ACT

Kathy Lloyd, Carmela Mondello,
Anton Pemmer, Atholl Reid

BLUE MOUNTAINS

Deborah Roberts, Darrell Shields

BRISBANE

Christine Davis, Annemarie De Seriere,
Bradley Murnane, Emily O'Bree

HUNTER

Jennifer Barrack, Melissa Lydiard

MACKAY

Lucy Brunner, Christopher Chambers,
David Kirchner, Catherine Lee,
Annette Sykes, Daniel Sykes,
Alisha Whitehead, Jennifer Whitehead

MID NORTH COAST

Rachel Martin

NORTHERN RIVERS

Katie Finch

PERTH

Lesley Murgatroyd

SYDNEY

Corinne Abercrombie, Katie Austin,
Christine Burelle, Martin Darby,
Cori Deans, Rebecca Evers, Ana-Paula
Faisca, Janette Frahn, Shane Gloc,
Cesar Gonzalez, Carmen Gunter,
Jennifer Kerrison, Eleana Lam,
Meaghan Legge, Leah McLoughlin,
Joe Riska, Deanna Sarrouf,
Anthony Theodosiou, Yu Zhang

TASMANIA

Shaun King

VICTORIA

Clive Alex, Glenn Austen, Julie Bond,
Marina Boyadjian, Kristy Commerford,
Janelle Crawford, Karen Day,
Rob Di Mieri, Sheree Dunkley,
Joanne Griffiths, Kerry Hage,
Kenneth Hancock, Eden Hanson,
Debbie Miller, Brett Peatling,
Dimity Ross, Rebecca Sudholz,
Kiara Turcarelli

WESTERN AUSTRALIA

Larisa Burnette, Clifford Trewartha

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MOVING ON - The 40th Birthday Celebrations

Having been there for most of the last 40 years it was a great thrill to be at our birthday celebration. It was a special pleasure to see some of the faces that I have not seen for many years: Wendy Rose-Williams, Diana Glazer and Catherine Tiney to name a few. As past presidents, the four of us represented nearly 25 years of office. It is extraordinary to think of all that has been done. Winston Churchill once said "If you want to learn about the future, look at the past." The past operations and correspondence of the four decades of the Association of Massage Therapists were on display at the Conference in the posters prepared by Susan Davis, Director and Research Officer of AMT. These posters have been donated to the Association and I hope that everyone gets the opportunity to view this fascinating selection of material. You can find a booklet version on the website www.creativeworldway.com Just follow the AMT conference banner. [The History of AMT document is also available from the home page of the AMT website - Ed]

I repeat my message given at the conference dinner: best wishes for the next 10 years!

**President of the
second decade,
Cynthia Davis**



2007 SOUTH EAST REGION CONFERENCE OF SCIENCE AND MEDICINE IN SPORT

**February 3 and 4,
2007**

**AMT members receive
\$30.00 off the 2 day
registration fee**

The ACT Branch of Sports Medicine Australia is hosting this conference in Jyndabyne. The programme includes a keynote presentation by Sports Podiatrist, Simon Bartold.

AMT has negotiated a discount on behalf of our members - register for the two days and received \$30.00 off the full registration fee.

Download the full programme and registration form from the AMT home page:
www.amt-ltd.org.au

CALL FOR CONFERENCE ABSTRACTS

**Abstracts are
invited for the
2007 AMT Annual
Conference**

The conference will be based around the broad theme of self care for Massage Therapists.

Presentations can be in lecture format or practical or a combination of both. Please specify in your application the balance of theoretical and practical content.

Closing date for submissions is:
Wednesday January 31, 2007.

**Please fax or email
your proposal to:
message@amt-ltd.org.au
02 9517 9952**

DEADLINE

**Deadline for the
March 2007 issue of
In Good Hands is:
1ST FEBRUARY,
2007**

**Please email contributions to:
Jacqueline Lepensée
newsletter@amt-ltd.org.au
or phone: 02 9517 9925**

Massage causes paralysis: fact or fabrication?

On November 6, Today Tonight aired a story that consisted of a series of damning, inaccurate and ill-founded fabrications about the safety of massage therapy. The piece featured a young woman who allegedly suffered a stroke as a result of a workplace seated massage she received 5 days before.

The report was constructed in the usual style of such tabloid pieces: attention-grabbing sound bites chosen to maximise the shock value of the story and based entirely on hearsay. Scant attention was paid to the medical facts of the case - there was not a single statement from any of the woman's treating physicians. The reporters clearly couldn't find a doctor who was willing to be interviewed for the piece ... often these stories reveal more from what is omitted than from what is actually reported.

We would like to reassure those members who were distressed by this story: no causal relationship was demonstrated between the massage and the paralysis of the young woman featured. While her fate is undeniably tragic, the AMT Board does not think it is acceptable that the massage therapy industry should be scapegoated as a consequence. Unfortunately, the report did have an immediate impact on many working therapists who were besieged by anxious calls from clients and cancellations of appointments. The extent of lost income as a direct result of this bad publicity is inestimable.

Massage therapy remains an extremely low risk physical intervention. Thirty-eight years of medical citations in Medline support this assertion, with only 12 reported cases of serious injury sustained as a result of a therapeutic massage treatment from 12 million citations - a figure so statistically low it makes meaningful analysis challenging.

The low-risk nature of massage therapy is also supported by our extremely low professional indemnity insurance premiums - insurance underwriters are experts at assessing risk. They clamour for our business because we are such a safe prospect.

To put this in perspective, it is worth remembering that Today Tonight is intended as light entertainment, not serious investigative journalism. AMT would argue that 38 years of data in Medline has slightly more credibility and gravitas than a 5-minute report in a tabloid commercial time slot. If you access the programme's website, you will find the massage story listed amongst these other recent items:

Happy Birthday, Little Black Dress
Hollywood hair
Kylie incorporated
Australian debt crisis
Aussie breast enlargement holidays
Jen's racing fashion tips

It is particularly unfortunate that we have been given equal time with such weighty topics as breast enlargement and Kylie but this does somewhat underscore the nature of the beast - we should not look to Today Tonight for informed and intelligent comment on our industry.

Below we publish several extracts from a discussion that erupted on the AMT forum, along with a letter sent to the producers of the show. The AMT Board also sent a letter to the board of AAMT expressing our dismay at their CEO's handling of the story.

From the Forum:

Did you see or hear the story on Today Tonight regarding a woman apparently paralysed by a 15-minute seated massage? I watched the report and it gave a really bad impression of our profession overall.

The massage therapist was apparently diploma qualified. The report didn't outline whether medical histories were taken or whether the girl involved has any medical history of concern. But they did allege that the doctor who examined her after she took a stroke confirmed that it was the massage that caused it. Apparently a vein was severed somehow and it took a period of 4 to 5 days before she finally suffered the stroke. They also indicated that this was one of two incidents in the one week, and according to them "it happens almost every month"!

I've already had one phone call after the report went to air about whether it was legitimate and was there any cause for concern.

My concern is that the AAMT president was interviewed and really didn't put anybody's mind at rest.

I think that this report could be potentially damaging to our profession. What is our Association response likely to be? I think it deserves some response or action to address this. Sometimes these things can snowball if left to their own devices.

Very keen to hear your thoughts.

Alan Ford's response:

Unfortunately I did not see the item in question but I have been given a description of what transpired and have since read a transcript of the report.

Firstly, the massage therapist in question was not a member of AMT. Also, the woman talking on behalf of AAMT was their CEO, Ms Tricia Hughes, who is not a massage therapist but a businesswoman employed by AAMT to administer their organisation and promote them throughout Australia. Ms Hughes is their spokesperson and this is the second time she has been interviewed regarding a massage therapist who has come to the attention of tabloid TV.

I have to state that there are, indeed, instances where a member of the public will seek medical attention after a massage. It may be because the therapist did not warn the client that they will feel discomfort for a couple of days after a deep tissue massage or trigger point therapy. It could also be because a client bruises easily and is concerned when these appear after a session. A treatment may also cause headache or muscle soreness for up to 2 or 3 days afterwards and, if the client has not been informed of these potential side effects, they may seek medical help. Any of these things can and do happen.

The decision on whether to respond to this type of journalism will rest with the Board of Directors. Sometimes responding to these stories can do more harm than good as it may give the story "fresh legs": the programme will no doubt re-run all of the previous negative press, cut to an advertisement, re-hash half of it again, edit what they want out of the response and raise an eyebrow, purse the lips and say "well there you go, make up your own mind, but I know I won't be having a massage for a long, long time" ... or some other expert editorial comment along those lines!

AMT knows that our therapists maintain good practice and procedures. Also, having a monitored CEU system in place ensures that our members continue to upgrade their skills and techniques, therefore minimising the risk of injury to their clients. If we all take care and deliver treatments based on a solid treatment plan, injury and accidents are kept to an absolute minimum.

Thanks for your interest and enthusiasm.

Editor's Note: AMT has released a public relations statement to diffuse the bad publicity generated by this story.

Members can download this from the AMT home page or request a copy from AMT Head Office for use within your practice.

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Letter to the producers of Today Tonight

Dear Sirs,

Your story on Monday 6 November (Asha's Massage Mystery) painted an extremely grim picture of the massage therapy industry. You crucified an entire profession on the basis of anecdotal evidence.

More considered research would have revealed the following:

- The real risks of massage therapy are incredibly low. This is reflected in our spectacularly low professional indemnity insurance rates. A practising member of our Association can purchase full indemnity insurance from as low as \$226.00 a year. Insurance underwriters do not make mistakes in their risk assessment.
- In a study published 3 years ago, 38 years of data in Medline was searched for instances of significant injury relating to the practice of therapeutic massage. The data covered the period from 1965 to 2003. 12 cases were found from 12 million medical citations. (You might like to look this up. The paper is by Dr Keith Grant and entitled "Massage Safety: Injuries Reported in Medline as Related to the Practice of Therapeutic Massage - 1965 to 2003".)
- There has been a national standard in place for the training of Massage Therapists since 2002. There is no degree qualification in massage therapy as stated by the CEO of AAMT. However, there are nationally recognised Advanced Diplomas.

The opinions expressed by the CEO of AAMT in no way reflect those of the entire industry. (In fact, Ms Hughes is not a qualified therapist and, as such, cannot bring any clinical insight to her comments to the media.)

AAMT represents around 5,500 therapists concentrated in the state of Victoria and thinly spread across the rest of the country. There are 3 NSW-based organisations (ATMS, ARM and AMT) that represent around 9000 massage therapists.

ARM, ATMS and AMT continue to work closely together for the betterment and promotion of the industry. AMT has been representing professional massage therapists for 40 years. AAMT has been on the marketplace for 3 years. If you require expert comment for a massage therapy story in the future, you need to be aware that there are more mature and experienced organisations to call on.

The AMT Board extends deep sympathies to the young woman featured in your story, as well as her family and friends.

Yours sincerely,

Rebecca Barnett
Secretary

Health Fund Status

AMT has negotiated provider status with the Health Funds listed below. If you are up to date with insurance, first aid and CEUs there is no need to apply individually to each health fund: your name will be forwarded for automatic recognition as a provider. Please check the explanation of status levels to see which health funds recognise your level of membership.

Health Funds and Societies	Status
Queensland Country Health	A
Railway and Transport Hospital Fund	A
Reserve Bank Health Society	A
ACA Health Benefits Fund (ARHG)	B
Australian Regional Health Group	B
Cessnock & District Health Benefits Fund (ARHG)	B
Commonwealth Bank Health Society	B
Defence Health (ARHG)	B
Federation Health (ARHG)	B
GMHBA (ARHG)	B
Health Insurance Fund of WA (ARHG)	B
Latrobe Health Services (ARHG)	B
Lysaght Peoplecare (ARHG)	B
Manchester Unity	B
Mildura District Hospital Fund (ARHG)	B
Naval Health (ARHG)	B
NSW Teachers Federation Health Society (ARHG)	B
Phoenix Health Fund (ARHG)	B
St Luke's Medical & Hospital Benefits (ARHG)	B
Teachers Union Health (ARHG)	B
Transport Health (ARHG)	B
United Ancient Order of Druids (ARHG)	B
Westfund Health Fund (ARHG)	B
ANZ Health Insurance (HBA)	C
Australian Health Management	C
Australian Unity	C
Cardmember Health Insurance Plan (HBA)	C
Gay & Lesbian Health Fund (HBA)	C
Geelong Medical Benefits Fund	C
Government Employees Health Fund (AHMG)	C
Grand United Friendly Society	C
HBA (formerly AXA)	C
HCF (New providers please fax your name, AMT membership number and practice address to 02 9290 0158)	C
HealthCover Direct (HBA)	C
Mutual Community (HBA)	C
National Mutual Health Fund	C
NIB	C
Super Health Plan	C
Victorian WorkCover Authority	C
MBF	D
NRMA Health	D
Medibank Private	E

Status Levels:

- A.** All AMT practitioner levels
- B.** All practitioner levels with:
 - One million dollars current insurance
 - Current Senior First Aid certificate
- C.** Senior Level One, Two or Three members with:
 - One million dollars current insurance
 - Current Senior First Aid certificate
- D.** Senior Level 1 members with HLT 50302 Diploma of Remedial Massage and Senior Level Two or Three members. Must send signed consent form to AMT with practice receipt(s). Please note: All other members please apply directly to MBF. Must have:
 1. Minimum one million dollars current Professional Indemnity insurance
 2. Current Senior First Aid Certificate
- E.** Senior Level 1 members with HLT 50302 Diploma of Remedial Massage and Senior Level Two or Three members with:
 1. Minimum one million dollars current Professional Indemnity insurance
 2. Current Senior First Aid Certificate
 You must apply directly to Medibank. You can download the appropriate application form from the AMT website.

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

1. Be financial and have a commitment to ongoing education (ie: an average of 100 CEUs per year)
2. Provide your clients with a formal receipt, either computer generated, or with rubber stamp or address label clearly indicating practitioner's name, AMT member number (eg: AMT 1-1234), practice address (no PO Box numbers) and phone number. Client's name, date of treatment, nature of treatment (ie: Remedial Massage), and particular health fund provider number may be handwritten.
3. Provide AMT Head Office with a practice address (or business address for mobile practitioners; no PO Boxes) - failure to supply these details to us will result in your name being removed from health fund listings.
4. Notify AMT HO of all relevant practice addresses.
5. Include a copy of one of your receipts (for each practice address) to Head Office with your next AMT membership renewal or correspondence. You should also ensure that Head Office has copies of your current Insurance and First Aid.

Please check the AMT website for further information on specific Health Fund requirements: www.amt-ltd.org.au

Calendar of Events

Courses accredited by AMT attract 5 CEUs per hour. Courses not accredited by AMT attract 1 CEU per hour. Please check dates and venues of workshops (using the contact numbers listed below)

January 2007		CEUs
14-25	Advanced Foundations of Somatic Practice (Rolfing Unit 1). Presented by Michael Stanborough & John Smith. Sydney. Ph: 02 9264 4452 Minimum prerequisite: Massage Cert 4/Osteopathy/Chiropractic/Physiotherapy Degree. Cost: \$1650.00 (incl. GST)	540
February		
2-4	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150
3-4	Dorn Spinal Therapy. Presented by Barbara Simon. Perth. Ph: 02 9918 8057	70
10-11	Daavid Therapy (10-hour introduction). Presented by Pierre Daavid. Gold Coast. Ph: 0427 678 763	50
16-18	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Melbourne. Ph: 0425 738 548	80
17-21	Akupunkt Massage according to Penzel. Presented by Rene Goschnik. Sydney. Ph: 02 9547 0158	150
17-18	Dorn Spinal Therapy. Presented by Barbara Simon. Adelaide. Ph: 02 9918 8057	70
18	AMT members day. Muscle Energy Technique (pelvis, sacrum and lower limb). Presented by Alison Bell. Chevalier Resource Centre, Sydney. Ph: 02 9517 9925	35
19-23	Myofascial/CST VI. Presented by Patricia Farnsworth. Adelaide. Ph: 1800 101 105	300
22-26	Neurostructural Integration Technique. Presented by Ron Phelan. Melbourne. Ph: 03 5255 5229	175
24-25	Mediball exercises for rehabilitation. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	70
March		CEUs
2-4	Levels 1 and 2 Functional Fascial Taping. Presented by Ron Alexander. Ballina. Ph: 0425 738 548	80
3-4	Dorn Spinal Therapy. Presented by Barbara Simon. Melbourne. Ph: 02 9918 8057	70
9-11	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150
10-11	Daavid Therapy (100 hour course, one weekend a month). Presented by Pierre Daavid. Gold Coast. Ph: 0427 678 763	500
16-18	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Sydney. Ph: 0425 738 548	80
17-18	Daavid Therapy (100 hour course, one weekend a month). Presented by Pierre Daavid. Sydney. Ph: 0427 678 763	500
17-18	Dorn Spinal Therapy. Presented by Barbara Simon. Brisbane. Ph: 02 9918 8057	70
22-26	Neurostructural Integration Technique. Presented by Ron Phelan. Launceston. Ph: 03 5255 5229	175
24-25	Sports and Remedial Taping. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	70
30-31	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Townsville. Ph: 0425 738 548	80
31	Chi Acupressure. Presented by Master Zhang Hao. Strathfield. Ph: 02 9899 9823	70
31	Dorn Spinal Therapy. Presented by Barbara Simon. Sydney. Ph: 02 9918 8057	70
April		CEUs
1	Chi Acupressure. Presented by Master Zhang Hao. Strathfield. Ph: 02 9899 9823	70
13-15	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150
16-20	Myofascial/CST I. Presented by Patricia Farnsworth. Adelaide. Ph: 1800 101 1055	160
26-30	Neurostructural Integration Technique. Presented by Ron Phelan. Mildura. Ph: 03 5255 5229	175
27-29	Onsen Muscle Therapy Volume I Structural assessment and correction of low back, sacrum and pelvis. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	105
28-29	Akupunkt-Massage according to Penzel. Presented by Rene Goschnik. Sydney. Ph: 02 9547 0158	150
May		CEUs
1	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Townsville. Ph: 0425 738 548	80
1	Dorn Spinal Therapy. Presented by Barbara Simon. Sydney. Ph: 02 9918 8057	70
4-6	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Gold Coast. Ph: 0425 738 548	80
5-7	Akupunkt-Massage according to Penzel. Presented by Rene Goschnik. Sydney. Ph: 02 9547 0158	150
7-11	Myofascial/CST III. Presented by Patricia Farnsworth. Adelaide. Ph: 1800 101 105	300
25-27	Onsen Muscle Therapy Volume II Functional assessment and correction of low back, sacrum and pelvis. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	105
26-27	Chi Acupressure. Presented by Master Zhang Hao. Strathfield. Ph: 02 9899 9823	70

'amazed at the spectacular and rapid results'

'Just as acupuncture and ultrasound therapy have revolutionised treatment protocols in the past **I believe SCENAR Therapy is the new therapy of the future.**

As a Physiotherapist, Acupuncturist and Homoeopath of 34 years standing, I am amazed at the spectacular and rapid results that I am achieving with SCENAR.

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Helen Webb



ARTG 101783

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AMT MEMBERS' DAY

Muscle Energy Technique (sacrum, pelvis and lower limb)

Presented by Alison Bell

WHEN:	Sunday 18 February 2007 9.30am to 4.30pm	INCLUDES:	tea, coffee and biscuits
WHERE:	The Chevalier Resource Centre 1 Roma Avenue, Kensington	LUNCH:	a roast lunch and dessert is available at the Centre for \$11.00. You must pre-book (see rego form below)
REWARD:	35 CEUs for attendance	PLEASE BRING:	massage table
COST:	\$90 for AMT members, \$120 for non-members		

THE WORKSHOP

Of the many paradigms of assessment and treatment, Muscle Energy Technique (MET) has endured as the approach of choice for its ease of application, reproducibility, reliability and effectiveness. Used as an early intervention technique, MET is beneficial in expediting a relaxation of soft tissue to facilitate resolution of articular dysfunction. In this 6-hour workshop, we will cover the history, mechanism and application of MET with respect to the pelvis, sacrum and lower limb.

THE PRESENTER

Back by popular demand after her well-received workshop at the AMT conference, Alison Bell is a Manual Physiotherapist of 20 years' experience. Soon after commencing her clinical career, Alison's interest diverted from Sports to Spinal Physiotherapy, which remains her main area of practice. She has worked in Australia and abroad. In aspiring to develop the highest possible level of clinical expertise, she has explored a number of assessment and treatment paradigms, including Muscle Energy Technique, which she has taught to other Physiotherapists throughout the United Kingdom. She also has an interest in dry-needling, Pilates and Cranio-Sacral Therapy and her current approach to treatment reflects this background. She is currently in private practice on Sydney's Northern Beaches.



AMT Members' Day (MET)

Please find enclosed: ☐ \$90.00 Member
☐ \$120.00 Non-member
☐ \$11.00 Lunch

TOTAL \$

Cheque or Money Order (made out to AMT) ☐

Or please debit my visa/mastercard/bankcard
(for banking purposes circle correct one) ☐

AMT Membership number:

* NON-MEMBERS, PLEASE SUPPLY ADDRESS & PHONE CONTACT DETAILS

First name:

Surname:

Address:

Phone number:

Cardholder's Name:

Card Number:

Cardholder's Signature:

Expiry Date:

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- Cancellation up to 4 weeks prior – **full refund**
- Cancellation less than 4 weeks but more than 2 weeks – **less 15%**
- Cancellation less than 2 weeks but more than 1 week – **less 25%**
- Cancellation less than 1 week – **less 50%**
- No refund will be given after the event

Please return to:
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