

Welcome to the new look *In Good Hands*!

AMT understands the value of an informative, professional journal. We also recognise the role of research to enhance our professional standing. Therefore, the next few issues of *In Good Hands* will feature a range of dynamic articles about massage therapy research. Happy reading and remember all contributions are very welcome.

Why Research is So Important

Dana Scully

Research can be daunting for anyone without specialised training. AMT means to change this. Our Code of Practice outlines AMT's determination to improve research literacy. In the following few issues, *In Good Hands* will outline practical ways to improve research understanding and skills.

There are four basic reasons why people don't research.

1. Lack of 'how to' knowledge
2. Lack of resources/money
3. Lack of time
4. Lack of understanding

Knowledge

Many of us started our massage careers long before research was considered vital to our training or business. We don't lack the desire to do research; we lack the knowledge base to perform a useful search. This issue includes a guide to the online database PubMed. Future issues will discuss more simple to use, yet effective means of improving our research abilities. Watch this space!

Resources

Many of us lack money and access to conduct effective searches. Journals can be expensive. Even 2 or 3 journals don't provide a complete topic search. In steps, the Internet! Universities subscribe to health databases which are exorbitantly expensive and so the internet offers

access to free online health databases such as PubMed, Google Scholar, CINQUAL and more.

But a caveat, it's important to research reputable databases as reliability and validity can be questionable in many open access journals.

Public libraries carry subscriptions to various journals and a simple library card provides access. Good librarians offer personal assistance with searches. Money and access should not hinder a massage therapist from conducting quick searches on free online databases, via public libraries or computers.

Time

We run busy practices. Many of us lack time to conduct thorough searches, read a journal or wade through hours of articles. Below are PubMed and Trip link options to effectively reduce search time. These open access databases can bring information right to your door. They are free of charge and can search specific disorders, techniques, protocols and more.

<http://www.ncbi.nlm.nih.gov/pubmed>
<http://www.tripdatabase.com>

Open with a one-time FREE registration
Medscape's Week In Review
www.medscape.com

They will send weekly updates in various specialties to your email or mobile phone. Google Scholar has a similar system, Google Alerts (<http://scholar.google.com/intl/en/scholar/help.html#alerts>). Simply type massage therapy in Google Scholar's search bar and hit enter. Once there, click the envelope icon in the sidebar then fill in your email address and click 'Email Alert'. Alerts will be sent to your email every time Google finds new scholarly research in your specified "massage therapy" field.

Understanding

This is the final barrier and the very reason massage therapists need research. Many of us don't consider the latest research relevant to individual practice. We've gained our certificates. Our CEUs are current. Why do we need research? We need research to better understand the efficacy of massage therapy and when it may not be effective. Current evidence allows us to provide better client outcomes. This in turn, demonstrates the benefits of massage therapy to governing bodies and confirms it as a vital health profession. Massage therapy is one of the most researched modalities to date, yet we are still not accredited as an allied health profession and therefore not entitled to listing on the Medicare Benefits Scheme.



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Research is imperative to our advancement both as independent practitioners and as a unified profession.

Research shouldn't be a hassle. Yes, learning a new skill takes time and like everything the more you do it, the easier it becomes. Computers and mobile phones allow free, easy access to databases. Only a lack of understanding limits us from advancing our profession and this is very rapidly changing. Stay posted for more massage therapy research in this and following issues.

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President's Report

Annette Cassar

This is my first message as AMT President, and I sincerely thank outgoing President, Alan Ford and Jodee Shead who stood down from the Board at the March AGM. Both Alan and Jodee contributed greatly to AMT over the past few years and I hope they enjoy a well-earned rest from AMT commitments.

I also acknowledge and thank Desley Scott who has taken on the vacant position of AMT Vice President. Desley has given me great support during my time as a Director. As an educator of long-standing, her knowledge of massage therapy training and education is invaluable to the Association.

I welcome Michelle McKerron to the Board, who served as AMT member representative for the past two years. It is great to have 'fresh legs' on the Board and we look forward to Michelle's input.

For those who don't know me, I have served as an AMT director for two years. I own and work in a massage practice in South Penrith which has operated for 18 years. I am passionate about the massage profession and look forward to meeting members and getting feedback on how you see the future of both AMT and our profession.

My vision as President is to lead the Board, staff and members towards further validation of the massage profession and AMT's objectives. I believe that this is a fortunate time to be AMT President. AMT is a thriving association with a hard-working executive and staff, leaving us well placed to handle the challenges and embrace the opportunities of an evolving profession.

On that note, the Board is excited to present the key points from our recent submission to the Review of the Australian Government Rebate on Private

Health Insurance for Natural Therapies, at a meeting of the Natural Therapist Review Advisory Committee. By the time this issue of *In Good Hands* goes to print, the May 1 meeting would have taken place in Canberra. AMT representatives, Dana Scully and Derek Zorzit, would have made the 15-minute pitch of their lives! Special thanks to Dana Scully and Rebecca Barnett for preparing presentation materials. More on this exciting and important event in the Secretary's Report ...

Make sure you look for the Annual Conference program in this edition of *In Good Hands*. I hope many members join us in Penrith for what promises to be another brilliant line up of presenters, including world-renowned fascia scientist, Robert Schleip. I look forward to meeting and getting to know you all then.

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Secretary's Report

Rebecca Barnett

As you are aware, the Department of Health and Aging is currently reviewing the private health fund rebate for natural therapies such as massage. As part of the review process, the National Health and Medical Research Council (NHMRC) is conducting a comprehensive literature review and assessing evidence provided by stakeholders on the efficacy, safety and quality, and cost effectiveness of the natural therapies included under various private health fund packages.

AMT's submission is still available for download from the AMT website. I warmly encourage you to make a strong cup of the beverage of your choice and settle in for some excellent reading. The document is a fantastic ready resource for all practicing massage therapists, with citations for the efficacy of MT for a broad range of conditions and populations. As Molly Meldrum would say, do yourself a favour...

The NHMRC's findings and stakeholder submissions will be examined by the Natural Therapies Review Advisory Committee (NTRAC), convened by Chief Medical Officer, Chris Baggoley. The Committee met for the first time on March 6 and was due to meet again on Wednesday 1 May.

AMT was invited to attend this NTRAC meeting to present key points to the Chief Medical Officer. Essentially, we were given 15 minutes to make the pitch of a lifetime to Australia's highest-level health policy makers. This is incredibly exciting and we hope this review will pave the way for AMT's future advocacy projects. Third party compensation and rehabilitation bodies at both state and federal level will also look to this review for clear policy guidelines on the efficacy of massage therapy. Endorsement at this high level will open the door to a raft of opportunities for further lobbying, such as GST exemption and recognition by the Department of Veterans' Affairs.

Having MT recognised as an efficacious health intervention will help us to launch into the domain of primary care.

Dana Scully and Derek Zorzit represented AMT at the NTRAC meeting. Special acknowledgement is due to Dana Scully for her brilliant work in distilling AMT's 200-page submission down to a 10-minute PowerPoint presentation. Her intimate knowledge of MT research meant she was ideally placed to represent AMT at such an auspicious event.

We look forward to reporting back to you about the meeting. Meanwhile, download AMT's presentation notes, which include citations for the Level 1 and 2 evidence of MT efficacy in major health conditions experienced by Australians.

<http://amt.org.au/SiteContent/Forms/NTRAC%20handout.pdf>

Handy Hints from HO – Updating your Practice Details

When you send new practice details to AMT Head Office, it can take up to 6 weeks for those changes to be registered with all the health funds. This is due to the fact that we have a specific reporting cycle with each fund and they cannot process changes on a daily or even weekly basis.

The key message is – send through any changes to your details as soon as you can and expect a lag between when you notify AMT and when the health funds register the changes.

Health fund reports are sent out once a month on different days throughout the whole month. The days the reports are sent are set by the funds. Each fund also has a specific format in which they

would like their lists sent so they are time consuming to compile. For these reasons, AMT cannot send interim updates as soon as you have sent us your change of details. Below is the reporting cycle for each fund.

AMT works diligently to ensure that the reports are sent out in time but once we have forwarded the lists to the funds it is then up to the funds to process them therefore this is out of our hands and we have no control over how long funds take to do this.

For this reason we say it can take between 6-8 weeks from the time you change/update your details before your provider numbers can start coming through. What do you do if you

have clients during this period? If you have clients in this time you must still issue a receipt for treatments but tell them to hold off putting in their claims until a month's time. This gives the funds time to process the lists and helps to stop clients contacting you telling you their claims have been rejected.

AMT's handy hint to ensure your details are sent on the monthly lists is Keep up to date with Insurance, First Aid and CEUs and try to send in updates/changes to your information at the beginning of the month to ensure they are included in that month's reporting cycle.

For more information on Health Funds download the Health Fund information Booklet on our website.

HEALTH FUND	AHM	ARHG	Australian Unity	BUPA	CBHS	Doctors' Fund	GU Health	HBF	HCF	Medibank Private	NIB	VIC WorkSafe
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- Learn new research skills
- Debate the merits or over-looked flaws of a paper
- Network
- Gain CEUs

In every issue of *In Good Hands* an open-access online research article will be cited. Download and read the article, then hop onto the forum and join the discussion under the relevant topic link. Discussions will be open for comment for one month following the release of *In Good Hands*.

5 CEUs will be awarded for thoughtful comment on any of the following:

- relevance of the article
- critical examination of the content of the article
- merits or otherwise of research methodologies
- practical application of information in the article

The article in this inaugural June 2013 Research Review Forum can be found through PubMed's website.

Title: Factors that Influence Practitioners' Interpretations of Evidence from Alternative Medicine Trials: A Factorial Vignette Experiment Embedded in a National Survey

Authors: J.C. Tilburt; F.G. Miller; S. Jenkins; T.J. Kaptchuk; B. Clarridge; D. Bolcic-Jankovic; E.J. Emanuel; & F.A. Curlin

Publication Journal: *Medical Care* 48(4), 341-348

Date: April 2010

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PubMed Crawling Online Massage Therapy Research Made Easy

Dana Scully

When was your last Pub crawl? For me, it was just this morning and wow, do I feel better for it! It was so easy and left me feeling ready to tackle the day! But before you think I'm an early morning lush, let me explain that I didn't go trolling through The Rocks with a gaggle of my girlfriends pre-dawn style. I simply opened my computer and got stuck in. (Figure 1)

What is PubMed?

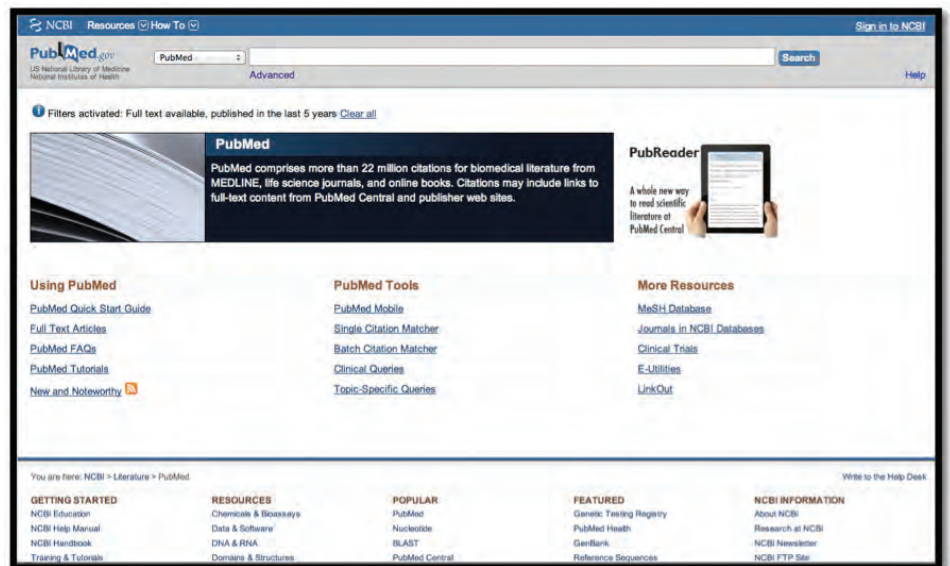
PubMed is a search service of the United States of America's National Library of Medicine that gives access to Medline, an international medical database. This database houses millions of journal articles, references, and abstracts from all over the world and is free via the internet. Massage therapists can find information on specific research, conditions, techniques and much more.

Where do you go to use it?

Simply go to <http://www.ncbi.nlm.nih.gov/pubmed> and click into "Sign in to NCBI". This will take beginners to a registration page requiring a user name, password, email address, security question and answer. A confirmation will be sent to your email, asking for registration verification. Click into the hyperlink. Then you are registered and ready to begin! When logging back in, click into "Sign in to NCBI" link. (Figure 2)

How much does registration cost?

Crawling through PubMed is free and fairly painless. Anyone with access to a computer, library card or mobile phone can register, log in and use the service. But...and here's the rub, not all PubMed articles are free. The database is free to access. The abstracts are free to read, but full-text of some articles requires payment to publishers. Fair enough, scientists are entitled to earn a living from research, but don't let this stop you from your search! PubMed has over 22 million articles to search many of which *are free!*



▲ **Figure 1:** PubMed at www.ncbi.nlm.nih.gov/pubmed or type www.pubmed.gov into your web browser.



▲ **Figure 2:** PubMed's painless registration page.

How do you do a PubMed crawl?

Once logged in, you're ready to access the database. Of numerous tutorials on how to use it by far the best tutorial is Quick Start, provided by PubMed itself. The link is on PubMed's home page under "Using PubMed" on left of the screen. There are many ways to search this database. No way is wrong if it yields useful information.

To start...

At the top of the homepage is a very long empty white box. This is the search bar. Type your search query here. A drop down box with alphabetically similar topics will appear. Disregard it unless your search topic is listed. If so, click into the listed topic. If your topic is not listed, keep typing and hit enter or click "Search". (Figure 3)

To Search Results...

This will bring up a results page. (Figure 4)

Article titles, written in blue and underlined provide a hyperlink to the article *abstract*. The abstract is a condensed version of the article's major points. (If you've viewed the article, the title bar will appear purple instead of blue.)

Notice only some of the articles have "Free Article" at the end of the citation that you can access. Abstracts are available for viewing through PubMed at no charge.

To view the abstract, click into the title link. (Figure 5)

If the abstract is relevant to your search, access the whole article with the "Free full-text" link (written in brown) at the bottom of the citation or the publisher logo near top right hand side. The article can then be read and/or downloaded.

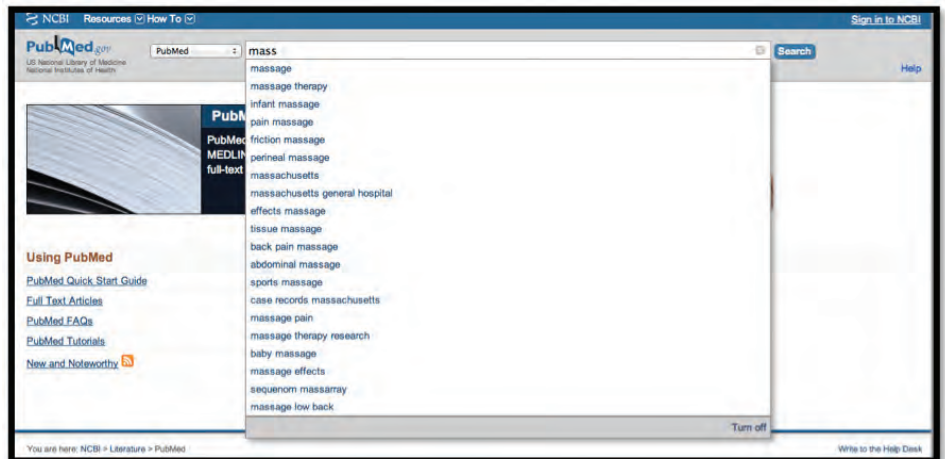
If the search results were less than useful then refining is in order.

To refine a search...

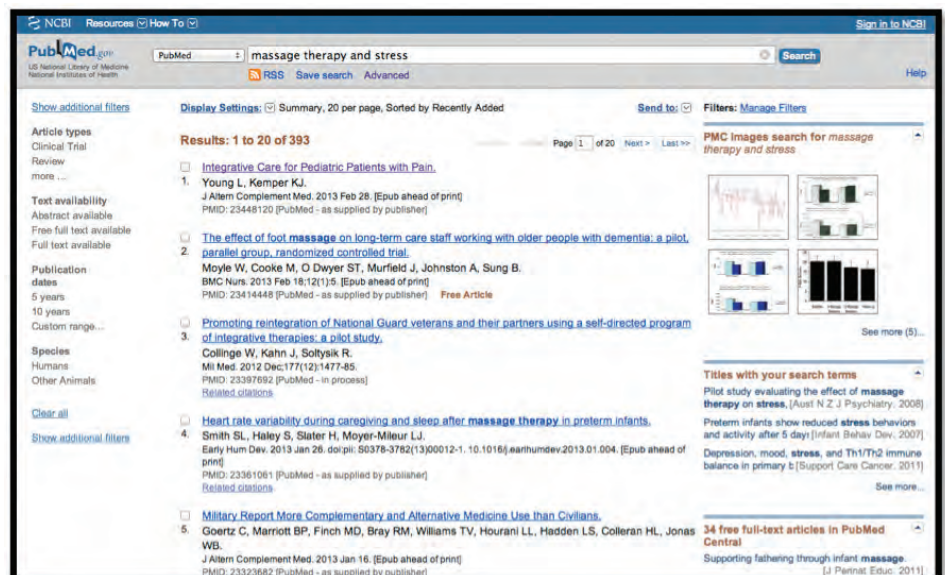
There are many ways to refine a search. One of the simplest is to use Boolean tools: AND, OR, and NOT.

"AND" combines words/terms/phrases e.g. massage AND stress.

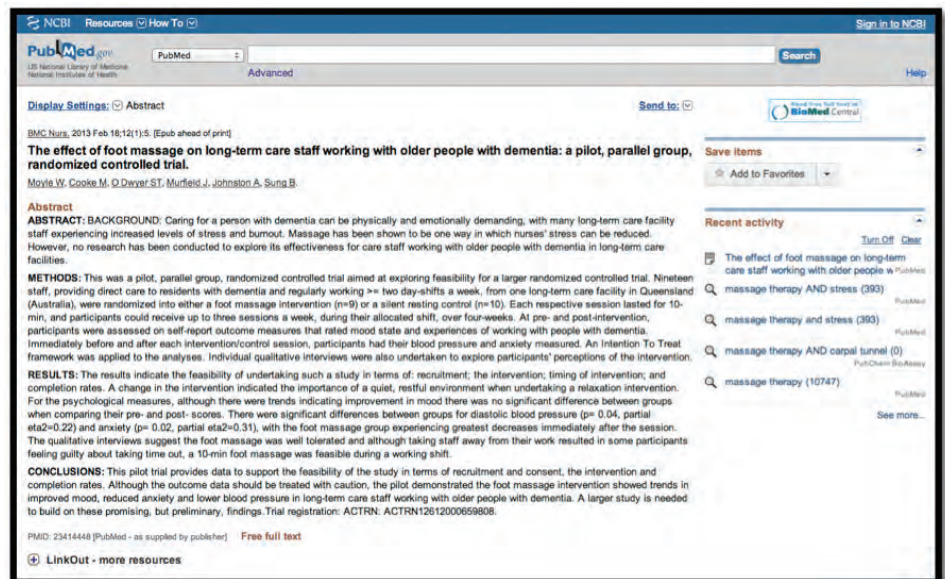
"OR" finds either searched words/terms/phrases e.g. massage therapy for cancer OR oncology massage.



▲ Figure 3: Typing in a search.



▲ Figure 4: A typical PubMed results page.



▲ Figure 5: An example abstract.

“NOT” excludes certain words/terms/ phrases e.g. sports massage NOT relaxation massage.

These capitalised words direct the database to find or exclude certain words, terms, or phrases. Boolean phrases can be used in a single search e.g. massage therapy OR touch therapy NOT massage parlor.

Quotations are used for specific phrases. For example, searching for “oncology massage” will call only references where the two words are paired together. Boolean AND calls up any reference containing both words but not necessarily together.

Truncation shortens a word so the database is searched for any reference containing the root word. The asterix (*) is a truncation tool. Type the root word with an asterix e.g. massag* and hit “Search”. This searches massage, massaging, massaged, etc....

A very useful refining tool for your search is the “Free Full Text Available” filter on left side of results page. Click and wait for the page to reload. A check (✓) by Free Full Text Available shows page reloaded with only citations to full articles that are available free of charge.

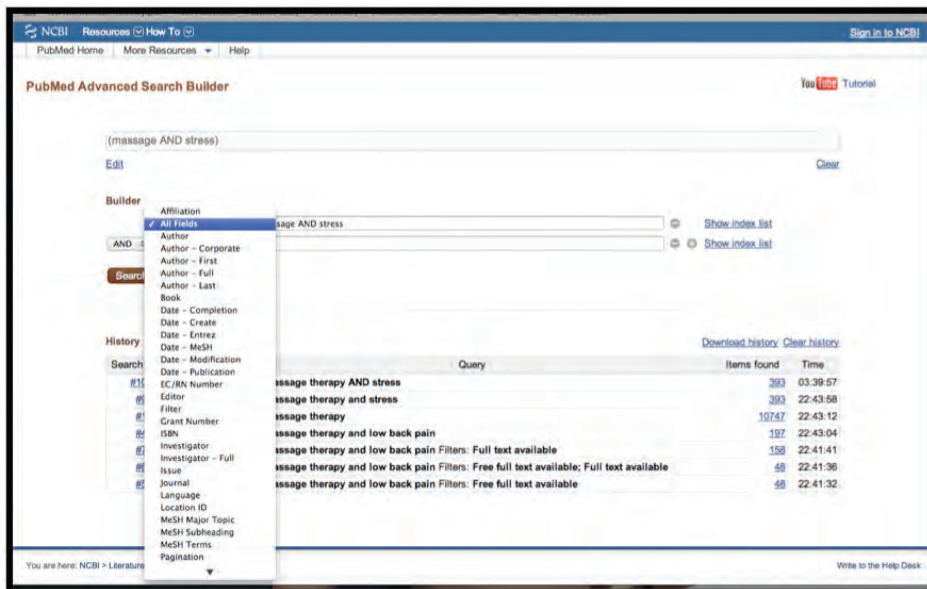
Of course, you can use advanced tools to refine your search too. Underneath the search bar is the command Advanced. Click. (Figure 6)

You can refine your search by specifying the author or title or journal or any combination thereof. PubMed can further refine a search using MeSH terms, limiters and citations but the above will get you started on your own Pub crawl for now.

Intoxicated With Knowledge

The best way to become a veteran Pub crawler though is to just get stuck into it. Play around with the tools and have fun! With little effort it will ultimately help you to be a more effective massage therapist! You'll find yourself going back to the Pub time and again, but the only hang-over will be a head full of useful information waiting to be used.

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▲ Figure 6: PubMed's Advanced Search page.



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Stress and Neck Pain: Biopsychosocial and Neurological Implications

Andrew Shepherd – Chiropractor and Massage Therapist

Introduction

Have you ever wondered why your neck muscles become so tight and sore when you feel stressed? Or why so many of your clients often comment that they “carry their stress” in their neck? I have often asked myself these questions since graduating from Loftus TAFE in 1994 and working as a massage therapist in chiropractic and massage clinics. In the final stages of the chiropractic degree, a colleague and I conducted a literature review to investigate the relationship between stress and neck. We searched for literature concerning psychosocial aspects of neck pain and how it could be explained neurologically.

Methods

We systematically searched medical, scientific and psychological databases, including PubMed, Science Direct and Medline. The search was limited to English-only full text papers published between 1980 and 2008 which were cited more than once by other authors. Keywords included neck tension, anxiety, depression, emotion and sympathetic nervous system.

Results

Thirty nine relevant articles were found and reviewed plus several medical and psychology books. These were tabulated to describe the methodology of electronic database searches.

Eight papers investigated the biopsychosocial aspects of stress and neck pain related to the workplace. They highlighted three main variables related to stress and neck pain: 1) a high degree of work demand; 2) a low degree of worker control in their tasks; and 3) a low degree of psychosocial support. This was coined the ‘demand-control-support’ model. Therefore, people who fit this model were more likely to suffer neck pain, as a result of stress.

The literature included evidence that stress could result from neck pain.

Psychological changes in patients suffering from severe whiplash associated disorder (WAD) could result in a post-traumatic stress disorder, which in turn could predict longer term disability and more severe anxiety. As the condition became more chronic, depression could occur.

Discussion

It was evident that stress and neck pain can affect one another and are not mutually exclusive. Furthermore, stress and pain can become a chronic cycle – an individual who becomes chronically disabled from pain is more likely to become stressed, and consequently suffer from depression.

‘Prolonged elevation of cortisol, adrenaline and nor-adrenaline associated with chronic pain states, increase levels of pro-inflammatory mediators which can also result in depression.’

This in turn can lead to less ability to cope with pain. Indeed, research suggests that severe stress and pain can physically change neurobiological processes and structures.

Different parts of the central and peripheral nervous systems (CNS and PNS) are active in painful situations. The CNS is plastic and adaptable in nature. Animal data has shown that tissue damage produces plastic changes in various neurological structures that are responsible for the amplification of nociception and exaggerated pain responses. This is known as central and peripheral sensitisation. Severe whiplash injury can cause significant trauma to the tissues. The associated acute stress has been shown to contribute to this central sensitisation through structural and functional CNS changes.

There are two key areas involved in these changes to the nervous system in relation to neck pain and stress; the autonomic nervous system (ANS) and the hypothalamic pituitary adrenal axis (HPA axis). In severe whiplash, the tissues of the cervical spine are damaged which cause both pain and a “fight or flight” response, mediated by both the sympathetic division of the ANS and the HPA axis. This response can also occur with high stress or anxiety. In most cases, this response is self-limiting. However, where severe whiplash causes a post-traumatic stress response, the condition can become chronic. It is this chronicity that can cause numerous plastic changes in the CNS.

The key component of these changes is the stress hormone cortisol, released as part of the HPA axis response. With chronic stress and pain, cortisol levels become prolonged and elevated, and can result in hypertrophy of the amygdala (associated with threat, rage and fear behaviour) and atrophy of the hippocampus (responsible for contextual memory). These changes can cause short term memory loss and inappropriate responses to minor stressful events in chronically stressed people. Prolonged elevation of cortisol, adrenaline and nor-adrenaline associated with chronic pain states, increase levels of pro-inflammatory mediators which can also result in depression.

In relation to why stress can result from neck pain, animal research has determined that innervations of certain head and neck muscles are different to other regions of the body. Nociceptive afferent nerves from the neck muscles around C2 and C3 project directly to limbic structures (associated with emotion). Therefore, neck pain can result in an emotional response through a direct neurological connection, rather than association. This does not occur in any other part of the spine. It is speculated that these differences could

be the reason for symptoms associated with WAD.

Conversely, where stress is the cause of neck pain, animal research demonstrated that the target of stress appears to be an increase in tone of the jaw and neck muscles, namely the masseter and the trapezius. This appeared to be mediated by the sympathetic nervous system via changes to micro-circulation which can cause pain through lactic acid build up and changes in tone via stimulation of the muscle spindles. This may explain why some stressed people grind their teeth and why the trapezius can be hypertonic and painful when palpated.

Since neck pain and stress can become self-perpetuating and chronic, therapeutic interventions are needed to break the cycle. Indeed, other research has shown that interventions such as various physical therapies, massage therapy, psychotherapies and rehabilitative exercise in combination can decrease pain and stress.

Conclusion

Recent studies illustrate the bi-directional nature of stress and neck pain. They also illustrate that in chronic situations the relationship becomes cyclic, with stress causing pain causing stress and pain causing stress causing pain. The cycle can then result in depression. Neurological causes of this relationship have been explored in both animal studies and in whiplash associated disorder studies.

As massage therapists, we often see a relationship between stress and neck pain. We can disrupt this cycle. The aetiology of this stress and neck pain relationship is multi-factorial. So too, should be our interventions. We need to network with other massage therapists, doctors, psychologists, chiropractors, osteopaths and physiotherapists, and encourage our clients into active care and rehabilitative exercise to assist physical and psychological recovery.

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AMT Members Interviews

DAVID ROGERS

- **Diploma of Remedial Massage @ Meadowbank TAFE**
- **AMT membership since 2012**

My practice is mostly Relaxation and Remedial massage. I work in a gym and do mobile massage. It's about a 50/50 split of my time and is working quite well for me at the moment. I try to remember that I treat the whole person even if they come in with a specific problem.

- 1. How did you decide on Massage Therapy?** I was not happy with what I was doing previously. I wanted to work with people and thought that as a massage therapist I can help people to overcome injuries and de-stress. I wanted a rewarding career where I could be my own boss.
- 2. What is/was difficult about studying Massage Therapy?** At the start anatomy and physiology is daunting but you only have to learn it once. I found it made a big difference to my therapeutic skills. It enables me to identify which structures are involved in the problem. I did an 18 month course which is needed to cover the detailed content. It is definitely worth the effort even though I only have my experience to go by.

3. Do you have plans for further relevant study? I do want to do more study, i'm just not sure at this stage what path I want to follow. I will do a few short courses and see what interests me.

4. Who are your clients now? I have a broad range of clients both in terms of age and fitness level. I see young athletes who want to get the most out of the training and racing. I also see elderly clients who sometimes have serious problems. People are diverse, some want to relax and others have niggling injuries which have been bothering them for years.

5. How would you change your current practice? I think the next step for me is to get my own space so I can expand my business further.

6. Name one highlight of your career as a massage therapist. In my short career my greatest highlight was when I called a client a few days after their first treatment. They said that after the treatment was the first morning in years that they had woken up without a headache. That gave me a buzz.

7. What do you believe is the next important step for the massage therapy profession? I think it is important to continue promoting the benefits of massage to the wider community.

8. What advice would you give someone considering massage therapy as a career? Massage therapy is a physically demanding career. It can be extremely rewarding to help people who are in pain and discomfort. There are of course challenges, whether it's finding work, dealing with a difficult client or just knowing which treatment is best for a certain situation. Some of these are harder to overcome than others. The most important thing is to enjoy working with people since massage therapists work so closely with each client.



MARGARET MARKUS

- **Associate Diploma Health Science (Massage Therapy) @ Petersham TAFE, 1990**
- **Diploma Remedial Massage @ Loftus TAFE, 2003**
- **AMT membership: 1990-2007; 2012-current**

My practice includes remedial, sports and relaxation treatments within a physiotherapy clinic.

1. How did you decide on massage therapy? I was looking for a career change within health. A friend developed wry neck. She got relief and increased neck movement from my massage, so I decided to study massage. I was originally considering physiotherapy.

2. What is/was difficult about studying massage therapy? Studying full time and working full time made it difficult time wise but I loved the course, my classmates and teachers.

3. Do you have plans for further relevant study? The beauty of this profession is that you always need to do further study to stay current so yes, I am looking at a number of courses – dry needling, cupping, fascial and anatomy courses – there are so many high quality courses.

'I believe a greater understanding of research is critical now.'

4. Who are your clients now? I have a large variety of clientele. I treat workers compensation clients, sports people, professionals and older adults.

5. How would you change your current practice? I love working with the physiotherapists. I am very lucky to have the opportunity to work with such smart and caring people.

6. Name one highlight of your career as a massage therapist. 2000 Sydney Olympics, I was one of the massage therapists who worked with the Opals and Boomers. It was amazing!

7. What do you believe is the next important step for the massage therapy profession? I believe a greater understanding of research is critical now. It is necessary for us as professionals to constantly learn about developments in understanding the effects of massage therapy. Research is also vital for us to promote massage therapy within the broader health care system.

8. What advice would you give someone considering massage therapy as a career? Keep studying and working with clients and therapists who inspire you. Design your career so that you stay focused, balanced and continue to love what you do.





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Children with Autism and Massage Therapy

Tina Allen

Millions of children have been swept up in a global epidemic of diagnoses within the autism spectrum classification. Boys appear to be affected four times more than girls^{1,2}. In 1980, the Center for Disease Control (CDC) indicated diagnoses were 1 in 5,000 people and 1 in 88 children¹. A more recent CDC survey on U.S. children living with autism made quite the flurry online and in the press with new statistics that raised the ratio to 1 in 50 children. Its results are alarming³.

Understanding Autism

According to the Autism Research Institute, autism is a severe developmental disorder that begins at birth or within the first two-and-a-half years of life. Most children with autism are perfectly normal in appearance, but spend their time engaged in puzzling behaviours that are markedly different from those of neuro-typically developing children.

There are numerous theories yet little is known of the causes of autism or its related disorders such as Asperger's, an autism-like condition usually without language delay. Currently there is no cure for autism and its behaviours persist throughout life. Recently, the American Psychological Association announced Asperger's disorder will no longer be a separate diagnosis but be incorporated into the diagnosis of autism spectrum disorder (ASD). Other diagnoses within the spectrum include Rett Syndrome, Pervasive Developmental Disorder and Childhood Disintegrative Disorder.

Usually diagnosed by the age of three, this complex developmental condition affects a child's ability to develop normal language, form relationships or respond appropriately, and is characterised by an almost complete disassociation with the environment, early onset of a lack of attachment and failure to cuddle as an infant.

To Touch or Not to Touch

The common belief that children with autism do not like to be touched is false⁴. Autism is characterised by sensory malfunction and dysfunction of the tactile system, often making a child averse to certain sights, sounds, smells or touch. Given that children in the ASD have been reported to be opposed to physical contact, it is interesting that many of their parents, as well as massage therapists find great success in massage therapy.

Research and Benefits of Massage Therapy for Children with Autism

Sleeping can be a significant issue with children of all ages. However, it is more so with children who have autism. Between 56% and 83% of these children experience sleep disturbances, including refusal to go to bed, getting out of bed, tantrums at bedtime, early waking, requiring a parent to sleep with the child, and hyperactivity at night⁵.

'The common belief that children with autism do not like to be touched is false⁴.'

One study introduced the use of touch to several families with ASD children. Not only did parents feel more in control and closer after the touch training, they also perceived their children to have improved sleep patterns and be more relaxed and open to touch after massage therapy⁴.

Children with autism spectrum disorders (ASD) can have trouble with attention behaviours which impact social development. One study observed children's responses to aromatherapy massage. Results indicated that the children's shared attention behaviours and other positive behavioural changes increased during aromatherapy massage⁶.

In another study with eight children, standardised tests showed decreased autistic behaviours and increased language development, as well as improvement in motor skills, sensory function and general health following medical Qigong massage twice a week and daily Qigong massage from parents for a five-week period. This was then followed by daily massage performed by parents for another four weeks⁷.

Studies have shown that massage therapy can improve behaviours such as wandering, resistance to teachers, negative responses to touch and on-task behaviour compared to those in a control group⁸. Others reaffirm the use of massage therapy to improve social relatedness behaviour during play observations at school and reduce sleep-related problems at home⁹.

Massage therapists working with children with ASD should be aware of their possible anxiety about touch and susceptibility to sensory overload. This may stem from tactile hypersensitivities and previous touch being interpreted as painful or confusing. Therapists should move cautiously, respect the child's cues and take time to recognise a child's likes and dislikes associated with touch, textures and oils or balms.

In addition to parental permission, massage therapists must also obtain the child's permission. Children may not always provide direct eye-to-eye contact or a verbal "Yes". It is important to establish nonverbal communication and use slow transitions. If a child does not prefer direct eye-to-eye contact, it should not be forced as it may be confrontational. All children require nurturing touch to thrive and for those on the autism spectrum, specialised touch therapy can be beneficial. With specialised touch and massage therapy, these children may receive effective care and affection.

Tina Allen is the founder and director of the Liddle Kidz Foundation. She is an international author, lecturer and authority on infant and paediatric massage therapy. Tina travels in a tour bus 365 days a year teaching courses internationally, and is the proud mother of Otis. Tina will present at the AMT annual conference in 2013. Contact her at www.LiddleKidz.com

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News from the regions



Blue Mountains

Ariana McKay

Our February Meet & Greet was a success. Discussions included self care, exercises and stretches. A 'swap massage' was promoted with each member receiving an envelope containing the name of another therapist to call and arrange for a convenient 'swap massage' time.

The Branch AGM was on 25 March and the following Regional Executive Committee members were elected:

Chairperson: Alison Maynard
Treasurer: Amina Dargan
Secretary: Ariana McKay

On behalf of AMT Blue Mountains Branch, I acknowledge and thank the outgoing Regional Executive Committee: Sue Mitchell - Chairperson, Jo Wilkinson - Secretary and Alison Maynard - Treasurer, for their contribution to the Branch. Thanks also to those members who regularly attend meetings. Your support and contribution enable the continued growth of the Blue Mountains Branch.

Our next meeting is 7.00pm 25 June at the Glenbrook Blowing Club. We will welcome the new Regional Executive Committee and discuss changes within the Branch. The 2013-2014 year meeting calendar will be issued to members on the night.

Hope to see you all there.



Hunter

Paul Lindsay

Eleshia Howell presented an overview of Pregnancy Massage. She explained some myths, described methods to make clients comfortable and important precautions. Members wishing to practice pregnancy massage were advised to obtain suitable classification.

Guest speaker at our March meeting was Kate Walker, an occupational therapist who highlighted the role of an OT, the need for professional registration, ways to examine a client in context of their environment and occupation and elements of working towards improved function. Both meetings generated a lot of interest and were well-attended.

On July 28 our AGM will be followed by the annual workshop, again presented by Jeff Murray. He will discuss the "Lower Body Tricks of the Trade". Bookings may be made through AMT Head Office.

A renowned equine therapist and anatomist will feature at our September meeting. We know massage therapy benefits humans, now come along and hear how it benefits horses.



Illawarra

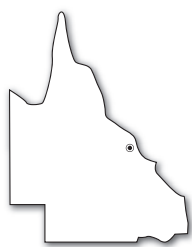
Linda White

AMT's Illawarra branch has seen a steady growth in members attending meetings and presentations for the first half of this year.

We are planning a two-hour weekend visit to the Anatomy Lab at the University of Wollongong in either June or July. This will be an excellent opportunity for massage therapy students and practitioners to review the underlying physiological structures of the lower limbs, sacroiliac joint dysfunction and associated muscles including plantaris muscle.

It is also hoped that Matthew Whalan, local physiotherapist and exercise physiologist will be available to do an evening 'hands on' workshop on lower limb disorders of the lower back, hip, knee and ankle. This presentation will either be held in September or March 2014.

AMT's Illawarra branch meets on the last Tuesday of each month in the Bottlebrush Room at the Corrimal Community Centre, Short Street Corrimal commencing at 7pm. Everyone is welcome to attend and it is a great opportunity to share your knowledge with other health professionals.



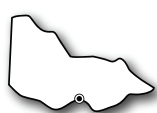
Mackay

Ian Coppard

The Mackay Branch February meeting was a great success. Twelve members attended a presentation on Tibialis Posterior Tendon Dysfunction (TPTD) by podiatrist Donald Orr. His explanation and demonstration of this disorder even showed that some of our members have TPTD.

We are very lucky in Mackay to have the support of so many "mainstream" medical professionals. In May, Keiran Kowalski and Heather McFarlane from Exercise Physiology Mackay will demonstrate exercise and stretches for back, neck and shoulders conditions, which complement massage therapy for clients with these problems.

With the winter football codes now in full swing, no doubt therapists around Australia will have more rehabilitation work to do. At this time of the year here in Mackay, we always spare a thought for our southern colleagues as you dig out the winter woollies in preparation for your winter. At the same time, we will still be working in shorts and tee shirts.



Melbourne

Ross Housham

Thanks to those who attended our meetings this year. Here are dates for the rest of 2013.

14 July 10.30am

Jodie Dundon will conduct a Pilates session in Langwarrin after the meeting, with live Ultrasound machine to demonstrate activation of your core muscles. We expect this meeting to be well attended so please RSVP to hello@seachangehealth.com.au

15 September

The AGM will be held after the branch meeting and Office Bearers will be elected. Please consider taking an active part in your local AMT group. It's a good way to keep in touch with the profession and if you have an axe to grind, this is the place to do it. The venue is yet to be decided. If anyone has a suggestion or can offer their clinic, please contact me.

17 November

There will be treatment swaps after a presentation on homeopathy from Ruth Marr. Again, we have not confirmed a venue. If you are offering a venue for this meeting, we need enough space for up to 5 treatment tables.

16 Feb 2014

This is planned to be in Beaconsfield and will be confirmed.

Please diarise these dates and make a point to attend. Remember, you receive 15 CEU's per meeting and meet interesting like-minded folks in many massage business related areas. We have discussed important topics such as codes for HICAPS machines and matching Medibank Private numbers with HICAPS numbers.

Finally, if you prefer to attend after hours, week day meetings, please let us know. We will program one and see if attendance is greater than Sundays. We want as many people to attend and will make it as convenient as possible. As an added incentive we always have tea/coffee and cookies!

See you next on 14 July.



Riverina

Jodee Shead

Our first meeting for the year was 22 February, hosted by Lance Boyd in Shepparton. Lance presented a small workshop on Diet and Nutrition, followed with a trivia questionnaire. It was a lot of fun, with Jodee and Warren in a fierce battle of wits!

Our next meeting will be on 24 May which will include our AGM at the Tongala Hotel, before Michael Stanborough's Myofascial workshop on 25-26 May.

On Friday 23 August at 7pm, the Riverina meeting will be in Cobram, hosted by Kathryn and Roger Sim. We will use Jeff Shearer's DVD to discuss how to increase our businesses and client base.

We are very excited that Michael Weir will present a legal workshop on 21 September in Echuca. I am sure his knowledge will be greatly appreciated and it should be a well-attended workshop. Michael was one of the plenary speakers at the AMT 2012 conference.

Our Christmas lunch is scheduled for 1 December where we can celebrate the year and discuss the annual conference and plan for 2014!

Michael Weir, author of "Law and Ethics in Complementary Medicine"

We are delighted to host a seminar with Michael Weir on AMT Code of Practice - Implications for Practitioners.

Date: Saturday, 21 September

Time: 9am to 5pm

Venue: Echuca Victoria. To be confirmed.

Don't miss this fantastic opportunity.

RSVP: Tuesday, 10 September

This seminar will provide an understanding of the regulatory structure for therapeutic massage as stated in the AMT Code of Practice. Practical ways for practitioners to protect themselves legally and ethically incorporating group discussions and audience participation will be discussed and explored. It includes the most significant legal and ethical issues that arise from the AMT Code of Practice including consent; scope of practice; negligence; health complaints; privacy; confidentiality and consumer legislation involving reference to relevant case law and legislation. Participants will learn to improve their professionalism practice and benefit their clients.



Sunshine Coast

Lesley Carter

We have four meetings a year and our first in 2013 was a one day seminar hosted by Jeff Murray, who presented Structural Assessment of the Neck and Sacrum. Thanks to Jeff, for sharing your passion in massage therapy excellence. We hope to learn more from you in the future.

Our next meeting is Sunday, 16 June. Jason Ting will present taping skills for plantar fasciitis, achilles tendon, shoulder and sacroiliac joint. Jason has a Diploma of Remedial Massage and a Bachelor of Exercise Science. He has practiced for 20 years and travelled with national and international sporting teams. We plan to have a podiatrist speak at our 18 August meeting. Our AGM will be 20 October, followed by a one-day seminar with details to be announced.

The Sunshine Coast members are keen to learn and share our excellent facilities with new members. Please feel free to join this keen and growing group.



Sydney South

Rene Goschnik

Our branch is growing rapidly, with a record attendance of 40 members in April. We have a bigger room for our June meeting!

Rene facilitated the April meeting on anatomy and treatment of neck and shoulder conditions, which included discussions on assessment and record keeping.

Dates are confirmed for guest speakers on 5 June and 7 August.

On 5 June, Angelo Castiglione will highlight effective ways to use Foam Rollers for clients and practitioners. He is the inventor of the MoveBetterRoller™, Fascia & Foam Roller Evangelist, Strength and Conditioning Coach and Corrective Exercise Specialist and will present at the Hurstville library exhibition area.

In August we will have our AGM and a Tai Chi demonstration.

We are pleased that one of our new members, Charlotte will now supply refreshments at our meetings.

We remind everyone to be on time for every meeting, or points may not be awarded for attendance.

New members are always welcome.

AMT NEW MEMBERS

ACT

Alexandra Gregurkes

NSW

Gregory Barnett, Ivonne Canales, Cristiane De Abreu Elias, Guo Yin Duo, Nicole Funnell, Christine Gilligan, Ana Hamdan Munoz, Leanne Higgins, Maria Iliopoulos, Ebony Johnson, Debbie Jones, Galya Kamenova, Thi Tien Nguyen, Peter Papisinos, Dawson Paul, Maximilian Paul, Nicholas Perritt, Amornrat Phianthong, Meagan Price, Shannon Raison, Carol Schultz, Madeline Turner, Wei Juan Wang, Wei Ling Wu, Jiahuan Xu

QLD

Kamal Ayres, Barbara Burger, Michelle English, Brian Fuller, Karen Hawcroft, Strachan Kerswill, Thomas Mornane, Michelle Shanley, Monique Siebenhausen

SA

Lynette Willis

VIC

Johnn Duncan, Robert Hadlum, Melissa Jackson, Alexandra Kennaugh, Jesse Kingsbury, Rob Nash, Sihan Shen, Angela Simuong, Diego Tonello, Brett Webster, Sharolyn Joy Will, Ki Wone

WA

Rachel De Blank, Skye Gilmore, Nicole Hansen, Casandra Ienco

www.amt.org.au

Provider Recognition Criteria

HEALTH FUNDS AND SOCIETIES	CRITERIA
CBHS Health Fund Ltd	CBHS recognises all AMT practitioner levels.
A.C.A Health Benefits Fund Cessnock District Health Benefits Fund CUA Health Limited Defence Health Frank Health Insurance GMF Health GMHBA health.com.au Heath Care Insurance Limited Health Partners HIF WA Latrobe Health Services (Federation Health) Mildura District Hospital Fund Navy Health Fund Onemedifund Peoplecare Health Insurance Phoenix Health Fund Police Health Fund Queensland Country Health Ltd Railway & Transport Health Fund Ltd Reserve Bank Health Society St. Luke's Health Teachers Federation Health Teachers Union Health Transport Health Westfund	ARHG recognises all AMT practitioner levels. They require you to use their provider number. This number is AW0XXXXM, where the X's are your 4-digit AMT membership number.
Australian Unity GU Health	These funds recognise members with HLT40302/07 and all Senior Level One and Two members.
NIB	NIB recognises members with HLT50302/07 Diploma of Remedial Massage; HLT50102/07 Diploma of Traditional Chinese Medicine Remedial Massage; HLT50202/07 Diploma of Shiatsu and Oriental Therapies; Advanced Diploma of Remedial Massage (Myotherapy)
WorkSafe Victoria	Worksafe Victoria recognises Senior Level One and Two members.
HCF	HCF recognise members with HLT50302/07 Diploma of Remedial Massage, HLT50202/07 Diploma of Shiatsu and Oriental Therapies, 21920VIC or 21511VIC Advanced Diploma of Remedial Massage (Myotherapy), Advanced Diploma of Applied Science (Massage) and Diploma of Health Science (Massage Therapy). Existing providers remain eligible.
ANZ Health Insurance (HBA) Cardmember Health Insurance Plan (HBA) CSR Health Plan (HBA) HBA (formerly AXA) HealthCover Direct (HBA) MBF Mutual Community (HBA) NRMA Overseas Student Health Cover (HBA) SGIC (MBF Alliances) SGIO (MBF Alliances) St George Protect (HBA) VSP Health Scheme (HBA)	BUPA recognises members with HLT50302/07 Diploma of Remedial Massage, HLT50102/07 Diploma of Traditional Chinese Medicine Remedial Massage, HLT50202/07 Diploma of Shiatsu and Oriental Therapies, 21920VIC or 21511VIC Advanced Diploma of Remedial Massage (Myotherapy). Existing providers remain eligible.
ahm Health Insurance Medibank Private	These funds recognise Senior Level One and Two members.
HBF	HBF recognises Senior Level One and Two members .
The Doctor's Health Fund	Doctors' Fund recognises members with HLT 50302/07 Diploma of Remedial Massage, Advanced Diploma of Applied Science (Remedial Massage), Advanced Diploma of Soft Tissue Therapies, Advanced Diploma of Remedial Massage (Myotherapy) and Bachelor of Health Science (Musculoskeletal Therapy). Existing providers remain eligible. They require you to use their provider number. This number is AMXXXX, where the Xs are your 4-digit AMT membership number.

AMT has negotiated provider status on behalf of members with the Health Funds listed. All funds require a minimum of \$1 million insurance, first aid and CEUs.

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.

Please check the AMT website for further information on specific Health Fund requirements:

www.amt.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).

June 2013		CEUs
1-2	Neurostructural Integration Technique Introductory. Presented by Marianne Grainger. Perth. Contact 0407 036 047	70
5	South Sydney Branch Meeting. Hurstville. Contact Anthony 0410 138 557	15
14-18	Advanced Certificate in Integrated Cupping Therapy. Presented by Bruce Bentley. Brisbane. Contact 03 9576 1787	175
14-16	Master Class in Traditional East-West Cupping. Presented by Bruce Bentley. Brisbane. Contact 03 9576 1787	105
15-17	Oncology Massage Module 1. Presented by Eleanor Oyston. Perth. Contact Kylie 07 3378 3220 or 0410 486 767	120
16	Sunshine Coast Branch Meeting. Nambour. Contact Lesley 0403 647754	15
17-18	Modern Cupping Therapy. Presented by Bruce Bentley. Brisbane. Contact 03 9576 1787	70
19	North Shore and Northern Beaches Branch Meeting. Manly Vale. Contact Brenda 0410 353 913	15
20-22	Oncology Massage Module 1. Presented by Kate Butler. Melbourne. Contact Kylie 07 3378 3220 or 0410 486 767	120
21-23	Oncology Massage Module 1. Presented by Hayley Moeller. Canberra. Contact Kylie 07 3378 3220 or 0410 486 767	120
21-23	Oncology Massage Module 1. Presented by Deb Hart. Adelaide. Contact Kylie 07 3378 3220 or 0410 486 767	120
22-23	Certificate of Pregnancy Massage. Presented by Catherine McInerney. Perth. Contact 03 9571 6330	60
22-23	Chinese Cupping Therapy. Presented by Master Zhang Hao. Strathfield. Contact 0416 286 899	75
25	Illawarra Branch Meeting. Formal Meeting. Corrimal. Contact Linda White 0417 671 007	15
28-2/7/13	Neurostructural Integration Technique Basic. Presented by Michael Howse. Hobart. Contact 0417 047 412	175
28-29	Onsen Volume IV Functional Assessment and Corrections of the Cervical & Thoracic regions. Presented by Jeff Murray. Tweed Heads. Contact 0427 310 510	100
30	Lower Back Pain and Pelvic Stability. Presented by John Bragg. Randwick. Contact 0410 434 092	35
July 2013		
6-7	Modern Cupping Therapy. Presented by Bruce Bentley. Sydney. Contact 03 9576 1787	70
8-12	Craniosacral Therapy 3. Presented by Patricia Farnsworth. Sydney. Contact 1800 101 105	175
12-14	Anatomy Trains. Presented by James Earls. Sydney. Contact 0410 990 869	105
13-15	Oncology Massage Module 2. Presented by Tania Shaw. Buderim, QLD. Contact Kylie 07 3378 3220 or 0410 486 767	120
13-14	Modern Cupping Therapy. Presented by Bruce Bentley. Melbourne. Contact 03 9576 1787	70
14	Arm and Hand Pain. Presented by John Bragg. Randwick. Contact 0410 434 092	35
18-22	Neurostructural Integration Technique Basic. Presented by Ron Phelan. Melbourne. Contact 0419 380 443	175
20-21	Neurostructural Integration Technique Introductory. Presented by Robert Monro. Brisbane. Contact 0448 428 020	70
26-28	Oncology Massage Module 1. Presented by Lizzie Milligan. Sydney. Contact Kylie 07 3378 3220 or 0410 486 767	120
27-28	Certificate of Pregnancy Massage. Presented by Catherine McInerney. Sydney. Contact 03 9571 6330	60
27-28	Chinese Acu-Reflexology. Presented by Master Zhang Hao. Strathfield. Contact 0416 286 899	75
28	Hunter Branch AGM and Workshop. Presented by Jeff Murray. Adamstown. Contact 02 4953 2252	15
30	Illawarra Branch Meeting. Presentation Evening. Corrimal. Contact Linda White 0417 671 007	15
August 2013		
3-5	Oncology Massage Module 1. Presented by Tania Shaw. Buderim, QLD. Contact Kylie 07 3378 3220 or 0410 486 767	120
4-8	Advanced Certificate in Integrated Cupping Therapy. Presented by Bruce Bentley. Perth. Contact 03 9576 1787	175
7	South Sydney Branch Meeting. Hurstville. Contact Anthony 0410 138 557	15
8-10	Oncology Massage Module 2. Presented by Gillian Desreaux. Brisbane, QLD. Contact Kylie 07 3378 3220 or 0410 486 767	120
10-11	Certificate of Pregnancy Massage. Presented by Catherine McInerney. Melbourne. Contact 03 9571 6330	60
11	Gua Sha Day. Presented by Bruce Bentley. Melbourne. Contact 03 9576 1787	35
15	Mackay Branch Meeting. Mackay. Contact Ian 07 4954 6526	15
15-17	Oncology Massage Module 1. Presented by Kate Butler. Melbourne. Contact Kylie 07 3378 3220 or 0410 486 767	120
16-18	Master Class in Traditional East-West Cupping. Presented by Bruce Bentley. Newcastle. Contact 03 9576 1787	105
16-20	Advanced Certificate in Integrated Cupping Therapy. Presented by Bruce Bentley. Newcastle. Contact 03 9576 1787	175
17-18	Chinese Moxibustion and Guasha Therapy. Presented by Master Zhang Hao. Strathfield. Contact 0416 286 899	75
18	Sunshine Coast Branch Meeting. Nambour. Contact Lesley 0403 647 754	15
19-20	Modern Cupping Therapy. Presented by Bruce Bentley. Newcastle. Contact 03 9576 1787	70
21	North Shore and Northern Beaches Branch Meeting. Manly Vale. Contact Brenda 0410 353 913	15
23	Riverina Branch Meeting. Cobram. Contact Jodee 03 5482 6422	15
24-25	The Rib Cage. Presented by Dr. Paul Conneely. Perth. Contact 0410 382 179	70
25	Leg and Knee Pain. Presented by John Bragg. Kiama. Contact 0410 434 092	35
27	Illawarra Branch Meeting. Formal Meeting. Corrimal. Contact Linda White 0417 671 007	15
31-1/9/13	Onsen Volume I Structural Assessment and Corrections of the Lumbar, Pelvis and Sacrum. Presented by Jeff Murray. Sydney. Contact 0427 310 510	100

Work smarter, not harder!
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NST - founded on Australian Tom Bowen's later more advanced work. NST incorporates the philosophy of De Jarnettes, Sacro Occipital Technique and is validated according to the principles of Applied Kinesiology.

NST allows you to access Bowen's astonishing intuitive powers via the philosophy and techniques you will learn at this workshop. Learn how to recode your client's visceral, musculoskeletal, fascial and nervous systems so the body can regulate itself, controlling pain and boosting energy levels. NST is the fast, smooth form of Bowen, consistently effective even in difficult cases. Non-invasive and generally a lighter touch compared to similar bodywork therapies. NST results are sometimes astounding, usually instantly noticeable and generally long lasting.

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2 day Introductory class - covers history, theory and spinal balance. A great start for those interested in learning this style of work. **70 CEU**

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2 Day Introductory classes

Perth - September 14/15th, Nov 30/Dec 1 **Marianne** : 0407036047

Brisbane - July 20/21st, Nov 2/3rd **Robert** : 0448 428 020

NSW South, Central coast and western area - June 22/23rd, August 24/25th, October 26/27th **Wendy** : 0412417719

5 Day Basic classes

Launceston - June 28 - July 2nd **Michael** : 0417047412.

Melbourne - July 18-22, Geelong Nov 15-19th,

Sydney Nov 29-Dec 3 **Ron** : 0419380443



Ron



Michael



Marianne



Robert



Wendy

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Mb: 0419380443

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NOMINATION FORM

AMT "MASSAGE THERAPIST OF THE YEAR" AWARD

Please print

Name of person being nominated: _____

AMT membership number: _____

Name of nominator: _____ AMT membership no.: _____

Address: _____

Relationship to nominee (e.g. teacher, colleague, friend): _____

How long have you known the nominee? _____

Reasons for nomination – please refer to the Award Criteria below (attach more paper if required):

Signature: _____

Name of seconder: _____ AMT membership no.: _____

Address: _____

Relationship to nominee (e.g. teacher, colleague, friend): _____

How long have you known the nominee? _____

Signature: _____

CRITERIA

- At least three years of practitioner level membership with AMT
- Current First Aid Certificate, Insurance and adequate CEUs
- Good financial history with AMT
- Active AMT membership (attending meetings, events etc)

SUGGESTED REASONS FOR AWARD

Industry initiative in:

- Business and professional practice management
- Ongoing relevant education
- Principles and practice of massage
- Team leadership
- Development of AMT and related bodies

NOMINATIONS CLOSE ON MONDAY AUGUST 26, 2013.



CONNECTIVE PERSPECTIVES

association of massage therapists
24th national conference

Connect with each other at this year's conference.
Explore the connections between fascia and function,
research and clinical practice. Enhance your standards
of practice and professionalism.

PENRITH PANTHERS
Mulgoa Road, Penrith
11 - 13 OCTOBER 2013

MASSAGE TABLE SUPPLIER



CONFERENCE PROGRAM

FRIDAY 11 OCTOBER

PRECONFERENCE WORKSHOPS

- 9.30AM – 4.30PM Anatomy Trains – Thuy Bridges
Tricks of the Trade – Jeff Murray
National Educators' Forum

SATURDAY 12 OCTOBER

- 7.30AM – 8.45AM Registration
9.00AM – 9.15AM President's Welcome – Annette Cassar
9.15AM – 10.15AM Fascia research update: what is new and relevant for massage therapy?
– Robert Schleip
10.15AM – 11.00AM Morning Tea and Trade Exhibit
11.00AM – 11.45AM Compassion in action: providing essential touch for orphaned children
– Tina Allen
11.45AM – 12.30PM Researching patients of massage therapy in Australia – Professor Jon Adams
12.30AM – 1.30PM Lunch and Trade Exhibit

BREAKOUT WORKSHOPS

- 1.30PM – 3.00PM • Wetsuits, S-Bends, Bones and Pulses – John Bragg
• Paediatric Massage: Highlighting Autism, ADD and ADHD – Tina Allen
• Pelvic and cranial balance and stability – Ron Phelan
• Myofascial Slings – Jeff Murray
3.00PM – 3.30PM Afternoon Tea and Trade Exhibit
3.30PM – 5.00PM Breakout Sessions continued
6.30PM Gala Conference dinner

SUNDAY 13 OCTOBER

- 7.30AM – 8.30AM Introduction to Fascial Fitness – Colin Rossie

MORNING BREAKOUT WORKSHOPS

- 9.00AM – 10.30AM • Wetsuits, S-Bends, Bones and Pulses – John Bragg
• Paediatric massage: Highlighting Childhood Cancer – Tina Allen
• Pelvic and cranial balance and stability – Ron Phelan
• Kinesio Taping – Thuy Bridges
10.30AM – 11.00AM Morning Tea and Trade Exhibit
11.00AM – 12.30PM Morning Breakout Sessions continued
12.30PM – 1.30PM Lunch and Trade Exhibit
1.30PM – 2.30PM COP it sweet – Tamsin Rossiter & Desley Scott
2.30PM – 3.30PM Massage Mythbusting: What does the empirical evidence actually say?
– Rebecca Barnett
3.30PM – 4.00PM Afternoon tea and close

PRESENTERS



ROBERT SCHLEIP

KEYNOTE ADDRESS: Fascia research update: what is new and relevant for massage therapy?

Robert Schleip (PhD MSc) is director of the Fascia Research Group at Ulm University in Germany. He has been a Rolfing and Feldenkrais teacher for over 20 years. His laboratory research finding on active fascial contractility was honoured with the Vladimir Janda Award for Musculoskeletal Medicine. He was also one of the driving forces behind the first Fascia Research Congress (Harvard Medical School, Boston 2007) and subsequent international fascia congresses.



TINA ALLEN

PLENARY ADDRESS: Compassion in action

BREAKOUT WORKSHOP: Highlighting Autism, ADD and ADHD

BREAKOUT WORKSHOP: Highlighting Childhood Cancer

Tina Allen, founder of leading children's health and nurturing touch organisation, Liddle Kidz Foundation, has become a respected international educator, author and authority on infant and paediatric massage. She has developed numerous paediatric massage programs internationally and is a 2009 Massage Therapy Hall of Fame Inductee, 2011 International Massage Therapist of the Year and 2012 Massage Therapy Foundation Humanitarian of the Year.



PROFESSOR JON ADAMS

PLENARY ADDRESS: Researching patients of massage therapy in Australia: An examination of their behaviours, perceptions and experiences

Jon Adams is Professor of Public Health and is Director of the Australian Research Centre in Complementary and Integrative Medicine (ARCCIM) – the premier national centre focused upon complementary health care use and practice. Jon has been researching complementary health care for over 15 years, attracting in excess of AUD\$7.5M in external funding (NHMRC, ARC) since 2008. He has produced over 220 peer reviewed academic publications since 2000 and has edited 6 international complementary health care research books.



JOHN BRAGG

BREAKOUT WORKSHOP: Wetsuits, S-Bends, Bones and Pulses

John has worked as a massage therapist for over 25 years. He runs workshops in the Blue Mountains and regional NSW. He has previously taught massage at TAFE and used to massage the dancers of the Australian Ballet during their Sydney seasons.



RON PHELAN

BREAKOUT WORKSHOP: Pelvic and cranial balance and stability

Ron has practised in the Geelong area for over 20 years. He trained in Bowen Technique and Neurostructural Integration Technique (NST), and has presented both nationally and internationally since 2001. His knowledge of TMJ and the stomatognathic function disorders was gained by training with master orthodontist Brendan Stack. Ron was invited to present to a Sydney dental group in 2011 and again in 2013.



JEFF MURRAY

PRECONFERENCE WORKSHOP:

Tricks of the Trade

BREAKOUT WORKSHOP: Myofascial slings

Jeff originally studied massage therapy at Hunter College of Massage in 1990. After many years of post-graduate study, he is now one of only two Onsen Therapy instructors in Australia. In 1998 he was appointed the Director of Sports Massage for the Sydney 2000 Olympic and Paralympic Games. He has a busy practice in Tweed Heads and lectures at Kingscliff TAFE.



THUY BRIDGES

PRECONFERENCE WORKSHOP:

Anatomy Trains

BREAKOUT WORKSHOP: Kinesio Taping

Physiotherapist Thuy (Twee) Bridges is the director of PhysioWISE, with two Sydney based physiotherapy and pilates clinics.

Thuy's philosophy has always been "there's more to fixing people than a university degree" so she has studied a whole range of advanced techniques. This has led to her becoming an International instructor for the Kinesio Taping Association, as well as for Tom Myers' Anatomy Trains.



DESLEY SCOTT

PLENARY ADDRESS: COP it sweet

Desley has been actively involved in the massage industry for over 13 years, both in clinical practice and as an educator at Western Sydney Institute of TAFE. She has been on the Board of AMT since 2010. One of Desley's significant contributions to AMT and the industry at large has been her role in the development of AMT's Code of Practice, with a focus on WHS, Infection Control and Record Keeping.



TAMSIN ROSSITER

PLENARY ADDRESS: COP it sweet

Tamsin has been a massage practitioner and member of AMT for twenty years. She is Head Teacher of Complementary Health at WSI TAFE. She is past president of AMT and currently sits on AMT's Ethics and Education Committees. She has a keen interest in the professional and ethical practice of massage therapy and this is reflected in her contributions to the AMT Code of Practice.

WORKSHOPS

PRECONFERENCE WORKSHOPS FRIDAY 11 OCTOBER

TRICKS OF THE TRADE

Presented by Jeff Murray

Tricks of the Trade is the culmination of over 20 years of post-graduate studies and practical learning. It is a spectacular grab-bag of quick and simple techniques that Jeff has learnt from some of the best sports medicine doctors, physios, soft tissue therapists and somatic educators around the world. The focus of the workshop is on breaking the pain cycle.

ANATOMY TRAINS

Presented by Thuy Bridges

Developed by Tom Myers, Anatomy Trains is a unique map of the myofascial linkages throughout the body. Rather than viewing anatomy as a set of individual muscles, the functional complexes and fascial planes are examined in relation to human movement. This workshop will provide an introduction to Anatomy Trains lines and a fresh understanding of whole-body patterning in posture and function – the interplay between movement and stability.

CONFERENCE WORKSHOPS AND SESSIONS

WETSUITS, S-BENDS, BONES AND PULSES

(Saturday afternoon, repeated Sunday morning)

Presented by John Bragg

This practical workshop will concentrate on ways of treating the more superficial fascia, as well as accessing deep fascia at the bony prominences. Neural system involvement is incorporated by introducing movement variations based on Ruddy's pulsed Muscle Energy Technique.

PELVIC AND CRANIAL BALANCE AND STABILITY (Saturday afternoon, repeated Sunday morning)

Presented by Ron Phelan

Tensional forces within the hamstrings have a profound effect on the balance and stability of the pelvis, reflecting distally to the cranium. Temporomandibular dysfunction (TMD) mimics other conditions and symptoms such as neck and back pain, and many neurological dysfunctions. This innovative NST workshop covers concepts and practical application of rebalancing the pelvis, cranium and associated structures.

PAEDIATRIC MASSAGE: HIGHLIGHTING AUTISM, ADD AND ADHD (Saturday afternoon only)

Presented by Tina Allen

We are in the midst of a global epidemic. Children are diagnosed at an ever-growing rate with one of many development disorders such as autism, ADD and ADHD. Current US statistics estimate that 1 in every 88 children has an autistic spectrum disorder. The cost of a child's lifelong care can be reduced by as much as two-thirds when early diagnosis and appropriate interventions are put in place, such as the therapeutic intervention of paediatric massage.

MYOFASCIAL SLINGS (Saturday afternoon only)

Presented by Jeff Murray

This practical workshop will explore how myofascial slings are all part of one interconnected myofascial system and what happens when these slings become dysfunctional. The myofascial slings affecting the pelvosacral region will be addressed, including specific assessments to help determine where pain is coming from and why.

PAEDIATRIC MASSAGE: HIGHLIGHTING CHILDHOOD CANCER (Sunday morning only)

Presented by Tina Allen

When a child has been diagnosed or hospitalised with a debilitating medical condition, their symptoms are often accompanied by pain, anxiety, loneliness and fear. Healthcare staff and parents are looking to paediatric massage to ameliorate some of these symptoms. Massage therapy for children need not be aggressive to achieve its maximum potential, and may help to alleviate much of the discomfort associated with medically necessary procedures.

KINESIO TAPING (Sunday morning only)

Presented by Thuy Bridges

This practical workshop will provide an introduction to the Kinesio Taping method, including principles, precautions and applications. Kinesio Taping requires appropriate assessment of the relevant structures to determine what to tape and how to tape. The workshop includes instruction on how to find anatomical landmarks, do appropriate muscle and length testing, and then apply Kinesio Tape to commonly presenting problems.

AIRPORT SHUTTLE

AMT is organising a free shuttle service between the airport and Panthers on Thursday evening, Friday evening and returning to the airport at the close of the conference on Sunday afternoon. You will need to register for the service as soon as possible. Please call AMT Head Office on 02 9517 9925 to book your seat.

ACCOMMODATION

AMT has negotiated a special corporate rate with the Chifley Hotel. Rooms start at \$139. Just mention that you are an AMT conference delegate when you make your reservation. To book, call 1300 507 081. To view the full range of room types at the Chifley visit:

<http://www.chifleyhotels.com.au/penrith/chifley-hotel-penrith/penrith-hotel-accommodation/>

CONNECTIVE PERSPECTIVES

association of massage therapists
24th national conference

REGISTRATION FORM

Name

Company name

Address

Email Contact number

AMT membership number

If you are not a member of AMT please indicate if you belong to one of the following associations:

AAMT ATMS ARM

If you are registering as a student, what is the name of the college you are enrolled at?

■ CEUs

You will be rewarded with 50 CEUs for each day of the conference you attend. ARM and AAMT members will receive CPEs for attendance.

■ Registration fees

Your registration fee includes morning and afternoon teas and lunch. Prices include GST. Please note that you can choose to attend any single day or two days of the conference, or you can attend all three days including the pre-conference Friday. Take advantage of our earlybird savings by completing your booking before Monday 9 August.

■ Conference Gala Dinner

A Gala Dinner ticket is included in all 2 and 3 day registrations. Single day delegates who wish to attend the dinner will need to purchase a ticket and delegates who wish to purchase extra dinner tickets will need to do so through AMT Head Office.

ONE-DAY REGISTRATION (please indicate which day you would like to attend)

Attending on:	Earlybird rate	After August 9	Student Rate
Friday <input type="radio"/>	\$240.00 <input type="radio"/>	\$280.00 <input type="radio"/>	\$180.00 <input type="radio"/>
Saturday <input type="radio"/>	\$240.00 <input type="radio"/>	\$280.00 <input type="radio"/>	\$180.00 <input type="radio"/>
Sunday <input type="radio"/>	\$240.00 <input type="radio"/>	\$280.00 <input type="radio"/>	\$180.00 <input type="radio"/>

TWO-DAY REGISTRATION (please indicate which days you would like to attend)

Attending on:	Earlybird rate	After August 9	Student Rate
Friday & Saturday <input type="radio"/>	\$440.00 <input type="radio"/>	\$520.00 <input type="radio"/>	\$300.00 <input type="radio"/>
Saturday & Sunday <input type="radio"/>	\$440.00 <input type="radio"/>	\$520.00 <input type="radio"/>	\$300.00 <input type="radio"/>
Friday & Sunday <input type="radio"/>	\$440.00 <input type="radio"/>	\$520.00 <input type="radio"/>	\$300.00 <input type="radio"/>

THREE-DAY REGISTRATION

Attending:	Earlybird rate	After August 9	Student Rate
All 3 days	\$600.00 <input type="radio"/>	\$680.00 <input type="radio"/>	\$450.00 <input type="radio"/>

TOTAL: \$

Dietary requirements (please advise of any special dietary requirements and we will attempt to address these)

Vegetarian
Lactose Intolerant
Gluten free

■ WORKSHOP PREFERENCES

PRE-CONFERENCE WORKSHOPS (FRIDAY 11 OCTOBER)

Choose from one of the following: Anatomy Trains
Tricks of the Trade

CONFERENCE BREAKOUT WORKSHOPS

Please number your choice for each session in order of preference, beginning with 1 as your first choice.

Breakout Session 1 (Saturday afternoon)

- ____ Wetsuits, S-Bends, Bones and Pulses
____ Paediatric Massage: Highlighting Autism, ADD and ADHD
____ Pelvic and cranial balance and stability
____ Myofascial Slings

Break out Session 2 (Sunday morning)

- ____ Wetsuits, S-Bends, Bones and Pulses
____ Paediatric massage: Highlighting Childhood Cancer
____ Pelvic and cranial balance and stability
____ Kinesio Taping

■ WORKSHOP ALLOCATION

Workshops are allocated on a first-come, first served basis. All attempts will be made to satisfy your request for preferences. If your first choice of workshop is not available would you like AMT to:

- Choose your next available preference for you?
Cancel your registration and refund your fee?

REGISTRATION CLOSES TUESDAY 1 OCTOBER 2013

I have enclosed my cheque or money order (made out to AMT) OR please debit my Visa/Mastercard (for banking purposes circle correct one)

Cardholder's Name: _____

Cardholder's Signature: _____

Card Number:

Expiry Date: _____ / _____

PLEASE NOTE AMT DOES NOT ACCEPT THIRD PARTY PAYMENTS.

CANCELLATION POLICY

- Cancellation up to four weeks prior to close of registration – less 15%
- Cancellation less than four weeks but more than two weeks prior to close of registration – less 25%
- Cancellation less than two weeks but more than one week prior to – 50%
- No refund will be given after the event

EFT PAYMENT DETAILS

PLEASE USE YOUR NAME UNDER THE TRANSACTION DESCRIPTION SO WE CAN IDENTIFY THE PAYMENT AND SEND THIS FORM BACK TO AMT
Account Name: Association of Massage Therapists Ltd
BSB: 062-212
Account Number: 1034-0221

OFFICE USE ONLY Date received _____ Receipt no. issued _____

**Please return to:
AMT
PO Box 792 Newtown NSW 2042
or fax 02 9517 9952**

A.M.T Conference Special

Recertify your First Aid Qualification

Apply First Aid HLTF311A
At Penrith Panthers on Friday 11th October 2013

Special conference price \$75

- Fast track recertification pathway
- Fun Fast and Nationally accredited training
- Choose either 9am or 1pm start times
- CPR recerts also available
- Enroll online at www.5startraining.com.au



Need more information? Contact Kevin Silvy
kevin@5startraining.com.au
telephone number: 02 47393236
RTO ID 91664

