

AMT professional development suggestions

2024

About AMT's professional development scheme

- All practising massage therapists should complete at least 20 hours of continuing professional development annually to maintain the currency of their skills.
- Massage therapists who provide third party services through private health funds, Workers' Compensation Authorities and Home Care Package funding are required to complete at least 20 hours of Continuing Professional Education per annum.
- The professional development activity must be relevant to massage therapy scope of practice.
- Documentation of self-directed professional development must include dates, a brief description of the outcomes, and the amount of time spent in each activity. These details must be entered into the Reflection Record in your personal membership portal in the AMT database.
- You must upload written documentation of CPD to your reflection record (certificates of attendance, copies of articles, books, hyperlinks to content viewed online) that demonstrates completion of at least 20 hours of CPD per year.
- For more information, examples and the AMT Professional Development Standards, please read AMT's professional development guide
<https://www.amt.org.au/downloads/PD/AMT-Professional-Development-Guide.pdf>



Live webinars

Musculoskeletal Australia 2024 Community webinars (various)

Free events

<https://msk.org.au/community-webinars>

AMT webinars (various)

Free and paid events

<https://www.amt.org.au/members/calendar-of-events.html>



AMT recorded conferences, workshops and webinars

A wide selection of webinars and workshops presented by AMT over recent years.

Once purchased you will be sent the link to the recording to watch at your convenience. Keep checking this link throughout the year as we continue to add more courses.

Free and paid events

<https://www.amt.org.au/members/webinars.html>



Live Conferences and workshops

AUSTRALIAN PAIN SOCIETY 44TH ANNUAL SCIENTIFIC MEETING

21–24 APRIL 2024 **DARWIN**

Paid event

<https://www.dccconferences.com.au/aps2024/>

AMT AGM INTERACTIVE PRACTICAL WORKSHOP

18 MAY 2024 **ONLINE**

Paid event

[TBC](#)

AMT CONFERENCE 2024

**POSSIBLY 19-20 OR
26–27 OCTOBER 2024** **TBA**

Paid event

[TBC](#)

LIFESTYLE MEDICINE 2024 CONFERENCE

25–27 JULY 2024 **ADELAIDE**

Paid event

[Lifestyle Medicine 2024 Conference -
Australasian Society of Lifestyle Medicine](#)

15TH ALA SCIENTIFIC CONFERENCE

1–5 MAY 2024 **ADELAIDE**

Paid event

[ALA 2024 Conference](#)

EXPLAIN PAIN ONLINE, AU (Noigroup)

17–19 MAY 2024 **ADELAIDE**

Paid event

[Explain Pain Online, AU - Noigroup](#)



Listen online any time, anywhere

Each of these podcasts have extensive catalogues covering a diverse range of topics. We encourage you to take the time to look through the catalogues and choose podcasts that align with your practice model and interests. The selection below are a few of our favourites.

Free content

Pacemakers and massage:

Ep 391 "I have a client who . . ."

Pathology Conversations with Ruth Werner

Link: <https://ruthwerner.com/ep-391-pacemakers-and-massage-i-have-a-client-who-pathology-conversations-with-ruth-werner/>

Dealing With Sexual Requests as a Massage Therapist

Ep 6 Folding Towels Podcast

With Jackie Kerin and David Clayton

Link: <https://podcasters.spotify.com/pod/show/foldingtowels/episodes/Episode-006---Dealing-With-Sexual-Requests-as-a-Massage-Therapist-e238fo6/a-a9ok0ra>

Massage for elderly clients with Diabetes

Ep 396 ABMP Podcast

With Dawn Castiglione

Link: <https://www.abmp.com/podcasts/ep-396-massage-elderly-clients-diabetes-dawn-castiglione>

Collateral Damage: Acute Knee Injuries

Ep 85 The Thinking Practitioner Podcast

With Til Lachau and Whitney Lowe

Link: <https://www.youtube.com/watch?v=I8Z3HUKaE2w>

Massage Therapy for Multiple Sclerosis: A Case Report

Research Perch

With host Robin Anderson

Link: <https://massagetherapyfoundation.org/mt-for-multiple-sclerosis-a-case-report-research-perch/>



Listen online any time, anywhere

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Trauma Informed Care

The Physio Matters Podcast

With Jack Chew

Link: <https://podcasters.spotify.com/pod/show/tpmpodcast/episodes/Trauma-Informed-Care---Chewing-It-Over-with-Jess-Mather-e28t4e3>

Oncology Massage

2 Massage Therapists and a Microphone

With guest Janet Penny

Link: <https://www.2rmtsandamic.com/episodes/episode/283a8a47/oncology-massage-with-guest-janet>



Watch anywhere any time

AMT has an extensive catalogue on our YouTube channel covering a diverse range of topics. Take the time to look through the catalogue. We've highlighted just a few of our favourites for you here.

Free content

AMT YouTube Channel

Link: <https://www.youtube.com/AssociationofMassageTherapists>

Managing the Treatment environment

With Dan Wonnocott

Link: <https://www.youtube.com/watch?v=b8DUBD4KpwQ>

Surgery: the Ultimate Placebo

With Professor Ian Harris

Link: <https://www.youtube.com/watch?v=IzueFu1cq5U>

New insights from pain neuroscience

With Dr Tasha Stanton

Link: <https://www.youtube.com/watch?v=ZWvyLJkBrLY>



Watch anywhere any time

(continued...)

Most of these providers have extensive catalogues covering a diverse range of topics. We encourage you to take the time to look through the catalogues and choose content that aligns with your practice model and interests. Below are just a few of our favourites.

Free content

Injuries to Therapists

Stuart Hinds Academy

Link: <https://www.youtube.com/watch?v=FMuqKtDaYmg>

Delayed-Onset Muscle Soreness

MT Journal Club ep 2.1

Link: <https://www.youtube.com/watch?v=c2PL7FJ3vvE>

Stop missing Frozen Shoulders!

Physio Matters

Link: <https://www.youtube.com/watch?v=MCcYDjvqmpE>

Understanding Complex Regional Pain Syndrome

Musculoskeletal Australia

Link: <https://www.youtube.com/watch?v=MCcYDjvqmpE>



MOOCs

MOOC (noun): a massive open online course

UNDERSTANDING TBI MOOC

ENROLMENTS OPEN 25 MARCH 2024

Free Course

Understanding TBI is a free online course that builds upon the latest in international research on TBI.

<https://www.utas.edu.au/wicking/understanding-tbi>

UNDERSTANDING DEMENTIA

ENROLLING FEBRUARY 2024

Free Course

Understanding Dementia is a MOOC offering university-quality education about the latest in dementia research and care.

<https://www.utas.edu.au/wicking/understanding-dementia>

PREVENTING DEMENTIA MOOC

ENROLMENTS OPEN 14 MAY 2024

Free Course

The Preventing Dementia MOOC investigates the best available evidence about dementia prevention, drawing on a range of expertise from around the globe.

<https://www.utas.edu.au/wicking/preventing-dementia>

EQUIP AGED CARE LEARNING PACKAGES

Free Course

The Equip Aged Care Learning Packages are available for anyone interested in the aged care sector, including personal care workers, nurses, allied health professionals, volunteers and families. 14 modules that each take approximately 10 minutes each to complete.

<https://www.utas.edu.au/wicking/equip-aged-care-learning>

UNDERSTANDING MULTIPLE SCLEROSIS

OPENS 11 MARCH 2024

Free Course

'Understanding Multiple Sclerosis (MS)' is a free online course that aims to improve understanding and awareness of MS. Members of the public will increase their knowledge of MS-related issues and those in the MS community will be empowered to create and contribute to personalised MS management plans.

<https://ms.mooc.utas.edu.au/>



Self-paced online courses

UNDERSTANDING MEDICAL RESEARCH: YOUR FACEBOOK FRIEND IS WRONG

Free Course

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

UNDERSTANDING THE BRAIN: THE NEUROBIOLOGY OF EVERYDAY LIFE

Free Course

[https://www.coursera.org/learn/
neurobiology](https://www.coursera.org/learn/neurobiology)

WELL AND ABLE - IMPROVING THE PHYSICAL HEALTH OF PEOPLE WITH INTELLECTUAL DISABILITY

Free Course

[https://www.edx.org/learn/health-wellness/
the-university-of-queensland-well-and-able-
improving-the-physical-health-of-people-
with-intellectual-disability](https://www.edx.org/learn/health-wellness/the-university-of-queensland-well-and-able-improving-the-physical-health-of-people-with-intellectual-disability)

PREVENTING CHRONIC PAIN: A HUMAN SYSTEMS APPROACH

Free Course

<https://www.coursera.org/learn/chronic-pain>

UNDERSTANDING SKIN CANCER

Paid Course (\$25)

[https://www.skincancercollege.
org/understanding-skin-cancer/?f
bclid=IwAR0vud5n65neSsG7cNql_
d2mwamgECzyoXUSyivAcWUhqLmHmttYe-
84ftU](https://www.skincancercollege.org/understanding-skin-cancer/?fbclid=IwAR0vud5n65neSsG7cNql_d2mwamgECzyoXUSyivAcWUhqLmHmttYe-84ftU)

NOIGROUP ON DEMAND COURSES

Prices vary

[shop | Noigroup](#)



Miscellaneous

Monash Musculoskeletal Research Unit

Provides free resources, research and podcasts.

<https://www.monash.edu/medicine/spahc/physio/mmru>

