

Calendar of professional development suggestions

January 2022

About AMT's professional development scheme

- AMT practitioner members are required to complete 20 hours of continuing professional development (CPD) 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 retain written documentation of CPD (certificates of attendance, copies of articles, books, hyperlinks to content viewed online) that demonstrates completion of at least 20 hours of CPD per year. This documentation can be uploaded into the Reflection Record in your personal membership portal
- For more information and examples, please read AMT's 2020 professional development guide
<https://www.amt.org.au/downloads/PD/AMT-Professional-Development-Guide.pdf>



Conferences and workshops

10 - 13 APRIL

Hobart

Australian Pain Society Conference
<https://www.dccconferences.com.au/aps2022/>

29 - 31 JULY

Cairns

Lifestyle Medicine 2022
<https://www.lifestylemedicine.org.au/conference/>

19 - 21 MAY

Online

**Exercise and Sports Science Australia
Research to Practice Conference**
<https://www.researchtopractice2022.com.au/>

21 - 23 OCTOBER

Sydney

AMT Annual Conference
<https://www.amt.org.au/conference/welcome.html>

26 - 28 MAY

Hobart

**Australasian Lymphology Association
Conference**
<https://www.showsbee.com/fairs/ALA-Conference.html>



Listen online any time, anywhere

10 scientific facts about low back pain

<https://bodylogic.physio/podcast/episode-4-ten-scientific-facts-about-low-back-pain/>

Biomechanics and Pain - Ongoing Dilemma

<https://www.youtube.com/watch?v=1geNiokT3DI&feature=youtu.be>

BPS aspects of manual therapy

<https://tkex.org/podcast/2020/1/16/walt-fritz-bps-aspects-of-manual-therapy>

COVID and the brain

<https://www.abc.net.au/radionational/programs/allinthemind/covid-and-the-brain/13522318>

Failing models

<http://www.mechanicalcareforum.com/podcast/124>

How to live well with pain and do what you love

https://www.integrativepainscienceinstitute.com/latest_podcast/how-to-live-life-well-with-pain-and-do-what-you-love-with-bronnie-lennox-thompson/?fbclid=IwAR0fkOJLcqWdd0xIHuD8cXkkWI8neDt2Hn2sK1dPBrYnHcYe4gbhjsvwZ4

Integration and interdisciplinary therapy

https://www.thescienceofpsychotherapy.com/sam-visnic-talks-integration-and-interdisciplinary-therapy/?fbclid=IwAR2TAXOfStN4CKuYqJViyhSB1I-3ET_NX4bpC6ki-bE4h5cS5fvpGjTRWMY

Keeping clients safe

<https://podcasts.apple.com/au/podcast/keeping-clients-safe-with-dr-ben-benjamin/id1509599014?i=1000544189951>



Listen online any time, anywhere

(cont...)

Low back pain: rarely associated with serious tissue damage

<https://bodylogic.physio/podcast/episode-13-low-back-pain-fact-3-rarely-associated-with-serious-tissue-damage/>

Pain: a symptom or a disease

<https://soundcloud.com/sydney-ideas/health-forum-pain-a-symptom-or-a-disease?in=sydney-ideas/sets/medicine-health>

Posture and pain

<https://bodylogic.physio/podcast/episode-16a-posture-and-pain-low-back-pain-fact-6-with-diane-slater-and-dr-kieran-osullivan-phd/>

Monash musculoskeletal research unit podcast

<https://podcasts.apple.com/au/podcast/monash-musculoskeletal-research-unit-podcast/id1549298610>

Pain Reframed: We believe you

<https://painreframedpodcast.libsyn.com/size/5/?search=Keith+Meldrum>

Rethinking what's best for low back pain

<https://www.abc.net.au/radionational/programs/healthreport/low-back-pain-retraining-the-brain/9842118>

Neuroplasticity: the science behind rewiring the brain

<https://soundcloud.com/sydney-ideas/neuroplasticity-the-science-behind-rewiring-the-brain?in=sydney-ideas/sets/>

Patellofemoral Pain Best Practices

<https://podcasts.apple.com/au/podcast/296-dr-bradley-neal-specialist-musculoskeletal-physiotherapist/id1102703989?i=1000540740779>



Listen online any time, anywhere (cont...)

Safe, competent and ethical practitioners

<https://player.whooshkaa.com/episode/529004>

Sleep: the new health frontier?

https://soundcloud.com/sydney-ideas/sleep-the-new-health-frontier?in=sydney-ideas/sets/medicine_health

Spinal cord injury: research and resilience

<https://www.abc.net.au/radionational/programs/allinthemind/spinal-cord-injury/12551054>

Stretching the tissues or stretching the truth?

<https://advanced-trainings.com/ttp-podcast-11-stretching-tissues-or-truth/>

Surgery: The Ultimate Placebo

<https://bodylogic.physio/podcast/episode-20-surgery-the-ultimate-placebo-with-surgeon-prof-ian-harris-for-back-pain-fact-10/>

Taking care: A Conversation with Kate Richards

<https://player.whooshkaa.com/episode/554220>

The Building Blocks of Wellbeing

<https://www.abc.net.au/radionational/programs/allinthemind/the-building-blocks-of-wellbeing/13563078>

The Dramatic Cure

<https://www.npr.org/transcripts/853753307>

The End of the Structural Model?

<https://play.acast.com/s/liberatedbodypodcast/ep-54-the-end-of-the-structural-model-with-eyal-lederman>

The Obscure Virus Club

<http://revisionisthistory.com/episodes/40-the-obscure-virus-club>



Listen online any time, anywhere

(cont...)

Therapeutic relationships

<https://www.2rmtsandamic.com/episodes/episode/1cd8f1d7/therapeutic-relationships-with-guests-matt-and-sam>

The Unsilencing (about autoimmune diseases such as MS)

<https://podcasts.apple.com/au/podcast/radiolab/id152249110?i=1000533182440&fbclid=IwAR1e1XUynvZ7EFBgQbf8j-pPZLwdQrZXnUsLAAQz mhWfnwpqxY9EYRWfH2w>

You are not so smart - Naive Realism

<https://youarenotsosmart.com/2017/07/20/yanss-101-naive-realism-rebroadcast/?fbclid=IwAR2AFxgHHoCRBs9FcBsL3p89ctoZpP2ujO6UcOHnkpP7U99GRqIW3wFFMFk>

The search for understanding chronic pain

<https://podcasts.apple.com/au/podcast/paul-ingraham-and-the-search-for-understanding/id1509599014?i=1000535509947>

What is functional?

<https://www.updocmedia.com/podcast/what-is-functional-w-dr-craig-liebenson/>

The Strange Science of Recovery

<https://soundcloud.com/bmjpodcasts/exploring-the-strange-science-of-recovery-with-christie-aschwanden-episode-396>



View online any time, anywhere

COVID risk assessment for massage therapists

<https://www.youtube.com/watch?v=euRPIjL1cwI>

Is it a HIIT?

<https://amtorg.sharepoint.com/:v:g/EZpo9lylMSxNkNYC6udzP2MBYV6Rzh41R3ywBiRPPygvvw?e=MXsihF>

Is pain science really a pain for massage therapists?

<https://www.youtube.com/watch?v=F4hjn7t3PKQ>

Lessons from a low back labelling trial

https://amtorg.sharepoint.com/:v:g/EX-nN6se4U5EtGMB_JH1u1MB9eJfyOs99uczKFw4vaCGQ?e=IcWWtE

Managing the treatment environment

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

Massage and eating disorders

<https://www.youtube.com/watch?v=27UG6COBskg>

**Massage Therapy Journal Club –
Affective Touch, Attachment Style, and Pain**

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

**Massage Therapy Journal Club –
Delayed Onset Muscle Soreness**

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

**Massage Therapy Journal Club –
“Haptically Linked Dyads”**

<https://www.youtube.com/watch?v=uHzbLPsgwO8>

**Massage Therapy Journal Club –
Just breathe normally**

<https://www.youtube.com/watch?v=hTclpH6o6ms>



View online any time, anywhere

(cont...)

Motivational Interviewing

<https://www.youtube.com/watch?v=DUDRDA4ik60>

New insights from pain neuroscience

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

Optimising care for those experiencing chronic pain

<https://www.youtube.com/watch?v=S7mOMYHBgoc&list=PLD5F32F68A8F25B2B&index=4>

Patient engagement: a new name for old tools

<https://www.youtube.com/watch?v=cIBkft69BaQ>

Reducing the risk of COVID-19 - legal and safety considerations for workplaces

https://www.youtube.com/watch?v=k1-JSxW8_Bo

San Diego Pain Summit videos

<https://www.sandiegopainsummit.com/videos?fbclid=IwAR0z5xrcDleX-cEakMdh1jZ A45fN9uJHvxHqVJY6oIDG3j0tHMeZD-oozM>

Surgery: the Ultimate Placebo

<https://www.youtube.com/watch?v=lzueFu1cq5U>

Therapy Live UK

<https://therapy-live.co.uk/>

The role of massage therapy in a pain revolution

<https://www.youtube.com/watch?v=9UCf3Uq4IN8>



Massive Open Online Courses (MOOCs)

Please check course opening and completion dates to ensure that the MOOC is still current.

OPENS FEBRUARY 2022

Understanding Dementia

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

OPENS 8 FEBRUARY 2022

Traumatic brain injury

<https://mooc.utas.edu.au/course/4191>

OPENS 14 MARCH 2022

Understanding Multiple Sclerosis

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

SELF-PACED

Anatomy: Musculoskeletal and Integumentary Systems

<https://www.edx.org/course/anatomy-musculoskeletal-integumentary-michiganx-anatomy403-1x>

SELF-PACED

Applying Health Coaching in Patient Care

<https://www.edx.org/course/applying-health-coaching-in-patient-care>

SELF-PACED

Cognitive Behavioural Skills to Treat Back Pain

<https://www.futurelearn.com/courses/back-skills-training-programme>

SELF-PACED

Demystifying Biomedical Big Data: A User's Guide

<https://www.edx.org/course/demystifying-biomedical-big-data-a-users-guide>

SELF-PACED

Human Neuroanatomy

<https://www.edx.org/course/anatomy-human-neuroanatomy>



Massive Open Online Courses (MOOCs) (cont...)

Please check course opening and completion dates to ensure that the MOOC is still current.

SELF-PACED

Introduction to Biomedical Imaging

<https://www.edx.org/course/introduction-to-biomedical-imaging>

SELF-PACED

Understanding Clinical Research: Behind the statistics

<https://www.coursera.org/learn/clinical-research#about>

SELF-PACED

Well and Able - Improving the Physical Health of People with Intellectual Disability

<https://www.edx.org/course/well-and-able-improving-the-physical-health-of-peo>

SELF-PACED

Overview and management of Parkinson's Disease

<https://www.edx.org/course/overview-management-of-parkinsons-disease>

SELF-PACED

Understanding the Australian Healthcare System

<https://www.edx.org/course/understanding-the-australian-health-care-system>



Other Online Courses

SELF-PACED

Melanoma and Skin Care Early Detection

<https://masced.uk/accreditation/>

SELF-PACED

Basics of Research Literacy for Massage Therapists

<http://massagetherapyfoundation.org/basics-research-literacy/>

SELF-PACED

Palliative Care Online Training

<https://www.pallcaretraining.com.au/>

SELF-PACED

Hand hygiene modules

<https://www.hha.org.au/online-learning/learning-module-information/module-catalogue>

SELF-PACED

Better Pain Management: The essentials of pain management

<https://www.betterpainmanagement.com/catalog?pagename=Modules>

SELF-PACED

FIFA football medicine courses

<https://www.fifa.com/about-fifa/medical/education-awareness/football-medicine-courses>

