

Calendar of professional development suggestions

January 2023

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 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 and examples, please read AMT's 2020 professional development guide <https://www.amt.org.au/downloads/PD/AMT-Professional-Development-Guide.pdf>



Webinars

**MONDAY 13 FEBRUARY -
7.30pm AEDT**

Online

AMT mentoring scheme information night

[https://zoom.us/meeting/register/
tJUqdu6vpj8iGtQz_CIV4Cs7S0WpcGSrgY9I](https://zoom.us/meeting/register/tJUqdu6vpj8iGtQz_CIV4Cs7S0WpcGSrgY9I)

**Musculoskeletal Australia
community webinar series**

(various)

[https://msk.org.au/msk-events/community-
webinar-series-2023](https://msk.org.au/msk-events/community-webinar-series-2023)

**Musculoskeletal Australia
webinars**

(various)

[https://www.msk.org.au/health-professional-
webinars](https://www.msk.org.au/health-professional-webinars)

AMT webinars

(various)

[https://www.amt.org.au/members/calendar-
of-events.html](https://www.amt.org.au/members/calendar-of-events.html)



On-Demand Webinar Recordings

Introduction to Mental Health in Australia

Presented by Conjoint Professor Mike Hazelton

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

Record Keeping Webinar

Presented by Liz Sharkey

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

Massage & Cancer Research Webinar

Presented by Lizzie Milligan

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

Domestic and Family Violence: Why it matters to massage therapists Webinar

Presented by Dr Sarah Fogarty

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

It's in the air! Time to reVAMP your massage practice Webinar

Presented by Rebecca Barnett and
Liz Sharkey

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

Should research consider massage as a process rather than a technique Webinar

Presented by Jennifer Richardson

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

Exploring how therapists respond to disclosures of domestic and family violence or suspicion of family violence Webinar

Presented by Dr Sarah Fogarty

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

Taking Care of Business Webinar

Presented by Derek Zorzit

Cost: \$20 for AMT members
\$40 for Non-members

Purchase recording [here](#)

TIE Massage (Take It Easy) - Interactive Practical Workshop

Presented by Sharee and Aran Bright

Cost: \$100 for AMT members
\$150 for Non-members

Purchase recording [here](#)



Conferences and workshops

2 - 5 APRIL

Canberra

Australian Pain Society Conference
<https://www.dccconferences.com.au/aps2023/>

6 MAY

Online

AMT AGM interactive practical workshop
TBC

8 - 9 SEPTEMBER

Melbourne

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

TO BE ADVISED

AMT Annual Conference
<https://www.amt.org.au/conference/welcome.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://www.owltail.com/people/zsRS3-walt-fritz/appearances>

Chronic pain: How a trial helped people retrain their brain to 'unlearn' a bad back

<https://www.abc.net.au/news/science/2022-08-22/chronic-back-pain-therapy-relief-sensorimotor-retraining/101320090>

Failing models

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

How to live well with pain and do what you love

<https://drjoetatta.libsyn.com/episode-77-dr-bronnie-lennox-thompson-how-to-live-life-well-with-pain-and-do-what-you-love>

Integration and interdisciplinary therapy

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

Keeping clients safe

<https://abmppodcast.libsyn.com/ep-179-keeping-clients-safe-with-dr-ben-benjamin>



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/>

Monash musculoskeletal research unit podcast

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

Neuroplasticity: the science behind rewiring the brain

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

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>

Pain Reframed: We believe you

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

Patellofemoral Pain Best Practices

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

PhysioEdge Podcast

<https://podcasts.apple.com/gb/podcast/physio-edge-podcast/id454714085>

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/>

Rethinking what's best for low back pain

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



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

Safe, competent and ethical practitioners

<https://cms.megaphone.fm/channel/AAHRA7857280562?selected=AAHRA6251025657>

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/>

The ABMP Podcast

<https://abmppodcast.libsyn.com/>

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://archive.org/details/podcast-liberated-body-podcast_ep-54-the-end-structur_1000367960310

The Knowledge Exchange podcast

<https://www.tkex.org/podcast>



Listen online any time, anywhere

(cont...)

The Obscure Virus Club

<https://www.pushkin.fm/podcasts/revisionist-history/the-obscure-virus-club>

Therapeutic relationships

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

The search for understanding chronic pain

<https://abmppodcast.libsyn.com/size/5/?search=The+search+for+understanding+chronic+pain>

The Strange Science of Recovery

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

The Unsilencing (about autoimmune diseases such as MS)

<https://podcasts.apple.com/au/podcast/radiolab/id152249110?i=1000533182440&fbclid=IwAR1e1XUynvZ7EFBqQbf8j-pPZLwdQrZXnUsLAAQz mhWfnwpqxY9EYRWfH2w>

What is functional?

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

You are not so smart - Naive Realism

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



View online any time, anywhere

7 amazing pain facts that could change your life:

<https://www.youtube.com/watch?v=tAXXKiTpp0U>

COVID risk assessment for massage therapists

<https://www.youtube.com/watch?v=euRPIjL1cwl>

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.youtube.com/c/SanDiegoPainSummit/videos>

Surgery: the Ultimate Placebo

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

The role of massage therapy in a pain revolution

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

Treating pain using the brain

<https://www.youtube.com/watch?v=4ABAS3tkkuE>



Massive Open Online Courses (MOOCs)

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

OPENS FEBRUARY 2023

Understanding Dementia

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

OPENS MARCH 2023

Traumatic brain injury

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

OPENS MARCH 2023

Understanding Multiple Sclerosis

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

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

Equip Aged Care Learning Modules

<https://equiplearning.utas.edu.au/>

SELF-PACED

Introduction to Biomedical Imaging

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



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

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

SELF-PACED

**Understanding Clinical Research:
Behind the statistics**

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

SELF-PACED

**Understanding the brain: the neurobiology
of everyday life**

<https://www.coursera.org/learn/neurobiology>

SELF-PACED

**Understanding the Australian
Healthcare System**

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

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>



Other Online Courses

SELF-PACED

Better Pain Management:

The essentials of pain management

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

SELF-PACED

Melanoma and Skin Care Early Detection

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

SELF-PACED

FIFA football medicine courses

<https://www.fifamedicalnetwork.com/login>

SELF-PACED

Hand hygiene modules

<https://nhhi.southrock.com/cgi-bin-secure/Home.cgi?msecs=1670823887605>

SELF-PACED

Palliative Care Online Training

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

SELF-PACED

Understanding Skin Cancer

<https://www.skincancercollege.org/understanding-skin-cancer/>

