

# TABLE TALK

www.amt.org.au

AMT NEWSLETTER

- January 2015



## AMT in the news

Congratulations to AMT president Annette Cassar and AMT Secretary Rebecca Barnett for their unceasing efforts to educate the public about the benefits and safe practice of massage therapy.

Annette was interviewed by a NewsLocal reporter about the tangible health benefits of massage therapy. The article subsequently appeared in a number of their local newspapers. You can view one of the stories here:

<http://newslocal.newspaperdirect.com/epaper/viewer.aspx>

Meanwhile, Rebecca was interviewed by local ABC radio last October about AMT's Code of Practice. You can listen to her interview here:

[http://blogs.abc.net.au/queensland/2014/10/massage-whats-appropriate-and-whats-not.html?site=sunshine&program=sunshine\\_cooloola\\_coast\\_drive](http://blogs.abc.net.au/queensland/2014/10/massage-whats-appropriate-and-whats-not.html?site=sunshine&program=sunshine_cooloola_coast_drive)

She was also quoted in a story in the *Daily Telegraph* about allegations of fake accreditation of a baby massage business. To read the full story, visit:

<http://www.dailytelegraph.com.au/news/opinion/angry-mothers-are-demanding-their-money-back-from-infant-massage-information-service/story-fnlrw4is-1227113893795>

And off to a great start, AMT's petition has made the news in Leeton:

<http://www.irrigator.com.au/story/2836137/help-retain-rebate/>

## Participants needed for AMT research study

The recent news coverage of the leaked draft of the National Health and Medical Research Council's (NHMRC) review of natural therapies underscores the need for quality research. AMT members are in the box seat to advance the knowledge and practice of massage therapy by supporting scientific research.

AMT is still looking for massage clinics in Sydney, Canberra, Melbourne, Brisbane and Perth to participate in the second phase – the patient survey phase – of the ARCCIM/AMT research project.

This phase involves allowing a research assistant to conduct an exit interview with 10 consecutive clients of your practice. AMT members who host the research will earn 20 CEUs for their participation.

Please consider helping us carry out this vital research that, we think, will make the case for the role of massage therapy in the Australian healthcare landscape. The project is currently stalled because not enough practices have agreed to participate in the patient arm of the study.

If you are interested in participating, please follow the link below for more information:

[https://www.surveymonkey.com/s/massage\\_phase2\\_invite](https://www.surveymonkey.com/s/massage_phase2_invite)

## Sunshine Coast market clamps down on massage stalls

A recent story published in the *Sunshine Coast Daily* highlighted a clampdown on stalls offering health services by a Sunshine Coast market in the wake of sexual assault charges laid against a massage stallholder.

According to the article, published on 9 January 2015, applications for health or allied health services stalls are not being taken currently for the Fishermans Road market.

The article also states that: the Caloundra Street Fair has not banned massage stalls but requires "health and wellbeing" stallholders to provide proof of training and experience; the Eumundi Market is asking for proof of qualifications and stall applicants will be asked to undergo an interview; and Noosa Farmers Market continues to allow stallholders to offer massages in conjunction with sales of other products, but requires that massage services be provided in full view of the public.

You can read the full article here:

<http://www.sunshinecoastdaily.com.au/news/crackdown-on-massage-at-markets/2505940/>

AMT is interested in hearing from members who have been affected by the changes. Please email Kat Boehringer at [journal@amt.org.au](mailto:journal@amt.org.au)

## New fingerprinting law for Florida massage therapists

In news abroad, a new Florida state law is set to crack down on massage therapists and massage businesses that aren't complying with current rules.

Currently in Florida, massage establishments are required to be licensed and regulated by the state. Under the new law, which comes into effect this month, massage therapists will be obliged to submit digital fingerprints and undergo criminal checks when applying for licenses and taking certification exams.

The measure comes after the state discovered widespread use of fake diplomas in applications for licenses. While the law has been in effect since July last year for new licenses, it has been extended to include existing licenses.

Other licensed health care providers in Florida, including doctors, nurses, chiropractors and dentists, are already required to supply fingerprints.

## Have you signed the AMT petition?

Not with a whimper but a bang: 2015 kicked off with a flurry of media speculation around a leaked draft of the National Health and Medical Research Council's (NHMRC) review of natural therapies. The news reports about what the NHMRC might recommend as a result of its review were pretty grim. They suggested that the NHMRC had looked at the evidence for 17 natural therapies currently rebated under private health insurance, including massage, and had found that none of the therapies work. According to these media reports, the Health Department was likely to remove the government rebate on all natural therapies after 1 April 2015.

It is important to step back and take a deep breath about these reports. The findings of the NHMRC review that has fuelled all of this media speculation are yet to be publicly released. AMT is aware of the findings but, until the report is officially released, our response has to be somewhat constrained. AMT has written to the Federal Health Minister, Sussan Ley, to confirm the Department's timetable for its consideration of the NHMRC findings and we await a response.

In the meantime, AMT has launched an online petition to the Health Minister and the Prime Minister. The petition asks them to retain the government rebate for massage therapy and to fund much-needed research into the efficacy of massage therapy in the treatment of a range of conditions, as a safe and cost effective alternative to drug and surgical interventions, and as a preventive health strategy. At the time of going to print, the petition had garnered more than 4000 signatures.

The petition clearly states AMT's concern that the scope of the NHMRC's review was too narrow. AMT maintains its position that a solid evidential basis underpins the efficacy of massage therapy in the treatment of a range of conditions.

AMT encourages all members to communicate with their clients and involve them directly with AMT's campaign to preserve the government rebate for massage therapy. Don't forget to download and print a copy of the AMT Client Communiqué for your clinic. The communiqué outlines the proposed changes and gives clients a number of options to take direct action, including signing the AMT petition.

The Client Communiqué can be downloaded from the AMT website here:

<http://www.amt.org.au/downloads/news-items/AMT-Client-Communique-ancillary-cover-changes.pdf>

And don't forget to sign AMT's petition here:

<http://bit.ly/amtpetition>

AMT continues to monitor this situation closely and will keep you informed as more information comes to hand.

## Letter to the Federal Minister for Health

AMT member Sister Marimil Lobregat has kindly given her permission for AMT to share with its members her letter to the Federal health minister about her concerns over the proposed cuts to private health rebates for massage therapy. AMT hopes that Sister Lobregat's letter might inspire some other members to write to the health minister with their concerns ...

### **The Hon. Sussan Ley, Federal Minister for Health**

*I have been massaging the needy (in every sense of the word 'needy') of every culture and age for the last half a century, relieving them through the 'healing touch' of massage of the physical ailments and pains that restrict them from living their life to its full dimensions.*

*It is now over 16 years that I am involved massaging patients in the palliative section of Calvary (Hospice) Health Care – Sydney. My first years there were dedicated to offering vivifying massages to the exhausted nursing and medical staff... and the last 10 years massaging terminal patients who feel a great comforting relief with the 'healing touch' of appropriate massage, when medical treatment, at times, fails. I am continuing with this ministry (ministry = service) with the terminally ill at Calvary Hospice at the age of 86. This is one of many areas to prove the effectiveness of the 'healing touch' of massage by accredited massage therapists.*

*With regards to the daily fears and depressing pressures nowadays, especially on the working class, one of the most comforting and 'saving' resorts for them is to restfully have the body's aches and discomforts addressed soothingly, be 'uplifted' and vivified with a feeling of 'life is worthwhile living to its full dimension'.. not merely to 'survive another day'.*

*It is mainly for this reason that the working class take a costlier health insurance... to be assisted with the fee and thereby be able to caringly receive the appropriate 'healing touch' from accredited massage therapists, to un-stress, maintain a positive mental balance and enliven an enthusiastic approach to attain their goal in life, thus minimizing considerable expenses on Medicare and other such government or NGO 'charities'!*

**(Sister) Marimil Lobregat, fmm**  
**AMT Member – 1-8130**  
**Sydney - 20 January 2015**

## Sunshine Coast

by Lesley Carter

The dates for the 2015 meetings for the Sunshine Coast are as follows: March 8, June 14, August 9, and October 11 (AGM).

Mark Deal will be taking our first meeting on March 8. We will be discussing the knee joint, ankle joint, and foot, including evaluative procedures and treatment techniques for injuries and presenting conditions. It will be a full-day workshop with a shared luncheon.

Topics for our other three workshops are still in the planning stage.

## Illawarra

by Linda White

AMT Illawarra finished 2014 with its Annual General Meeting, where Linda White and Sharon Harley were unanimously re-elected as Chairperson-Secretary and Treasurer.

Our meeting was attended by 13 members and four observers and was held for the first time at Murphy's Restaurant, Unanderra. Overall, it was the most successful and enjoyable local AGM to date.

AMT Illawarra will hold its first meeting on Tuesday, 24 February in the Bottlebrush Room, Corrimal Community Centre, Short Street, Corrimal commencing at 7pm. Contributions of ideas, expertise, or preparedness to simply 'help out' from time to time are very welcome! Inquiries should be directed to Linda White on 0417 671 007 or by email to [lindamassage@bigpond.com](mailto:lindamassage@bigpond.com).

## Blue Mountains

by Amina Dargan

In the last year, attendance at the Blue Mountains meetings has been consistent in numbers, and we have had members from as far as the Central Coast and Bathurst join us.

AMT Blue Mountains members participated in the 2014 National Massage Therapist Awareness Week by giving free 15-minute massages to the community. We received great feedback from participants and members were able to network and line up prospective business. Our local paper supported the event with positive articles including a pre-event promotional article and a post-event interview.

Our AGM was held in November at the Cancer Council Help Centre in Katoomba. Noreen Davern and Kat Boehringer spoke about continuing our Blue Mountains bush fire emergency response massage team. We all agreed to focus on this for the NMTAW. Members were encouraged to sign up for the emergency response team by contacting Lynne Rymes, the new event coordinator. Lynne has taken over this role from Noreen.

As a result of our office bearers' election, we welcome Christina Cody as Treasurer and Amina Dargan as Secretary. The Chairman position is yet to be confirmed, with Anne Howarth as a possible candidate. A very warm thank you to Takako Jawor (ex Chairman) and Kat Boehringer (ex Secretary) for all you have contributed in the past year; your efforts in organising events and inspiring workshops is appreciated.



The Blue Mountains branch AGM shiatsu workshop

Our AGM also included a shiatsu workshop by local shiatsu teacher, Kaiya Seaton. Kaiya took us through breathing and stretching exercises, Eastern medicine and shiatsu theory, hara diagnosis, an introduction to acupuncture points and meridians, and shiatsu techniques. It was a motivating workshop providing therapists with both self-care techniques and techniques to use on clients.

Our first meeting for 2015 will be in March, date and location will be advised on the AMT Calendar of Events.

AMT has released its Research Round-Up - a summary of open access massage therapy research released over the preceding month, including hyperlinks to the full free text articles available online. Here is the latest list of current open access research:

**Tobacco brief intervention training for chiropractic, acupuncture, and massage practitioners: Protocol for the CAM reach study**

Muramoto ML, Howerter A, Matthews E, Ford-Floden L, Gordon J, Nichter M, Cunningham J, & Ritenbaugh C  
*BMC Complement Altern Med*, 14(1), 510.

**Abstract**

Tobacco use remains the leading cause of morbidity and mortality in the US. Effective tobacco cessation aids are widely available, yet underutilized. Tobacco cessation brief interventions (BIs) increase quit rates. However, BI training has focused on conventional medical providers, overlooking other health practitioners with regular contact with tobacco users. The 2007 National Health Interview Survey found that approximately 20 % of those who use provider-based complementary and alternative medicine (CAM) are tobacco users. Thus, CAM practitioners potentially represent a large, untapped community resource for promoting tobacco cessation and use of effective cessation aids. Existing BI training is not well suited for CAM practitioners' background and practice patterns, because it assumes a conventional biomedical foundation of knowledge and philosophical approaches to health, healing and the patient-practitioner relationship. There is a pressing need to develop and test the effectiveness of BI training that is both grounded in Public Health Service (PHS) Guidelines for tobacco dependence treatment and that is relevant and appropriate for CAM practitioners.

<http://www.biomedcentral.com/1472-6882/14/510/abstract>

**Case report: The effects of massage therapy on a woman with thoracic outlet syndrome**

Wakefield ML

*Bnt J Ther Massage Bodywork*, 7(4), 7-14.

**Abstract**

Thoracic outlet syndrome (TOS) refers to a group of conditions resulting from compression of the neurovascular structures of the thoracic outlet. The parameters for physical therapy include myofascial release (MFR), neuromuscular therapy (NMT), muscle strengthening, and stretching. This case study examined the effects of neuromuscular therapy, massage, and other manual therapies on a 56-year-old female presenting with bilateral numbness over the forearms and hands on waking. Numbness occurred most days, progressing to "dead rubbery" forearms and hands once or twice a month.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4240700/>

**Touching pain: Massage therapy techniques to support adaptive body awareness for self-management of chronic pain related to spondylolisthesis**

KB Patel

**Abstract**

Massage therapy techniques increase body awareness. Body awareness can be adaptive or maladaptive. Adaptive body awareness is shown to have a positive effect in the acceptance and management of chronic pain. Spondylolisthesis is a structural condition often accompanied with chronic pain. The present report investigates the efficacy of massage therapy techniques in enhancing and sustaining adaptive body awareness for the self-management of chronic pain related to spondylolisthesis.

[http://myotracks.com/wp-content/uploads/2014/11/KPatel\\_Touching-Pain-Abstract.pdf](http://myotracks.com/wp-content/uploads/2014/11/KPatel_Touching-Pain-Abstract.pdf)

**Effects of massage therapy and occlusal splint therapy on electromyographic activity and the intensity of signs and symptoms in individuals with temporomandibular disorder and sleep bruxism: A randomized clinical trial**

Fidelis de Paula Gomes CA, El Hage Y, Amaral AP, Politti F, & Biasotto-Gonzalez DA.

*Chiropractic & Manual Therapies*, 2014 (22), 43.

**Abstract**

Temporomandibular disorder (TMD) is the most common source of orofacial pain of a non-dental origin. Sleep bruxism is characterized by clenching and/or grinding the teeth during sleep and is involved in the perpetuation of TMD. The aim of the present study was to investigate the effects of massage therapy, conventional occlusal splint therapy and silicone occlusal splint therapy on electromyographic activity in the masseter and anterior temporal muscles and the intensity of signs and symptoms in individuals with severe TMD and sleep bruxism.

<http://www.biomedcentral.com/content/pdf/s12998-014-0043-6.pdf>

### The effect of massage therapy on autonomic activity in critically ill children

Guan L, Collet J, Yuskiv N, Skippen P, Brant R, & Niranjana Kissoon N.

*Evidence-Based Complementary and Alternative Medicine*, 2014.

#### Abstract

Our main objective was to describe the effect of foot and hand (F&H) massage on the autonomic nervous system (ANS) activity in children hospitalized in a pediatric intensive care unit (PICU); the secondary objectives were to assess the relationship between ANS function and the clinical severity and to explore the effects of repeated massage sessions on the ANS. Methods. Design was a descriptive experimental study. Intervention was single or six session(s) of F&H massage. ANS function was assessed through the frequency-domain analysis of heart rate variability. Main metrics included high and low frequency power (HF and LF), HF + LF, and LF/HF ratio. Results. Eighteen children participated in the study. A strong Spearman's correlation was observed between HF + LF and clinical severity. During massage, the parasympathetic activity (measured by HF) increased significantly from baseline with a mean percentage increase of 75 % (95 % CI: 20 %~130 %). LF increased by 56 % (95% CI: 20 %~92 %). Repeated sessions were associated with a persistent effect on HF and LF which peaked at the second session and remained stable thereafter. Conclusions. HF + LF is positively correlated with clinical severity. F&H massage can improve the ANS activity and the effect persists when repeated sessions are offered.

<http://www.hindawi.com/journals/ecam/2014/656750/>

### AMT is launching a new member database

By now, you should have received an email outlining AMT's new member database.

One of the exciting features of the new system is a discrete member portal where you will be able to view and manage certain details associated with your AMT membership.

In the new member portal, you will be able to:

1. View your current CEU tally and upload new CE evidence
2. Add and remove practice details
3. Update personal details, such as home and email addresses
4. Renew your membership online
5. Upload insurance and first aid certificates

Stay tuned for further email updates about how to access your personal login area. Please make sure that you login in as soon as possible and check that your details are current and correct. It's crucial that we establish the integrity of the data in the new system as quickly and efficiently as possible.

February 2015		CEUs
2-3	<b>Fascial Fitness Trainer Course.</b> Presented by Daniela Meinl. Sydney, NSW. Contact Budiman 0402 059 570. Email: <a href="mailto:terrarosa@gmail.com">terrarosa@gmail.com</a> or register at <a href="http://www.terrarosa.com.au">www.terrarosa.com.au</a>	70
4	<b>Sydney South Branch Meeting.</b> Hurstville, NSW. Contact Rene 0411 039 819 or <a href="mailto:rene.karen@optusnet.com.au">rene.karen@optusnet.com.au</a> To register for this meeting please download the registration form <a href="#">here</a> .	15
6-8	<b>Oncology Massage Module One.</b> Presented by Lizzie Milligan. Randwick, NSW. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
7-9	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Melbourne. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
7-11	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
10-11	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Melbourne, VIC. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
11-13	<b>Foundations for Rehab "Promoting Purposeful Movement".</b> Presented by Sheldon Caines. St Leonards, NSW. Contact 0406 608 590. Email: <a href="mailto:info@correctivetherapist.com.au">info@correctivetherapist.com.au</a> Web: <a href="http://www.correctivetherapist.com.au">www.correctivetherapist.com.au</a>	105
11	<b>Introduction to Integrated Manual Therapy seminar with Live Technical Demonstrations Webinar.</b> Presented by James Waslaski. 10.00am-1.00pm (AEST). Contact 03 9481 6724. Email: <a href="mailto:info@comphs.com.au">info@comphs.com.au</a> Live Audience Booking: <a href="http://www.comphs.com.au">www.comphs.com.au</a> Live and Recorded Webcast: <a href="http://www.chseducation.com">www.chseducation.com</a>	5
12-14	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Bendigo, VIC. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
13-15	<b>Oncology Massage Module One.</b> Presented by Anne-Marie Halligan. Geelong, VIC. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
15	<b>Headache and Neck Pain.</b> Presented by John Bragg. Springwood, NSW. Contact 0410 434 092. <a href="http://www.johnbragg.com.au">www.johnbragg.com.au</a>	35
18	<b>Gua Sha Day.</b> Presented by Bruce Bentley. Sydney, NSW. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	35
18-20	<b>Oncology Massage Module One.</b> Presented by Kate Butler. Northcote, VIC. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
20-22	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Sydney, NSW. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
20-24	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Sydney, NSW. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
21-22	<b>Certificate of Pregnancy Massage.</b> Presented by Catherine McInerney. Adelaide, SA. Contact 03 9571 6330. Email: <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> Web: <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	70
21-23	<b>Oncology Massage Module One.</b> Presented by Tania Shaw. Buderim, QLD. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
23-24	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Sydney, NSW. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
27-3/3/15	<b>Neurostructural Integration Technique Basic.</b> Presented by Ron Phelan. Melbourne, VIC. Contact 0419 380 443. Email: <a href="mailto:bowenst@primus.com.au">bowenst@primus.com.au</a>	175
28-2/3/15	<b>Oncology Massage Module One.</b> Presented by Deb Hart. Nedlands, WA. Contact Kylie Higgins 0408 077 123 <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
28-4/3/15	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Canberra, ACT. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
28-2/3/15	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Canberra, ACT. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
28-1/3/15	<b>Onsen Volume I Structural Assessment and Correction for the lumbar, pelvis and sacrum.</b> Presented by Jeff Murray. Sydney, NSW. Contact 0427 310 510. Email: <a href="mailto:info@beyondmassage.com.au">info@beyondmassage.com.au</a> <a href="http://www.beyondmassage.com.au">www.beyondmassage.com.au</a>	70
28-2/3/15	<b>Anatomy Trains in Motion - For Manual &amp; Movement Therapists.</b> Presented by Julie Hammond & Mumu Morwitzer. Perth, WA. Contact 0415 707 130. Email: <a href="mailto:info@kmiaustralia.com">info@kmiaustralia.com</a> <a href="http://www.bodyworkeducationaustralia.com.au">www.bodyworkeducationaustralia.com.au</a>	105
28-1/3/15	<b>Neurostructural Integration Technique Introduction.</b> Presented by Robert Monro. Brisbane, QLD. Contact 0448 428 020. Email: <a href="mailto:nstqld@gmail.com">nstqld@gmail.com</a>	70

## Calendar of events

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March 2015		CEUs
3-4	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Canberra, ACT. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
7-9	<b>Oncology Massage Module Two.</b> Presented by Tania Shaw. Mackay, QLD. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
8	<b>Massage for Asthma and Breathing Pattern Disorders.</b> Presented by John Bragg. Springwood, NSW. Contact 0410 434 092. <a href="http://www.johnbragg.com.au">www.johnbragg.com.au</a>	35
10-12	<b>Oncology Massage Module One.</b> Presented by Gillian Desreux. Auckland, New Zealand. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
12-14	<b>Oncology Massage Module One.</b> Presented by Hayley Moeller. Canberra, ACT. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
14-15	<b>Neurostructural Integration Technique Introduction.</b> Presented by Shayne Sullivan. Geelong, VIC. Contact 0417 011 192. Email: <a href="mailto:shaynesullivan1@gmail.com">shaynesullivan1@gmail.com</a>	70
14-18	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Hobart, TAS. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
14-16	<b>Oncology Massage Module One.</b> Presented by Amy Tyler. Castle Hill, NSW. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
14-15	<b>Functional Fascial Taping Upper and Lower Bodies.</b> Presented by Ron Alexander. Sydney, NSW Contact Budiman 0402 059 570. Email: <a href="mailto:terrарosa@gmail.com">terrарosa@gmail.com</a> Register at <a href="http://www.terrарosa.com.au">www.terrарosa.com.au</a>	70
14-16	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Hobart, TAS. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
14-15	<b>Neurostructural Integration Technique Introduction.</b> Presented by Wendy Eyles. Sydney, NSW. Contact 0412 417 719. Email: <a href="mailto:harmony4massage@gmail.com">harmony4massage@gmail.com</a>	70
15	<b>AMT Annual General Meeting and Workshop.</b> Adamstown (Newcastle), NSW. Contact 02 9211 2441 or <a href="mailto:info@amt.org.au">info@amt.org.au</a> . To register please download the registration form <a href="#">Here</a> .	50
17-18	<b>Modern Cupping Therapy.</b> Presented by Bruce Bentley. Hobart, TAS. Contact 03 9576 1787 <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	70
20-22	<b>Oncology Massage Module One.</b> Presented by Deb Hart. Hillier, SA. Contact Kylie Higgins 0408 077 123. <a href="http://www.oncologymassagetraining.com.au">www.oncologymassagetraining.com.au</a>	105
21-25	<b>NurtureLife® Pregnancy Massage Practitioner.</b> Presented by Catherine McInerney. Melbourne, VIC Contact 03 9571 6330 or <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> (5 day course includes Certificate of Pregnancy Massage) <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	175
21-22	<b>Functional Fascial Taping Upper and Lower Bodies.</b> Presented by Ron Alexander. Melbourne, VIC. Contact Budiman 0402 059 570. Email: <a href="mailto:terrарosa@gmail.com">terrарosa@gmail.com</a> Register at <a href="http://www.terrарosa.com.au">www.terrарosa.com.au</a>	70
21-22	<b>Myofascial Cupping.</b> Presented by David Sheehan. Melbourne, VIC. Contact 03 9481 6724 . Email: <a href="mailto:info@comphs.com.au">info@comphs.com.au</a> Register online: <a href="http://www.comphs.com.au">www.comphs.com.au</a>	70
21-22	<b>Certificate of Pregnancy Massage.</b> Presented by Catherine McInerney. Melbourne, VIC. Contact 03 9571 6330. Email: <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	70
21-22	<b>Hot Stone Massage Therapy.</b> Presented by Master Zhang Hao. Strathfield, NSW. Contact 0416 286 899. <a href="http://www.chihealing.com.au">www.chihealing.com.au</a>	70
23-25	<b>NurtureLife® Pregnancy Massage Practitioner.</b> Presented by Catherine McInerney. Melbourne, VIC. Contact 03 9571 6330. Email: <a href="mailto:info@pregnancymassageaustralia.com.au">info@pregnancymassageaustralia.com.au</a> (3 Day Upgrade to Practitioner from Certificate) <a href="http://www.pregnancymassageaustralia.com.au">www.pregnancymassageaustralia.com.au</a>	105
27-29	<b>Master Class in Traditional East-West Cupping.</b> Presented by Bruce Bentley. Brisbane, QLD. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	105
27-31	<b>Advanced Certificate in Integrated Cupping Therapy.</b> Presented by Bruce Bentley. Brisbane, QLD. Contact 03 9576 1787. <a href="http://www.healthtraditions.com.au">www.healthtraditions.com.au</a>	175
27-31	<b>Neurostructural Integration Technique Basic.</b> Presented by Ron Phelan. Coolup, WA. Contact 0419 380 443 Email: <a href="mailto:bowenst@iprimus.com.au">bowenst@iprimus.com.au</a>	175
28-29	<b>Functional Fascial Taping Upper and Lower Bodies.</b> Presented by Ron Alexander. Wodonga, VIC Contact Budiman 0402 059 570. Email: <a href="mailto:terrарosa@gmail.com">terrарosa@gmail.com</a> Register at <a href="http://www.terrарosa.com.au">www.terrарosa.com.au</a>	70

Please view the Calendar of Events on the AMT website for the complete 2015 listing: [www.amt.org.au](http://www.amt.org.au)



*in good hands*

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# 2015 AMT Annual General Meeting and Workshop

**When:** Sunday 15 March 2015  
**Time:** AGM commences 9.00am  
Workshop 10.00am – 5.30pm  
**Where:** Adamstown Senior Citizens' Centre  
153A Bruncker Road  
Adamstown (in Newcastle)

**Reward:** 15 CEUs AGM only  
50 CEUs AGM and workshop  
**Cost:** \$140 members  
\$160 non-members  
**Please bring:** your own lunch if you are attending the workshop  
The AGM is free

## ABOUT THE WORKSHOP

### The Essential TMJ

#### Presented by Ron Phelan

Temporomandibular Joint (TMJ) disorder is referred to as the "hidden imposter" because it mimics the symptoms of many other musculoskeletal problems. Dysfunction of the TMJ typically affects around 30 percent of the population, with symptoms such as neck pain, back pain, headaches, migraines, clicking jaw and bruxism being the most common problems.

This one-day TMJ workshop will give you the necessary skills to accurately assess and effectively treat the most common dysfunctions relating to the TMJ. The workshop covers:

- pre and post treatment assessments of TMJ, including orthopedic and myofascial assessment techniques
- common causes of TMJ dysfunction
- neurological and physiological implications of TMJ dysfunction
- splints
- scan software
- case studies including video

Participants will be given time to treat using a simple but effective cross-fibre technique based on the Bowen style.

## ABOUT THE PRESENTER

Ron Phelan is a remedial massage therapist trained in deep tissue, sports massage, lymphatic drainage, acupuncture, Bowen Therapy and Neurostructural Integration Technique.

Ron trained under three of Tom Bowen's original students and practices in the Geelong region on many of Tom's past patients. He blends this rich experience with knowledge gained from the work of world-renowned orthodontists, Dr Brendan Stack (USA) and Dr Derek Mahony (Australia).

Ron has taught massage and myotherapy at both private and government RTOs.

In 2011, Ron presented this TMJ work to a group of dentists in Sydney. In 2014, he presented to dentists in the USA and the UK, and will shortly be moving to the UK to work directly with dentists.

This will be his last workshop in Australia before he goes to the UK.

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Members who do not wish to attend the whole day are warmly invited to attend the AGM only. There is no fee to attend this portion of the program but we do need you to RSVP. Please telephone or email head office if you wish to attend the AGM only.

# Registration info

Please find enclosed:  \$140.00 AMT Member  
 \$160.00 non-members

TOTAL \$ \_\_\_\_\_

Cheque or Money Order (made out to AMT)

EFT (see payment details below)

Or please debit my visa/mastercard

AMT Membership number: \_\_\_\_\_

I will only be attending the Annual General Meeting

Please bring towels, bolsters and pillows

Please indicate if you can bring a massage table  YES  NO

## PLEASE PROVIDE YOUR DETAILS BELOW

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_ Email address: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Card Number:

Cardholder's Signature: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

## PLEASE NOTE AMT DOES NOT ACCEPT THIRD PARTY PAYMENTS

### AMT REFUND POLICY

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

### 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

Please return to:  
AMT Ltd, PO Box 826  
Broadway NSW 2007  
or fax 02 9211 2281

