

American MASSAGE THERAPY Association



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For those
who knead
to know

Oregon News

May/June 2005 *Membership Edition*

PO Box 2142 • Lake Oswego, OR 97035-0645

July Cookie Master Presentation

Eating Disorders & Bodywork *with Adela Basayne, LMT #2556, NCTMB*

Today, any one in contact with the media is bombarded with images of six-pack abs and exposed mid-riffs, Fast Food Nation and Supersize Me, worries about the "obesity epidemic" and the new food pyramid, low carb, no carb and speculations about celebrity weight gain and weight loss. It's safe to say that a significant number of Americans have body image distortions and disordered eating patterns. What's the difference between this and an eating disorder? What's the benefit of massage therapy in the treatment of eating disorders? What is the role of the massage therapist's own body image in client interactions in general?

This class will address these topics, as well as the current thinking about the etiology and treatment of anorexia nervosa, restricting and binge/purge types, and bulimia nervosa.

Adela Basayne, LMT, NCTMB, has worked with eating disordered children, adolescents, and adults, in inpatient, day treatment and outpatient settings, as an individual therapist and as part of a multi-disciplinary team, for the past 20 years. Bring your cases and questions to this unique continuing education opportunity!

Welcome New AMTA-OR Members

— by **John Combe, LMT #7492,**
CCA, AMTA-OR Membership
Chair

Thank you to the following members for signing up to work with me on the Membership Committee:
Emily Keering, Sara Marvin,
and **Laveta Sherman.**

I am proud to see our chapter growing. On behalf of the Membership Committee we welcome the following Professional/Associate Members, a total of 40 in February/ March.

February

New Professional Members: 6
Sharon Francis, Teresa Hill,
Courtney Inman, Jennifer
Metzler, Monyrith Tran,
Jamaica Young

New Associate Members: 3
Michele Lawrence, Amber

(See New Members... continued on page 3)

QUICK CHECK

AMTA-OR Community Calendar

June 17-19
St. John Seminars — NMT 4

July 9 — COOKIE MASTER!
 1-4pm AMTA-OR Cookie Master (Lunch served from 12-1pm) **3-Hour CE Workshop “Eating Disorders and Bodywork”** with Adela Basayne, BS, LMT #6533



July 22
OSM — Ortho-Bionomy Posture Work

July 22-24
OSM — Massage for People Living w/Cancer

July 30-31
OSM — Aromatherapy Foundations Part A and Polarity Therapy an Intro to Energy

August 13-14
OSM — Spa Essentials, Body Polishes & Glows

August 25-28
NHRC — Carnio-Sacral Therapy A Healing Art

September 9-11
St. John Seminars — NMT 3

September 10
AAHC Wellness Walk needs volunteers

September 21-24
AMTA Nat’l Convention
 Hyatt Albuquerque
 Albuquerque, NM



October 8 — COOKIE MASTER!
 1-5pm AMTA-OR Cookie Master (Lunch served from 12-1pm) **4-Hour CE Workshop “Improving Flexibility: Stretching and Beyond”** with Lama Somananda Tantrapa

October 23-29
Nat’l Massage Therapy Awareness Week
 This year’s theme is “Massage: A Key to a Healthier You”

December 10 — COOKIE MASTER!
 1-4pm AMTA-OR Cookie Master (Lunch served from 12-1pm) **3-Hour CE Workshop “Navigational Tools for Growing and Building Your Practice”** with Trinity Sheraden, LMT #7300

February 18, 2006
AMTA-OR Annual Meeting & Trade Show
 Sweetbrier Inn & Suites, Tualatin

P
residential
Notes

by **Nathan Nordstrom, LMT #7700**
 AMTA-OR President

What we stand for determines our Character

As I work with people I find myself on a rollercoaster of reactions. From the person on the street yelling obscenities at the top of their lungs to the timid girl shivering in the corner in fear, we must define how we will react, and in turn what we stand for. This does not mean “Calling People Out”. However, it does require you to choose what you respond to in your environment. By speaking in-kind you can find many people willing to help you. This may be the first step one takes in standing for something.

This past month AMTA hosted its first volunteer orientation training program. This was in-kind outreach to the membership for help, and I feel it was successful. We had a small group of people who are always willing to help in any situation (the normal few). The rest were LMTs and students who are very excited about the opportunity to help, and we appreciate everyone’s attendance.

How do we show our Character? Our outward appearance speaks loud enough to be heard over any words you can say. If I state that it is impor-

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tant to never wear corduroy and that is what you see me in, I have just caused doubt on my character. Being true to your word is crucial if you want to be respected as a professional.

We all feel like it would be good to help people. However, the first step is always the hardest. I would like to invite you to call any member of the board and ask how you can help. There is always something you can do, if you want to work one hour or serve part time. Anything you can do will “show your character.”

You can only control yourself, so make the best of it. Your responses to others' choices are a large part of your decisions. Life is only 2% what happens to you and 98% how you respond to it. The most important characteristic one can possess is love. All other desirable traits stem from that. If you want your clients to respect you as a professional, you should first respect them as a client, friend, employer, and confidant.



AMTA-OR Treasurer's Report

WA Mutual Checking: \$14,317.16
Van Kampen Investments: \$14,622.48
— Submitted by Brandi Walton, Treasurer

ABOUT THIS PUBLICATION

Contributions are welcome; all submissions must include a legible signature and phone number and may be edited for space and clarification. Address all correspondence to: Editor, Glenath Moyle, PO Box 2142, Lake Oswego, OR 97035. Phone: 503/641-2070. Email: kiwimom@attglobal.net. AMTA-OR reserves the right to edit materials; reject copyrighted materials unless consent of copyright holder is obtained in writing; and assumes no responsibility for errors, omissions, corrections, or modifications in its publications. Information, articles, endorsements and ads contained in this newsletter do not necessarily reflect the opinions of the American Massage Therapy Association.

Chapter Volunteer Orientation Program (CVOP) Held April 9, 2005

AMTA-OR held its first Chapter Volunteer Orientation Program (CVOP) for Oregon on Saturday, April 9, following the monthly AMTA-OR board meeting at the Sweetbrier Inn & Suites in Tualatin.

The AMTA-OR board and committee chairs met with members and students interested in volunteering time and energy to the efforts of the Oregon chapter.

President Nathan Nordstrom led the event, and each board committee liaison outlined the projects and needs of the individual committees. Volunteers were asked to choose their areas of interest. New volunteers included: **David Sherman, LaVeta Sherman, and Richard Ribar**, and students **Scott Alvey and Emily Keering**, all from the Portland area.

Following this first Oregon CVOP, board members said they felt the event had been a success. “I really feel that Saturday’s meeting was what we wanted,” said 2nd VP and Membership Chair John Combe. Leslie Giese, 3rd VP, agreed, saying that this showed there was good potential for increasing volunteer efforts in AMTA-OR.

AMTA members and associate members interested in getting involved in their state chapter are invited to contact any board member. 🙌

New Members...

(Continued from front page)

Parmelee, Kristen Ranien

March

New Professional Members: 13
Elizabeth Borte, Karen Cameron, Stewart Cameron, Nedra Dasilva, Tammy Goen, Nadine King, Amanda Maben, Sara Morgan, Jared Mulloy, Chizuru Naruse, Barbara Pickle, Kristin Murphy, Cristine Wakefield

New Associate Members: 18
Martie Coblenz, Jamie Collins, Gail Dagan, Kim Flowers, Amy Garand, Erin Geroux, Melinda Good, Mark Hammer, Sarah McCoy, Dean Miller, Janet Moten, Chanta Mueller, Keri Russell, Tonia Shirrell, Lisa Wallis

New Members YTD: 85

Bits & Pieces

— Notes from around the State

Looking for volunteers:

African American Health Coalition, Inc. (AAHC) Wellness Walk is looking for volunteers to provide foot and/or chair massage to walkers on September 10, 2005 at Dawson Park — located at North Vancouver and Stanton in Portland. The purpose of the Walk is to celebrate our community’s health and sustain ongoing free physical activity classes for African Americans in the Portland metro area. We expect around 600 walkers. The walk begins at 9:00 a.m. and we expect the walkers to start returning to the park around 10:45 to 11:00 a.m. If you are interested in volunteering to do massage, please contact Bev Holzman at 503/413-1850 or bev@aahc-portland.org.

Shifting Our Focus: From Disease to Health; From Alienation to Home

— by Ursula Popp, L.Ac.

“Finding health should be the physician’s objective. Anyone can find disease.” ~ Andrew Still

In 1850, Andrew Still introduced a revolutionary paradigm with the science of Osteopathy by declaring that the doctor was not to focus on disease but rather, on *health*. The fact that, over 150 years later, the idea of finding health versus treating pathologies, has yet to find a stronghold within most fields of western health care, belies its inherent merit and power. I believe and have discovered in my own Cranio-Sacral practice that an approach that assumes that my clients are fundamentally healthy has the potential to empower us. By shifting our focus away from the things we label wrong, broken, or undesirable, we release ourselves from the burdensome need to fix and empower our clients to connect with their fundamental state of health. In this article, I invite you to join me as I explore Dr. Still’s directive.

But, before going any further, it will be helpful to understand how I view disease. I believe that all sickness is a sort of homesickness. When we are away from home, we feel ill, ill at ease, diseased. We experience a deep longing for the ease and comfort that comes with being back home. Yes, homes can be messy, dirty and in need of attention. But it is

still home where we are most comfortable and relaxed. Problems arise when we fall out of touch with our homes and find ourselves, in a sense, homeless. When we avoid going home we don’t know what is going on there and burglars and pests take over easily. The same is true with our physical home – the body. It can be ill, painful, and in distress, but it is still our body. When we start avoiding being present in our bodies, then disease can take over and spread. Once we find our way back home by becoming present in our body, we can take care of it, and allow its innate wisdom and health to come forth.

Too often, however, we find it hard to be home. We do everything to avoid feeling physical pain – a common way we disconnect from our bodies. Consider the number of painkillers used every day in the attempt to block out pain. Let me give you an example of disconnecting from my own body. A couple of months ago my back went out. I was in a great deal of pain, so I stopped moving that part of my body, really I stopped moving my whole right side of, until a massage therapist pointed this out to me. It was very helpful for me to see how automatically I had disconnected from my pain. Once I put

my attention back into the painful area, and started to do the movements that were possible, I was on my way to healing.

As I said earlier, when we start focusing on health rather than disease, we stop attempting to fix our clients by taking their pain away – attempts that generally provide only temporary relief, anyway. Instead of pulling from our bag of techniques for the right fix-it tool, we start listening to the expression of life and health within each and every client. We help them through our educated touch to become present in the places in their body that are healthy, where they feel good, strong and comfortable. Once both practitioner and client are aligned with those healthy parts it is easier to come home to painful, dysfunctional parts and give them the attention they need. When we are both present in those parts, what I understand to be an inner wisdom comes forth that helps the healthy systems in the body inform the dysfunctional parts about how to work more effectively. This is a holistic process that involves body, mind, and spirit – the entirety of the person.

I have been a student, practitioner, and instructor of Cranial-sacral

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Shifting Our Focus...

(Continued from page 4)

work for over 15 years. Over this time, I have discovered how well this modality lends itself to helping clients recognize that they are healthy and beautiful, despite the problems and discomfort they experience. Cranial work focuses on the fluids of the body, particularly the cerebral spinal fluid. This fluid is understood to be the most physical expression of a person's soul, a person's essence, and to transport life force throughout the body. It has a fluctuation throughout the body that is present in a fetus and continues for a while after the heart has stopped beating at death. When the cranial practitioner works with this fluid by listening to its fluctuation, the client's brainwave slows down and drops into alpha wave. In this state, the ego's controlling and protective nature subsides and a deeper inner wisdom – the wisdom of the soul – comes forth. This wisdom knows what is not working in our bodies, minds, psyche, and in our lives. It also knows what is needed to reestablish health. In areas of pain and disease, the life force is bound up, does not flow, and therefore is also not available in other parts of the body. With the presence of a skilled practitioner, the cerebral spinal fluid, in which life force is transported throughout the body, moves naturally towards this bound up energy. The energy gets loosened up by the force of the fluid, reintegrated into the flow, and thus made available for the whole body again. In this way, not only does the presenting issue go away, but also the person feels more energetic and restored throughout. Instead of labeling dysfunctional parts, we learn to

understand them as an expression of life. Once they are listened to and feel heard, they relax and move toward more flexibility and increased choices, and ultimately greater health.

While this may sound very esoteric, I think it is relevant to our practices because aligning with health is the most healing approach I know. Let me give you a sense of how this applies in practice. For example, take the case of a client who comes in and complains of ongoing headaches. The cranial practitioner might take the person's head in his or her hands, and become very present and still with the client, letting the usual chatter of his/her mind quiet down, listening to what is happening in the whole of the client. Next the practitioner starts listening to the ebb and flow of the cerebral spinal fluid, listening, feeling for the healthy, unique way it moves through this particular client. The practitioner forms a strong alliance with this healthy flow as a baseline for the whole treatment, attempting to stay in contact with it at all times.

Once the client drops into a slower brainwave pattern, the ego relaxes and the inherent deep wisdom of the client can be heard. The client recognizes that he or she is being seen and received as healthy. And, just as in a conversation with a friend who sees our strength and beauty, we might reveal our secrets and what is close to our heart, so too, the body begins to reveal its story. The practitioner might then notice bound up energy in a specific part of the body. This energy might be bound up due to a physical or emotional trauma. The practitioner might be drawn to the masse-

ter, a major muscle involved in chewing (and in teeth grinding). While the masseter is gently listened to it naturally relaxes, realizing that there is much more to it than tension. The practitioner then may move to the mandible itself, and might even feel sadness welling up in herself that she realizes is not her own, while holding this mandible. So she stays there, gently listening and feeling to whatever might come up. After a while, like after a good cry, the sadness subsides; the mandible starts moving more freely in alignment with the flow of the fluid. The client might have feelings or images arise, too, during the treatment and might recall particular experiences. After the masseter and the mandible released, the practitioner will let him or herself be drawn to other areas of the body, continuing to stay deeply connected to the healthy flow of the cerebrospinal fluid while hopefully finding the original pattern setter (which in this example might be in the pelvic area) for the headache that brought the client in.

In the scenario above, the practitioner is following what is referred to as an inherent treatment plan – a “plan” that he/she receives through listening deeply to the client's body as opposed to a plan based or predetermined protocol. This kind of treatment is highly personal, always original, and far more effective and enduring than any protocol ever learned. The practitioner identifies with the unconditional health expressed through the cerebrospinal fluid of the client and not with symptoms or pathologies. All this can happen without a word ex-

(See Shifting Our Focus... continued on page 6)

Shifting Our Focus...

(Continued from page 5)

changed between the practitioner and the client (although the process can be supported by therapeutic dialogue). Gentle, listening touch increases the client's sense of healing and helps him or her consciously recognize the place of familiarity, health, and home. What a wonderful journey it is to find our way back home and our way back to being fully present within our bodies and our lives! 🙌

Chapter Reports & Other Info...

2005 AMTA Nat'l Convention

Get ready to "Reach Your Potential" at this year's AMTA National Convention in Albuquerque, New Mexico, September 21-24. For the first time, AMTA is offering a 16-hour course, "Sensory Receptors... Rebels Without A Pause?" The course will run eight hours over two days, September 23 to 24.

Instructing the course is Erik Dalton (OK), who regularly runs workshops related to therapeutic massage, Roling® and osteopathy. Dalton will teach attendees 16 "pain-busting" techniques for neck, rib, shoulder and arm pain. Attendees can expect demos from Dalton, as well as special video presentations that show ways to ease neck "cricks," frozen shoulders and wrist injuries, and more.

Also new this year is "Ashitsu Oriental Bar Therapy™," a critically acclaimed workshop taught nationwide. Those participating in the four-hour course - instructed

by Ruthie Piper Hardee, founder of the modality - will learn a bare-foot shoulder and scapula routine that can blend into any established massage routine. Therapists will also partner on table and stool, receiving equal hands-on time. It is offered twice on September 23, once from 8 a.m. to 12 p.m., and again from 1:30 p.m. to 5:30 p.m.

For more information on any of the courses offered at this year's convention, visit the AMTA website at www.amtamassage.org or contact Heather Stearns at 1-877-905-2700, ext. 143 or by email at hstears@amtamassage.org. 🙌

Massage Therapy Awareness Week

AMTA-OR is making preliminary plans for National Massage Therapy Awareness Week, scheduled for October 23-29, 2005. *Massage: A Key to a Healthier You* is the theme for the 2005 event.

If you and your friends have thoughts, plans, or ideas on how to publicize massage in your community, or would like to see some coordinated publicity during National Massage Therapy Awareness Week, please email AMTA-OR Secretary Michael Dukart at swanspirit@qwest.net, or call him at 503/363-1539. 🙌



Profession Has Yet to Define Medical Massage

(Evanston, IL - April 22, 2005) - The American Massage Therapy Association (AMTA) Board of Directors is writing to state boards regulating massage therapy advising them that the massage therapy profession has not yet agreed upon a definition of the term 'medical massage'. The association believes that information on this term and the issues surrounding it are unclear for massage therapists, massage schools, regulators, employers, healthcare facilities and the public.

In recent months, proposals have been made to some regulatory bodies to accept a 'medical massage' certification exam and regulate 'medical massage' separate from massage therapy. AMTA believes it would be premature for a state regulatory board, state legislature or municipal body to make decisions regarding special credentials for what might be designated 'medical massage' until all stakeholders in the massage therapy profession have an opportunity to define the term.

"There are many massage therapists who refer to their practices as medical massage," said AMTA President Mary Beth Braun. "However, it is another matter for a regulatory body to require a specific credential for practicing 'medical massage' when so many definitions for the term are being used without key stakeholder consensus. The term 'medical' has

(See Medical Massage... continued on page 7)

Medical Massage...

(Continued from page 6)

legal meaning in some states. So a definition for ‘medical massage’ could only be determined when stakeholders in the massage therapy profession, the medical professions, credentialing bodies and regulatory bodies have provided input into a definition of the term.”

It is AMTA’s point of view that the massage therapy profession needs to expand its body of knowledge to include core terminology, scope of practice and baseline competencies and generally agreed-upon baseline education standards. However, neither baseline educational standards nor a scope of practice could be determined without agreed upon definitions for key terms such as ‘medical massage’.

“All of the massage therapy trade publications, including ours, have been discussing ‘medical massage’ for a long time,” said Braun. “That discussion is healthy, because as professionals, we need to look at all the points of view and come up with a definition that makes sense.”

AMTA is currently gathering information from stakeholders both within and outside the massage therapy profession to inform the process of defining what could be called ‘medical massage’. AMTA believes that it is premature, at this time, for any action to be taken regarding ‘medical massage’ until the profession has an inclusive discussion, leading to agreement on definitions and place in the spectrum of massage education and practice. 🙌

News from the Massage Therapy Foundation

Registration for “**Highlighting Massage Therapy in CAM Research**” is now open!

The Massage Therapy Foundation is pleased to sponsor this three-day conference September 25-27th immediately following the AMTA National Convention this September in Albuquerque, New Mexico.

AMTA joins Marsh Affinity Services and NCCAM (Grant No. R13 AT002675-01) as a presenting sponsor of this conference, the first conference of its kind to be held in the United States.

This conference will bring together researchers, massage therapists, and massage therapy educators for presentations about massage therapy research, panel discussions, poster sessions, and networking opportunities; including special interest groups on specific research topics.

Register now for this landmark event by visiting www.massagetherapyfoundation.org, or by calling 847/869-5019.

Foundation CE Courses at the AMTA Nat’l Convention in Albuquerque

The Foundation is pleased to sponsor sessions from the “Highlighting Massage Therapy in CAM Research Conference” at the AMTA National Convention in Albuquerque:

Looking at the Literature 4 CH
An Overview of the Research Process 4 CH

Massage Therapy Research Protocol Development 4 CH

Massage Therapy Foundation Poster Session

Foundation Elects a Second Vice President

The Massage Therapy Foundation is pleased to announce that Diana Thompson of Seattle, WA has been elected a Vice President of the Massage Therapy Foundation Board of Trustees for terms beginning March 1, 2005. Thompson joins Foundation Vice President Sharon Marden Johnson (ME).

Ms. Thompson has been a trustee since March 2002 and has been instrumental in moving significant Foundation projects forward. Her ability to plan, lead and articulate the work of the Foundation is evident in the success of the projects she has guided.

Thompson is a licensed massage practitioner in the state of Washington. She began her practice in Iowa in 1979, working exclusively with college athletes, and became licensed in Washington in 1984 where she founded Lakeside Massage – The Injury Clinic. Diana has taught at dozens of massage schools throughout the United States, including Bastyr Naturopathic University and Seattle Midwifery School. She has presented at state and national massage, physical therapy, chiropractic and midwifery conventions and seminars, and has been a consultant for several NIH funded research projects, and for regional and national insurance carriers and networks. Her first book was published in 1993 and the third edition, *Hands Heal: Communication, Documentation,*

(See **Foundation...** continued on page 8)

Foundation...

(Continued from page 7)

and Insurance Billing for Manual Therapists was published in 2005.

Dollar-Per-Member Chapter Campaign Update

Maureen Moon from the AMTA Colorado Chapter and Kathleen Miller-Read of the AMTA Washington Chapter have graciously offered to once again chair the Foundation's Dollar-Per-Member Campaign this year. They will be

calling each Chapter President soon to ask for your Chapter's support of our important work. The following is an update from a past Community Service Grantee.

"Strengthen Our Sisters" is a crisis intervention, safe shelter, advocacy, and supportive services organization for the homeless and battered women and children.

Karin Westdyk, Program Director and a Foundation Community Service Grant recipient writes:

"Our massage sessions with the women and children living at our shelter were a great success. Alice, our massage therapist, did weekly massages for the women and some of the children. It was one of our most successful programs in terms of participation. We were able to provide the healing touch of massage for many traumatized residents of our shelter. For the traumatized victim of violence, massage therapy was like magic and we truly thank you for having provided the means for starting our massage program."

Together we are Building a Brighter Future for Massage Therapy.

The Foundation Wants to Stay in Touch with You

In an effort to step up our electronic communication, the Foundation is updating our email distribution list. If you would like to hear from us via email, please let us know by sending a message to info@massagetherapyfoundation.org with your name and preferred email address. 🖱️

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- Fundamentals of Acupressure
- Releasing Shoulder & Neck Tension
- Zen Shiatsu

Health & Fitness

- Tai Chi for Health - Basic Patterns
- Taijiquan - Orthodox Chinese Tai Chi
- Stretching with Bob Anderson
- Jane Powells Fight Back with Fitness (Arthritis)

Video/Audio Sets

- Baby's First Touch
- Fibromyalgia
- Japanese Hot Stone Massage

Human Anatomy

- Head & Neck Part 1 & 2
- Trunk
- Upper Extremity
- Lower Extremity
- Low Back Dissection
- Cadaver Dissection of Hip/Pelvis Region & TMJ Dissection

Onsen-Rich Phaigh

- Assessment of Pelvic Region #1
- Assess & Correct Lower Body #2
- Assess & Correct Upper Body #3
- Assess & Correct Upper Body #4
- Sports & Fitness Massage

Books

- Medical Massage Therapy Billing
- Ethics of Touch by Ben E. Benjamin & Cherie Sohnen-Moe
- Functional Assessment in Massage Therapy by Whitney Lowe

Other

- Compassionate Touch - Geriatric Massage
- The Power of Touch - AMTA
- Earthquake Relief - MERT
- Principles of Equine Massage
- Rosarita Beach Clinic - Alternative Approach
- Videos by Body Cushion & Oakworks
- Cookie Masters Videos (Call for list)
- Fijian Massage with Lolita Knight (DVD)
- Reflexology Vol. 1 The Feet with Rhonda Funes
- Art of Pre-Natal Massage with Kelly Lott
- Lymphatic Drainage Massage with Sean Riehl

Clinical & Sports

- Basic PNF - Patrece Morency
- A Chiropractic Approach to Soft Tissue
- Soigneur's Sports Massage: A SOMA Body Work Intro
- Functional Assessment Skills with Benny Vaughn
- New Approaches to Muscle Therapy from Body Cushion

Seated Massage

- Seated Massage Experience with Raymond Blaylock
- On-Site Practice by David Palmer
- Oakworks Portal Pro

Upledger

- 10-Step Patient Protocol
- Patient Sequence Part 1 & 2

Kurshova Method

- Russian Sports Massage
- Pre & Post Massage
- 10 Sports Injuries

St. John - NMT

- NMT Philosophy 1
- NMT Philosophy 2
- NMT Philosophy 3
- Low Back Pain
- Shoulder Pain
- TMJ Pain
- NMT 3 - Home Study
- NMT 4 - Home Study
- NMT Nerve Entrapment/Compression v.4
- NMT Shoulder Pain v.10
- NMT Carpal Tunnel v.11
- Cervical Injuries, Postural Analysis & Pelvic Stabilization
- Pain Mechanisms of the Low Back

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