

American MASSAGE THERAPY Association



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who knead
to know

Oregon News

December 2010 Statewide Edition

PO Box 2142 • Lake Oswego, OR 97035-0645

AMTA-OR Member John Combe Receives Award

By Michael Dukart, 2nd VP



Introduced as “Gentleman” John Combe at the Awards Ceremonies at the AMTA National Convention, **Oregon’s 2010 Meritorious Award winner**, who practices in La

Grande, smiled for the cameras and accepted his honor graciously.

Quite honestly, the Board of Directors for the Oregon Chapter, had to triple check that “Gentleman” John had never received his state’s Meritorious Award. It was hard to believe, with all his many contributions to our causes, he had somehow slipped through the cracks and escaped recognition. We fixed that, and he never caught on until he checked in at Convention!

John Combe, LMT #7492, NCTMB, sports an impressive list of services rendered to the American Massage Therapy Association, and the massage commu-

nity, both at the state and national levels: AMTA-Oregon Membership Chair (2002-2006, 2008-2010), 2nd Vice President (2004-2006), President (2006-2008), Delegate (2004, 2005, 2006, 2008), Budget Committee Member (2003-present); AMTA House of Delegates Operations Committee (2005-2007, 2009-present), AMTA 2010 National Convention Planning Committee, AMTA Chapter Presidents Council, Presenter (2006), Presidents Council Moderator (2007), and many other committee and oversight posts nationally and for Oregon. Combe has also been active at the Oregon Board of Massage Therapists (OBMT) and with the Massage Therapy Foundation. Currently, John is co-chairing the AMTA-Oregon 2011 National Convention Committee.

John operates Combes Wellness Center in La Grande. He is married to Angela and they have two dogs. He has been licensed in Oregon since 2000. He enjoys running, the outdoors, dancing, serving the American Massage Therapy Association and enjoying his AMTA family.

Thank You, John.

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AMTA National Offices	Phone: 847/864-0123 Toll Free: 1-877-905-2700 Fax: 847/864-1178 www.amtamassage.org
Massage Therapy Foundation	Phone: 847/869-5019 Fax: 847/864-1178
National Certification	Toll Free: 1-800-296-0664 www.ncbtmb.com

Presidential Thoughts

with Mike Blackmore, LMT #6637



Here comes the rain!

As we approach the winter months, that could mean it's time for me to pull out my waterproof jacket almost every time I go for a run. Or the rubber boots for those of you who love (or abhor) yard work. For the Oregon Chapter of AMTA, it means something completely different!

Before we know what has hit us (that would be the rain), the National Convention will be smack dab in our yard (requiring those boots). Yes, the AMTA National convention is coming to Portland, October 2011. Plenty to be done to prepare the beds; planning a large crop of activities, deciding which ones will really provide the most fruit.

Incoming National President **Glenath Moyle** (yeah, she lives here in our yard) asked me to be a member of the planning committee. I foolishly said yes, not realizing I would need to buy a new pair of boots. She has some great ideas for the convention. I can't wait to get my boots dirty. Oh, I also got matching gloves!

John Combe will be running the show for the Oregon members, planning all the local activities. This job won't be quite as dirty. Tell John you don't have any boots, and he will find you an indoor job. Seriously, we want to give our fellow members from around the country a great show while in Portland. Call John if you have even an hour of time to help out in the next six months.

Contact the Editor for submission deadlines.
Visit us at: www.amta-or.org



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, Becky Leetch at bleetchlmt@comcast.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.

Our own annual meeting and convention is right around the corner as well. February 19 will find many of us at the Red Lion Hotel on Grand Ave in Portland. Due to our upcoming efforts supporting John, we will have a one-day affair this year. Officer and delegate elections will be sandwiched between six classes completely focused on *Sports Massage*. **William Mullstadt**, a triathlete, coach and therapist will present his theory on working with athletes during training and onsite. **David Common**, a local instructor and business co-owner will lecture on setting up your own event-massage practice, as well as teach a hands-on myofascial class to help open the rib cage of distance runners, giving the lungs more space to expand and take in oxygen during training and racing. Two other speakers have yet to sign their contracts as I write this.

Diana Thompson, former President of the Massage Foundation, will be our presenter for the December meeting. She is truly a sage at SOAP notes. Her 6-hour class on Saturday, December 11 is not to be missed. Diana will also discuss ethical insurance billing on Sunday, December 12, following the board meeting. Find the registration form in this newsletter.

I want to thank my fellow board members and committee members for all they do to make the chapter tick. This summer has been very difficult personally for several of them, and I recognize the time required to accomplish what they can while tending to their own needs and those of their family. Please take a few moments of your own time to thank them as well. You can find their email addresses on the inside of the front cover.

Sometimes the rain hits us sideways when we least expect it. My friends on the board have reached for their boots and continue to dig in the garden. 🙌

Treasurer's Report

Financial Report as of November 8, 2010

Submitted by **Brandi Walton, LMT #3218**, AMTA-OR Treasurer

Pacific Continental Bank: \$11,392.33

Invesco Investment Services: \$40,746.29

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Government Relations Update

— by **Leah Bowder, LMT #12252**

AMTA-OR 1st VP, Government Relations Chair

The Oregon Board of Massage Therapists has voted to advance rulemaking changes for public comment in December. The change to administrative rules increases fees imposed by the Board.

Current fees are \$100 per biennia (two years) for initial or active license. The proposed rule changes would retain the same cost for initial licensure, but increase the renewal to \$150 per biennia. As history, the fee for all licensure went from \$80 to \$100 on January 1, 2005.

Should you want to comment on the rule change, contact our Lobbyist **Cindy Robert** or myself before December 16. You may attend the December 16 meeting of the Oregon Board of Massage Therapists. See the following article with more information. 🙌

OBMT Public Hearing Scheduled

The Oregon Board of Massage Therapists will hold a public hearing on Thursday, December 16, 2010 at 1:00 p.m.

This Proposed Rulemaking Hearing provides interested parties a final opportunity to address any questions or concerns they may have prior to the rules becoming effective.

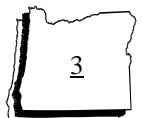
Testimony may be provided in oral or written format. Written testimony must be received prior to the close of hearing on December 16, 2010. Those wishing to provide oral testimony should arrive prior to the hearing's designated start time and provide 15 copies of any written testimony being submitted.

For further information please review the Notice of Proposed Rulemaking Hearing at the following website: http://www.oregon.gov/OBMT/docs/12_16_10_Rules_Hearing_Notice.pdf.

Members of the public are welcome and encouraged to attend.

— Kathleen E. Coffey
OBMT Executive Director

AMTA Oregon News
December 2010



Plan Now to Join the 2011 Board!

By Vickie Stoddard, LMT #7220

In 2011, at the AMTA-OR Annual Meeting, our chapter will elect people for the following Board positions: 1st Vice President, 3rd Vice President, Treasurer and Delegates.

If you would like to know more, you can find information about these Board positions on our website at www.amta-or.org — or speak with the person who currently holds the position that interests you.



American Massage Therapy Association
Oregon Chapter

Corvallis unit

Meetings are held the first Thursday of the month, 6:30 – 9:00 p.m. at Osborn Aquatic Center. Continuing education classes are offered.

Two contact hours are available to active AMTA members at no extra charge. Continuing education certificates are available to non-members for a fee of \$15.00 per contact hour. All LMTs and affiliate healthcare professionals are welcome to attend our meetings at their leisure for no charge.

To Health and Wellness,
Jenni Malm, LMT #12421
AMTA-OR Corvallis Unit, Co-Chair



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Chapter Awards

— by Leslie Giese, LMT #5975, AMTA-OR Awards Chair

The AMTA-OR chapter wants to recognize individual members for the work they do as a Licensed Massage Therapist (LMT) in our state and to improve our profession. The AMTA-OR chapter offers and budgets for the following four major awards each year:

Chapter Meritorious Award

The AMTA-OR Board of Directors chooses the person at each year Board Retreat. This person is chosen based on their duty beyond that of a regular member and how they perform above and beyond in service to the AMTA-OR members. This is awarded at the National Convention in the year that the person is nominated and voted for.

LMT of the Year

The Awards Committee chooses the LMT of the year from the application forms submitted. This award is to identify and recognize an LMT in Oregon who exemplifies the professionalism and achievement in the field of massage and embraces the mission of AMTA. Requirements: They must be an AMTA-OR member and they must promote high standards in ethics, practice, volunteerism, leadership and commitment. This is not a popularity contest, so number of votes from the membership is not a consideration.

Scholarship Award (\$500)

This award is to a student to help pay for their Massage Therapy education. Requirements: Must reside in Oregon and be enrolled as a student at an Oregon Massage Therapy school or, in a massage therapy program at a Community College in preparation for licensing as a Massage Therapist in Oregon. They must have a financial need. They must have high personal and academic achievement. This is also not a popularity contest so numbers of votes will not apply.

Grant Program (\$1,000)

The grant is awarded for the purpose of increasing public awareness of the massage profession at the local, state or national level. The grant may be used for research, humanitarian efforts or other purposes that relate to the advancement of the field of massage. No person or organization may win two years



in a row. Any person or organization that has been awarded a grant twice will no longer qualify to apply.

Grant applications must: be typed, contain a specific aim, include a budget for the project, convey the significance of the grant project, and include a resume of the applicant. The award will be based on professionalism, impact and the ability of the recipient to administer the project.

I encourage each of you to consider how participating in these awards. You may know an LMT that you admire or want to create a project to promote massage. We will follow up on all of the information that you provide in order to present the award to the best candidate. To be fair to all those who apply, only those who fill out the forms correctly and provide all of the information required will be considered. [You will find the Award Nomination Form on page 10 of this issue.] 🙌



Update Your Info in Both Places!

We combine the mailing list from OBMT and AMTA for this mailing. We do our best to remove duplicates. If your address is not the same on both lists, you likely have rec'd two copies. Please try to keep your information current in both places!

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Infant Massage Educator Certification through IAIM
Bodywork for People with Brain Injuries

Oncology Massage 1: during & after cancer treatment, Oncology Massage 2: for cancer related side effects
Advanced Myofascial Techniques: Neck, Jaw & Head 1&2, TMJ I with Til Luchau and Advanced-Trainings.com
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- Walk to dining options
- Bodywork supply store
- Option to pay 25% down (when registering min. 14 days in advance)
- Convenient by car or Trimet (525 NE Oregon St. Portland, OR 97232)

Visit www.eastwestcollege.com for current schedule

or call 503.233.6500 to have one mailed to you.

December CE Workshop



Diane Thompson will present two classes for AMTA-OR in December. On Saturday, December 11, she will teach “SOAP Notes for Insurance Billing” from 9:00am to 4:00pm., with a one hour break for lunch. This class will provide 6 continuing education units. On Sunday, December 12, she will teach “Ethical Insurance Billing” from 1:00pm to 4:00pm, for 3 CEUs. The Sunday class follows the AMTA-OR Board meeting which is from 10:00am to 12pm, with a free lunch provided from 12-1pm. Please see the registration form on page 9 for more information.

The location for all these events is East-West College of Healing Arts, 525 Northeast Oregon St., #350, Portland, OR 97232-2766.

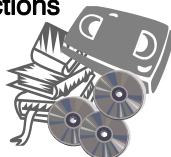
About the Presenter

Diane 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 established *Lakeside Massage – The Injury Clinic*.

Diane has taught at massage schools throughout the United States, and many other programs 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 as well as for regional and national insurance carriers and networks.

Her first book was published in 1993 and the third edition, “Hands Heal: Communication, Documentation, and Insurance Billing for Manual Therapists” was published in 2005. 🙌

For our Lending Library selections
go to www.amta-or.org



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AMTA Oregon News
December 2010

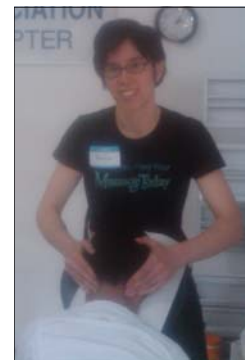
AAHC Wellness Village

— by Leslie Giese, LMT #5975

It was an uncommonly beautiful day for the 15th Annual African American Health Coalition's Wellness Village.

We were on hand to join the festivities to give massage to the participants, while educating everyone about the ways that massage is helpful for maintaining a healthy life style.

I want to thank member **Shelia Resari** (pictured) for taking time out of an already busy day to help us — and an Extra Extra Special Thank You to **Harold Toliver**, one of our members from Eugene, for coming up to Portland to spend the entire day with us at the Village!



We had a great time and hope that you will join us next year for the 16th Annual event! 🙌

Refer a Friend

You've come to value the benefits you get with your AMTA Professional membership. Now our Refer-a-Friend Program rewards you—and your friends—when you spread the word about AMTA's benefits. Go to www.amtamassage.org/forms/referafriend.aspx and follow the instructions.

AMTA 2011 National Convention



October 19-22, 2011, Portland, OR

Watch for more information about AMTA's 2011 National Convention's educational sessions, the pre-convention and Massage Therapy Foundation's post-convention workshops, the numerous networking and social events, including the Oregon Chapter's host event, and sponsorship and Exhibits Marketplace opportunities. Details will be available around April 1, 2011.

AMTA National Convention Recaps

By Becky Leetch, LMT #6337, Delegate

I attended my first out-of-town AMTA National Convention in Minneapolis in September, 2010. I met so many LMTs from so many states (and Canada). Part of the fun is collecting a pin from as many states as possible. The Oregon group passed out as many small embroidered roses as possible to encourage people to attend the National Convention in Portland, Oregon in 2011.

I attended orientation for the state delegates and we learned about the process we would go through the next day. In the House of Delegates (HOD) session we had quite a few decisions to make. I learned a lot about precision in wording and intent for proposals submitted to the HOD. It was a disappointment that we were unable to pass any of them. You can read the HOD minutes on our website at www.amta-or.org.

There were many good speakers and so many wonderful classes to choose from; it was not easy to decide which classes to take when I submitted my application before the conven-



tion. I had great learning experiences in all the classes I attended.

I also got to walk around the city and do some tourist activities, experience some local eateries, and spend time with old and new friends.

We are fortunate to have the National Convention in Portland in 2011. Many nationally recognized instructors will be available, many fun activities, networking with other LMTs from all over. What a wonderful opportunity right in our own “backyard”. I look forward to participating and helping out with this big event. I might do some tourist activities and find out something new about my hometown, too!



By Debi Rappaport, LMT #13155, Delegate

AMTA Oregon Members, thank you for allowing me to represent you at this year’s National Convention in Minneapolis. My first and only other National Convention attended was as a student member in Portland, 2002, when I did not know a soul but felt like I was part of the “family”. Following that experience I became a Professional AMTA member.

Taking my position very seriously as I represented 266 Oregon voices, months prior to convention I learned about my duties from the HOD Tool Kit, and when the proposed position statements came

(See Convention Recaps... continued on page 8)

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Convention Recaps... (Continued from page 7)

available I was prepared to review and research accordingly.

Convention experience as your Delegate was truly educational and exciting! It started on Wednesday, September 22, with three Chapter Leadership training courses, followed by the HOD Orientation where I learned about our AMTA political process. It was a wonderful "Mock" experience!

The following day began with the Keynote and awards ceremony starting at 8:30am. Congratulations **John Combe** our Chapter's Meritorious Award winner — well deserved! Later that day the HOD meeting was called to order and as it pro-



HOD head table at convention.

L to R: AMTA-OR HODOC member John Combe; Parliamentarian Robert Jantsch, and Moderator Dan R. Barrow

ceeded I listened and evaluated and voted accordingly. Thank you **Nathan Nordstrom** for being a spokesman when a "Call to question" was in order! I ended the day at Hell's Kitchen (a local restaurant) at the Teacher's Networking Dinner and had the opportunity to sit with some wonderfully inspiring teachers, authors and school owners; some who were also Delegates, sharing ideas and tips on educating clients, students and the public.

Friday was a "me" day with a wonderful 1-hour massage available in a quiet section on level 2 in the convention center, followed by a three hour journey through the Sky Walks of Minneapolis and photo taking of this safe, clean and "green" City! Then off to shop the Exhibition Hall and see, touch, smell and hear new product offer-

ings. The day ended with a short bus ride to the Walker Art Museum to enjoy the "Host Chapter Event" with great local acoustic and vocals, a roving magician, Wolfgang Puck hors d'oeuvres and mingling with members from California to New York.

Reconnecting and meeting new AMTA family members was another one of the rewards of attending Convention. Looking forward to seeing an even bigger AMTA family in Portland in 2011. And yes, I would do this again and I highly recommend this experience to all! 🙌

By Nathan Nordstrom, LMT, LMP, NCTMB

My report as a delegate is going to be brief. Six position statements were presented, and all were shot down — most due to spelling and order errors. There were many concerns presented to the HODOC to improve the process. Hopefully the feedback from the house of delegates will help improve the process for the future. Thank you for letting me help and I would like to thank the membership for their feedback that was shared with me and my co-HOD members. 🙌

By Vickie Stoddard, LMT#7220, Delegate

The House of Delegates met in Minneapolis to debate the following six position statements and one bylaw amendment recommendation:

- Massage can be effective in reducing low back pain
- There should be fair and consistent licensing of massage therapy in all states that can lead to portability of practice
- That those who participate in athletic training and exercise programs will benefit from massage therapy
- That massage therapy can be effective in managing fibromyalgia syndrome
- That massage therapy can be effective in reducing tension headaches
- That massage therapy can be effective in reducing anxiety

Bylaw change amended to include specifics regarding in-class hours of hands-on courses.





Oregon members in attendance at National Convention in Minneapolis, MN.
 Back row: CarolAnn Carnese, Becky Leetch, Ruth Werner, Jane Garbisch, Nathan Nordstrom, Glenath Moyle, Leah Bowder, Adam Parrott. Front row: Jennifer Olsen, Michael Dukart, John Combe, Leon Dunham.

The position statements created lively debate, but ultimately each was defeated due to verbiage and ill-defined information to support the statements. It's apparent that the massage community

wants positive statements that can be released to the news media, but we want accuracy and credibility. The authors were editing position statements to re-submit to the 2011 HOD for debate.

Minneapolis was a wonderful host for AMTA and I hope Portland will be as gracious when we host the 2011 conference. The choice of classes and teachers were so good that it was hard to select classes. The exhibit hall showed a variety of new and well known products. I was pleased to see a booth repre-

senting Portland Tourism to entice 2011 attendees to spend vacation time here in addition to attending the conference.

Oregon AMTA chapter's **Nathan Nordstrom** and **Adam Parrott** taught an Ethics class. The material was well presented and created conversations about ethical dilemmas. The attendees were surprised that time had flown by so quickly and I heard many comments about how much fun the class was. I also attended the geriatric massage class and a class on self care, both had good instructors and information that I could put to use immediately. 🙌



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2010 Continuing Education

AMTA-OR Educational Workshops



~ For all Licensed Massage Therapists ~

Saturday

Lunch break from
 12:00pm to 1:00pm
 (Lunch is not provided)

Sunday

AMTA Board Meeting
 10:00am to 12:00pm
 *FREE Lunch from
 12:00pm to 1:00pm

December 11 & 12

SOAP Notes for Insurance Billing *plus*

Ethical Insurance Billing with Diane Thompson

Saturday 9:00am to 4:00pm and Sunday 1:00pm to 4:00pm*

9 total CE Hours

Cost for both days: \$100 Members \$135 Non-Members

Cost for Sunday Only: \$35 Members \$50 Non-Members

Location: East-West College of Healing Arts, 525 NE Oregon St #350, Portland

Registration

AMTA Member: Yes No
 (You do not need to be a member to attend)

AMTA Member #: _____
 State License #: _____
 Amount Enclosed: \$ _____

Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Mail to: AMTA-OR, PO Box 2142, Lake Oswego, OR 97035-0645
 For more info call 503/306-0932

**** Applications for all awards must be typed on a separate sheet of paper or emailed.****

Please include a contact address and phone number for both the nominee or the applicant.

Note: Massage therapy schools cannot release student information, therefore applications must include contact information in order to be considered. No person or organization may be selected 2 years in a row and may receive an award only twice. **Incomplete nominating information will disqualify application.**

☒ Scholarship Award [\$500.00]

Awarded to a student to help pay for their Massage Therapy education.

Requirements:

- (1) Must reside in Oregon and be enrolled as a student at an Oregon massage therapy school, or in a massage therapy program at a Community College, in preparation for licensing as a Massage Therapist in Oregon;
- (2) Financial necessity; and,
- (3) Personal achievement

Please include all of the following information on a separate sheet of paper, or email:

- Name of candidate you are nominating for the Scholarship Award. Name of school they are attending.
- Your name, phone number, address. Student's phone number, address. Instructor's phone number.
- Include a short paragraph as to why you think this student deserves the award.

☒ LMT of the Year

This award is to identify and recognize a Licensed Massage Therapist in Oregon who exemplifies the professionalism and achievement in the field of massage, and embraces the mission of AMTA.

Requirements:

- (1) Member of AMTA Oregon Chapter
- (2) This award will not be based on the number of nominations submitted for each applicant.
- (3) This award will be awarded based on: volunteerism, leadership, commitment, and the promotion of high standards in ethics and practice

Please include all of the following information on a separate sheet of paper, or email:

- Name of candidate you are nominating for LMT of the Year.
- Your name, phone number, address. LMT's phone number, address.
- Include a short paragraph as to why you think this LMT deserves the award.

► Grant Program [\$1000.00]

— A grant is a gift for a particular purpose. In this case, the purpose is to increase public awareness of the massage profession at the local, state, or national level. This is part of the AMTA's role in the advancement of the individual and the profession as a whole. The grant may also be used for research, humanitarian efforts, or other purposes that relate to the advancement of the field of massage.

— Grant applications need to be typed on a separate sheet of paper or emailed, and contain a specific aim, budget, and convey the significance of the grant project.

— The applicants resume is required (including name, address, phone number, etc.)

— The grant will be awarded based on professionalism, impact, and the ability of the recipient to administer the project.

Please mail all applications and nominations to Attn: Awards Committee
AMTA-OR, PO Box 2142, Lake Oswego, OR 97035-0645
Or email to: Leslie Giese at bodybunch@msn.com



AMTA-OR Video Lending Library

Please contact Jody Green at 541/520-3458

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Eastern Techniques

- Videos by Michael Reed Gach
- The Bum Back Video
- 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
- Primal 3D Interactive Series - Complete Human Anatomy (9 CD set)

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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The national American Massage Therapy Association represents more than 55,000 massage therapists in 27 countries, including over 1185 in the state of Oregon. AMTA works to establish massage therapy as integral to the maintenance of good health and complementary to other therapeutic processes; to advance the profession through ethics and standards, certification, school accreditation, continuing education, professional publications, legislative efforts, public education, and fostering the development of members.

We're the only grassroots organization in our profession. We have 52 chapters and a democratically elected Board of Directors. That's your assurance that all our resources are directed toward supporting our members' needs and interests!

The American Massage Therapy Association provides many benefits for being a member. Liability insurance coverage is a membership benefit. Members receive six issues per year of Hands On, the AMTA newsletter, four Issues of Massage Therapy Journal, Find a Massage Therapist National Locator Service, Career Guides Series which is a set of five manuals to help plan and establish your massage practice, and legal services through the Access Project. These are just a few of the membership benefits.

- On joining the AMTA you also become a member of the Oregon Chapter community.
- Your chapter connects you with colleagues for a steady stream of ideas for use in your practice.
- Chapter meetings make it easy to make friends, network, discuss techniques, and build referrals.
- The AMTA National Convention offers workshops for hands-on training and networking opportunities.



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