



AMTA-IL 2010 Chapter Awards

Rebecca Sturgeon and Heather Rabbit

The AMTA-IL congratulates the winners of this year's awards. Their remarkable achievements and inspiring stories were an uplifting part of this year's Conference.



CHAPTER MERITORIOUS AWARD: *Patrick Malone, Naperville*

Pat Malone has been a leader in the massage therapy profession for over 25 years. He has held a number of leadership

positions at the state and national levels. He has served as a mentor to many beginning therapists through his business, Massage Therapy Associates, Ltd. Over the years, he has trained and mentored many therapists and has had as many as 35 therapist associates at a time. Pat has also given back to the community through worthwhile organizations such as battered women and children's shelters, Illinois Special Olympics, Muscular Dystrophy Association, and many sporting events. Pat accepted his award to a standing ovation. He began his remarks with a tearful thank you to his family, especially his granddaughter Kelly, who "knew what a client was when she was 18 months old." Pat urged everyone to recognize how little things can produce big results. He challenged everyone to take small actions to get involved and to "be an activist" in the profession.



DISTINGUISHED SERVICE AWARD: *Celia Bucci, Chicago*

Celia has served as Secretary for the AMTA-IL Chapter Board and Communications Chairperson for the past year. Her focus has been

"enhancing the member's experience" and this drive has resonated throughout the Chapter Board. Celia has organized, edited and/or authored material for the Chapter's newsletter and is responsible for the development of the Professional Connections e-mail blasts. She spearheaded the establishment of the Chapter's social networking sites and put in countless hours on the old and soon-to-be new website. Celia has

consistently worked to ensure that the Chapter is fiscally responsible, and that the members are kept informed and supported by the Chapter. When accepting her award, Celia reminded the crowd that the AMTA is their organization, and the Board needs members to participate so the organization can truly serve the membership.



HUMANITARIAN AWARD: *Marion Morgan, Chicago*

Marion Morgan started volunteering for the Marjorie Kovler Center for the Treatment of Survivors of Torture while a student at Chicago School of

Massage Therapy in 2000. After completing school, she continued to volunteer at the Kovler Center and is now the Massage Coordinator. The Kovler Center helps survivors of torture reclaim their lives and begin healing. Bodywork is part of this process. Through massage, torture survivors can regain a sense of trust, connection and reintegration with themselves and their communities. Marion helps to train and mentor therapists who are new to working with this population. She prepares them to be ready for any type of delicate situation while reintroducing survivors to safe touch. Marion also encouraged AMTA members to volunteer at the Kovler Center, which is located in the Rogers Park neighborhood of Chicago.

For more information about the Marjorie Kovler Center for the Treatment of Survivors of Torture, visit www.heartlandalliance.org, or call 773.381.4070.

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AMTA-IL 2010 Chapter Awards

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OUTSTANDING CONTRIBUTION TO MASSAGE IN INTEGRATIVE HEALTHCARE: *Vicky Weis, East Hazel Crest (Faye's Light)*

Vicky is the founder of Faye's Light, a nonprofit organization providing quality-of-life for cancer patients through massage, aromatherapy, guided meditation, and other services. Vicky started Faye's Light after taking care of her mother, Faye, during her battle with cancer. Vicky saw that massage helped her mother relax and feel more loved. She noticed that often cancer patients were only touched when receiving medical care and recognized that treatments such as massage therapy could offer benefit and comfort. Faye's Light is run entirely on donations by volunteers. The organization operates at Little Company of Mary Hospital in Evergreen Park, Ingalls Hospital in Harvey, and at their donated location in East Hazel Crest. Vicky thanked volunteer Colleen Fennessey for the nomination and invited other AMTA members to volunteer. Treatments at Faye's Light are free, and are limited to people whose cancer is in the active stages.

For more information about Faye's Light, visit www.fayeslight.org, or call 708.431.3643.



EMPLOYER OF THE YEAR: *Therapeutic Kneads, Highland Park (Sandy Saldano)*

Therapeutic Kneads, owned by Sandy Saldano, was nominated by several of its employees. Therapeutic Kneads has been serving the Highland Park community since 1997. The employees described Sandy as a caring, compassionate professional who takes the time to help her employees set and achieve their own goals. Sandy used the metaphor of a race car driving team to articulate how her business has been successful. Sandy stated that "teamwork is the accelerator" for her business, and the employees are the engine. She urged all employers to take care of "the engine that drives your machine."



ROOKIE OF THE YEAR: *David Fireside, Chicago*
David, a 2008 graduate of the Soma Institute, started his company, Urban Decompression, shortly after graduation. David drew on his background in

the Finance Industry to create a marketing plan and offer his services to 50 of the top accounting firms in Chicago. David also started to give back to the community right away. He started volunteering for the Chicago Arthritis Foundation's Arthritis Walk in 2008, and now David and Urban Decompression serve as the exclusive provider of massage therapy for the walk. After receiving his award, David offered a heartfelt thank you to his wife, Susan, for her support in his new career.



The 2010 Practitioner Case Report Guidelines are now available!

The submission deadline is October 8, 2010.
<http://www.massagetherapyfoundation.org/practitionercontest.html>

Congratulations to the 2009 award winners!

2009 Gold Award Winner: *Glenda Keller, RMT, BPHE, "Treating Chronic Cervical Dystonia with Massage Therapy: a Case Study"*

2009 Silver Award Winner: *Anthony Balluff, ARCB, Jeremy E. Miller, NCTMB, Jeffery A. Dusek, PhD, "Integrating CAM therapies into a multidisciplinary treatment for glioblastoma multiforme: Utilizing reflexology for pre-intra-arterial chemotherapy anxiety and massage therapy for post-intra-arterial chemotherapy bed rest pain and muscle spasm; a case report"*

2009 Honorable Mention: *Mollie M. O'Brien, "The Role of Therapeutic Massage and Integrative Medicine for Supporting a Mother Experiencing Infant Loss during her Acute Care Hospital Stay"*

“*I make the most of all that comes and the least of all that goes.*”

~ Sara Teasdale

The President's Corner



So much has already happened in 2010. Spring is better than half over, and so far the weather has been terrific. Flowers are blooming, we have to mow the grass regularly, and summer is just around the corner. So far, so good.

We've also seen our share of wonderful things happening for

AMTA-IL. Our Spring Conference was a great success. We drew at least 75 more attendees this year than in 2009, we offered more classes each day, and the results of the evaluations said the instructors, hotel, and events made attendees happy. We have more classes to offer before the year is over, and we are trying to secure more opportunities for the membership to give back to the community via outreach events like the MS Walk that took place on May 2. Finally, we get to welcome a new board member, Chuck LaFrano. But in doing so, we have to say goodbye to Celia Bucci, a great contributor to the board over the past few years. Luckily, she has agreed to help the Chapter as a committee person, and for that, we are all fortunate.

But so far, 2010 has also been trying. Now is not the time to bask in the afterglow of the conference success. Our profession is under attack on all sides, and we have to take a stand to preserve our rights.

Various governing bodies are trying to restrict licensed massage therapists from opening a massage establishment in some locations because they associate massage with illicit activities. Never mind that the ones selling illicit activities in the name of massage are not licensed, and are able to get away with this because there is no clear plan to enforce laws currently in place. It is much easier for a politician to grandstand and get their name in the paper for being tough on prostitution than to enforce laws. It is truly a shame that they show little concern for law abiding massage therapists.

Well, let me promise you this: AMTA-IL is here to protect the right of every massage therapist to practice in a safe environment and to make decisions about how and where to practice. We will not stand by and allow anyone to force their narrow views onto anyone legally and ethically trying to make a living as a licensed massage therapist.

AMTA-IL is dedicated to the growth, protection, and enhancement of licensed massage therapists in Illinois. And it is the AMTA, a member driven organization, not an association owned by one man, not some politician with no knowledge of what massage can actually do - that will lead the way when it comes to ensuring your right and ability to practice your trade as you see fit.

So, if you know of any city, town, county, or municipality trying to restrict any massage therapist from legally practicing, please contact the chapter office. As a member, I want you to know that AMTA-IL will have your back should anyone attempt to stop you from legally practicing what has been spelled out in the Illinois Massage Licensing Act as a TRUE HEALTH CARE MODALITY. AMTA-IL is here for you. Just tell us what you need and we will do our best to help.

I would like to leave you with one simple thought: AMTA-IL is an advocate for every member, not just a few individuals who volunteer on the Board. Please take the time to help us when you can. A few people can get a lot done. A lot of people, working for a single cause, can move mountains. Only good things can come from the communal effort.

Respectfully,

Michael A. Hovi
AMTA-IL Chapter President

2010 BOARD OF DIRECTORS UPCOMING MEETING SCHEDULE

All meetings are held from 7 - 9 PM
May 26, teleconference
June 24, face-to-face
July 22, teleconference
August 25, face-to-face

All AMTA Members are invited to participate in Board of Directors meetings. A period of each meeting is dedicated to open discussion during which members are welcomed to voice their opinions and offer suggestions. If you would like to participate in an upcoming Board meeting, contact the Chapter President at mike@amta-il.org with Board Meeting in the subject line, or call 847.865.0674 for more information.

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STUDENT CORNER

Coming Up from Down a Peg

About fifteen minutes into the session, my client (face still in the face cradle) exclaimed: “This is the strangest massage I’ve ever had!” Immediately my heart sank. I had been feeling pretty good, not the best ever, but still feeling like I knew what I was doing. Now I realized I knew nothing.

Despite hours of practice in student clinic and discussions in class, new therapists often find themselves pulled up short by criticism. Without the experience to bolster confidence, an unsatisfied client can present a lingering obstacle to our best work. We are healers who expect and strive to make people feel better after seeing us. When that doesn’t work out, it can take some effort to relocate our center.

With my client, I stopped the massage and started a conversation. What was strange? What was expected that the client felt was not being given? What kind of massage did the client prefer? We reached a sort of agreement, but I could tell from my client’s tone of voice that we had not reached a full understanding. Somehow we got through the session, but I still had that heavy feeling that I didn’t quite know what I was doing.

I related the story to my peers, who commiserated and shared similar stories, all the while reminding me that sometimes the client and the therapist are not a good match. Sometimes it has nothing to do with the skills of the therapist, it is just that the styles don’t work together.

Despite the reassurance and support, I found myself going into my next few sessions questioning techniques and knowledge that had previously felt very comfortable. For me, the only way to finally close the circle and believe in my ability again was to find the lesson. Not the “clients and therapists don’t always match” lesson, but the lesson that I could apply to make myself a better therapist. I reflected on my entire approach – from intake to hands-on session – and realized that one thing I could improve was attention. In the busy spa where I work, it is easy to slip into a cookie-cutter intake interview, thinking I can fill in the blanks myself. This experience taught me that I should pay more attention to clients in the initial meeting.

Rather than bringing me further down, this discovery gave me even more confidence. Here was something I could do to make myself a better therapist. It may be true that my style was not right for that particular client. While this knowledge is comforting, it is not empowering. Finding the lesson empowered me to become better. Ultimately I found that knowledge is power, and learning is power in action. The act of coming up feels better than standing on (what I think is) the summit.

Student Corner is a new, regular feature of the AMTA-IL newsletter geared towards students and new therapists. Do you have a story, tip or idea that would benefit students and new therapists? Submit your ideas to celia@amta-il.org.

Teacher's Corner

Mike HOVI, AMTA-IL Chapter President

Are you currently a teacher, or hoping to be one someday? Are you struggling with what you need to do in order to become a better teacher? Are you frustrated because your students do not appreciate the time and effort you are putting into preparing for class? In this short article, I'd like to share four simple teaching tips that you can easily take into the classroom right away.

Tip Number One: Read the expressions on your students' faces. I always encourage faculty to determine the brightest student in class, an average student, and a student who will struggle with the material. Once you have done that, read the faces of those three students as you deliver your lecture. If at any time you have the attention of all three, you likely have the attention of the whole class. If only two out of three are paying close attention, then you have the attention of two-thirds of the class. Finally, if two of the three are not paying attention, you have lost most of the class and you need to change your approach.

Tip Number Two: Answer questions with a question. I know this is impolite, but it is also often necessary. Remember the old proverb: "Give a man a fish and you feed him for a day, but teach him to fish and you feed him for a lifetime." Well, answering students' questions without first making them think is like giving them a fish. It fills their belly, but it may not last. Instead, listen to the question and decide if the student is just looking for a factual answer, or if they need a more detailed explanation. If they are looking for an explanation, determine what it is they are looking for and why by asking them what they understand first, and then fill in the blanks. If you just give them an answer, the chances are good they will not remember what you said later.

Tip Number Three: Do not try to teach everything with the same emphasis. I often see new teachers present their lesson plan giving equal importance to every single item. Well, if you do that, students may become very frustrated because they want to know what is MOST important. Instead, look through your lesson plan and pick out the 4-5 most important items. When you deliver your lesson plan, cover all of the required material, but be sure that as the students leave, they absolutely know about those 4-5 items of most importance in detail.

Tip Number Four: If you use Power Point, do not turn your back to students and read what is on the screen. First, the students in

the back of the room may not hear you because you are speaking to the opposite wall. Second, if you are reading from the Power Point slide, students may assume that you are not familiar with the material. Instead, as soon as you see the first few words on a slide, know what is on it and talk directly to the students about the essence of the slide's material, not just the words. And do this while you are facing them.

Remember, teaching is more than standing in front of a class and lecturing. It is about preparing students for what is ahead of them. Keep in mind that your objective as a teacher is to make sure that when they finish with your class, they can use that knowledge to become a better therapist. Always keep that thought in mind as you prepare your lessons.

Are you a massage therapy educator? If you'd like to contribute your thoughts and ideas to Teacher's Corner, send your submission for this new, regular feature to celia@amta-il.org.

*V*irtually *G*reen

89% of AMTA-IL members have submitted an e-mail address and now receive all communications electronically!

We truly appreciate your participation in helping us become a green association, and hope that you enjoy the full color communications, something we simply couldn't afford to print.

Only 11% of members have not yet submitted an email address. We do understand that some of you do not have regular access to the internet. Rest assured that you will continue receiving the AMTA-IL newsletter by mail. But if you've received this issue by U.S. Post and have access to the internet, please send us a message at celia@amta-il.org with "I want to go green!" in the subject line so we can add your email address to our database. This will help us further reduce the cost of communications, and bring us closer to being a fully earth friendly association.

Green is just the beginning...

Kate Chase Ryan, LMP

It's hip to be "green" these days. But what does this really mean? Most would agree that the massage industry is pretty inherently green. But with a little digging it's not hard to find a few places where we could improve. Our empty lotion bottles and disposables such as drinking cups and paper towels are trash. We wash a lot of sheets. We drive to work. And how about massage therapists who don't have enough business to make a living?

To make real progress, it's time to move from *green* to *sustainable*. In 1987 the *Brundtland Commission*¹ defined sustainability as that which "meets the needs of the present generation without compromising the ability of future generations to meet their own needs." How do we stack up according to that goal?

How do we measure sustainability?

To measure the sustainability of our practices and ourselves we need to measure, assess, and reassess our goals and progress, just as we do with our clients.

While massage therapists use tools like SOAP notes and special tests to fully assess a condition, sustainability documents baseline data using metrics.

Sustainability also uses its own language. Rather than quality of life and activities of daily living, the language of sustainability seeks to understand how we impact *people, planet, and profit*. These three together are called the *Triple Bottom Line*² and look at the whole picture rather than just the traditional measure of business success: profit alone. One could say that the Triple Bottom Line looks at profit through the lens of sustainability as a holistic perspective rather than just a symptomatic one. When we use only one of the three to evaluate profitability, the others suffer. But with all three in balance, we can thrive.

Let's consider some questions that help us take a proper assessment of *people, planet, and profit* through the lens of sustainability.

- For the People part of the equation, let's ask the question: How does this action/decision directly or indirectly impact me, my clients, and the field of massage therapists?
- For the Planet part of the equation, let's ask the question: Will this decision, action, or policy create an impact on the Earth that outlives my generation, and if yes, how can I lessen that impact?
- For the Profit part of the equation, let's ask the question: Does the profit I earn give me the leverage I need in my life as well as enough leverage to advocate for others?

Now for the fun part – Take a few minutes to consider these questions and begin evaluating your own sustainability.

How does the location of your practice impact People, Planet, and Profit?

Are you located near or far from your home? What is the carbon footprint for your commute? Can you and your clients take public transport? Action item: List the bus routes to your office on your web site or in your office to encourage more use of public transit.

How do the products you use or sell impact People, Planet, and Profit?

Are the topicals you use safe for your skin and your clients' skin? Are there any negative byproducts? Can the container it is in be refilled? Do the people who manufacture it make a living wage? Do you know how much waste the producer creates? Action item: Call one supplier a week to discover more about their sustainability practices.

How does the cost of your sessions impact People, Planet, and Profit?

Do you make a living wage? Do you have enough working capital to weather a financial storm? Does your practice create hardship for your clients because the price is so high? Are you underpaid and might go out of business which would compromise your ability to serve? How does your cancellation policy impact therapists, clients, and clinic profitability? Action item: Make a rock-solid cancellation policy that you can stand behind.

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CALL FOR SUBMISSIONS

Deadline for the next issue is July 15, 2010

The AMTA-IL welcomes articles and photographs for publication. We reserve the right to edit material for space and clarification. Send email or hard copy to:

Celia Bucci, Editor
AMTA-IL In Touch, 1901 North Roselle Road
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For advertising guidelines/rate card, contact the chapter office at info@amta-il.org. Subscriptions are available to non-IL Chapter members for \$12.00 per year. Contact the chapter office at 847.885.0674.

Green is just the beginning...

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I'm sure you're starting to get the hang of this. Now here are a few more in-depth questions for your consideration:

If you work for someone (or others work for you) can you assess that working relationship through the lens of People, Planet, and Profit?

How does the energy usage in your practice impact People, Planet, and Profit?

Creating a solid framework

The questions we need to ask ourselves can seem endless, but don't get discouraged! One of the most important steps in evolving a more holistic process for evaluating Triple Bottom Line sustainability is to gather baseline information that can be assessed later. (Imagine if, when a new client came in with back pain, they had a diary of all of their activities for the last month. It would shed a lot of light on things!).

Just as in our practices, the project is to create a framework for success. More areas in your practice to investigate may include:

- **Ownership:** Vision, strategy, implementation, transparency, reporting
- **Facilities:** Energy, waste, janitorial, water
- **Human Resources:** Company culture, training, attrition, commuting, volunteering, community involvement
- **Office Space:** Supplies, transportation
- **Marketing:** Expenses, materials
- **IT and Technology:** Equipment, e-waste

Think of this project as you would a client with injuries serious enough to warrant working together for a long time. In your heart, remember to hold space for success and full recovery. You'll be amazed at what's available to you with a framework for sustainability at the root of each decision you make in your business and your life!

¹ 1987 Brundtland Commission report Our Common Future.

² Coined in 1994 by John Elkington (the founder of a British consultancy called SustainAbility). Nov 17 2009 | From The Economist online

Kate Chase Ryan earned her massage therapy degree in Chicago and now practices Zero Balancing and Clinical Visceral Massage Therapy in Seattle, WA. She is earning her MBA through Bainbridge Graduate Institute, the leader in Sustainable Business education. She consults with educators, clinic owners, and practitioners who are working toward sustainability. She is a certified SCORE™ (Sustainability Competency & Opportunity Rating & Evaluation) provider. You can find her on the web at www.bodyworkeconomics.com

CALENDAR OF EVENTS

CONFERENCES

**June 3-5, 2010: Alliance for Massage Therapy Education
Shaping the Future of Massage Therapy Education
Grand Summit Hotel | Park City, UT**
<http://www.afmte.org>

**June 17-21, 2010: World Massage Festival
Berea College | Berea, KY**
<http://www.worldmassagefestival.com>

**September 22-25, 2010: AMTA National Convention
Hilton Minneapolis – Convention Center | Minneapolis, MN**
<http://www.amtamassage.org>

AMTA NATIONAL BOARD OF DIRECTORS MEETINGS

**June 5, 2010
Hilton St. Louis at the Ballpark | St. Louis, MO**

**September 20-21 2010
Hilton Minneapolis | Minneapolis, MN**

**October 24-30, 2010
National Massage Therapy Awareness Week (NMTAW)**

MEET-UP!

Belleville 7:00 PM - 9:00 PM, June 1, July 6
Fletcher's Kitchen & Tap, 601 West Main Street, Belleville; R.S.V.P. to Amy Orchard, 618.301.2134, amy@orchardtherapy.com.

Oak Park 7:00 PM - 9:00 PM, May 18, June 15, July 20, Aug. 17, Sept 21 (Third Tuesday of each month)
Eastgate Cafe at Lyman and Harrison Street, Oak Park, IL

Wilmette 6:00 PM - 9:00 PM, July 13
Second Tuesday of every other month. Ridgeview Grill, 827 Ridge Rd. (at Lake Ave.) Dinner (Optional) \$15, Contact: Amy Malloy, 847.853.8750, amymalloy47@aol.com

MESSAGE THERAPY BODY OF KNOWLEDGE (MTBOK)

Key elements of the MTBOK, which is built by and for the full massage therapy community, include a Description of the Field, a Scope of Practice Statement, a section specifying the competencies expected of an entry level Massage Therapist in terms of Knowledge, Skills and Abilities, and a Terminology section.

The task force will deliver the final MTBOK product in early May, 2010 after reviewing and making changes to the document based on public input received and additional task force work. The document will then be available online as a living resource to the massage therapy profession.

Conducting Massage Research in the Special Care Nursery

Heather Rabbitt, Member at Large



Photo courtesy of Swedish Covenant Hospital

Working for a hospital has provided me a number of wonderful opportunities. One of which is introducing programs that teach parents how to massage their babies. I have been a certified infant massage instructor through the Loving Touch Foundation since 2007 and I hold monthly classes for the

community at the hospital. I also have the opportunity to teach preterm infant massage to the parents who have babies admitted to our Special Care Nursery (SCN). Massage gives parents the opportunity to assist in the nurturing care of their baby, while their little ones receive the wonderful healing power of touch.

Like many hospitals in the Chicagoland area, Swedish Covenant Hospital encourages evidence-based practice and research at the nursing level. I have been approached a number of times about conducting massage research, but the lack of man power and time has kept me from turning my ideas into reality. That is, until I started reading research articles about infant massage in hospitals. I realized that I could combine my passion for infant massage with the hospital's need for research.

Babies who are born prematurely or need special care after birth stay in our Level II Special Care Nursery. Any baby who requires the special attention of a Neonatal Intensive Care Unit (NICU) is transferred to Children's Memorial Hospital. The typical gestational age of our infants is 32 to 40 weeks with a majority being underweight. Most of our babies are considered "late preterm", and are often overlooked as subjects for research studies because the focus has typically revolved around early preterm infants within hospital NICUs.

When a baby is born prematurely, their digestive system isn't fully developed. They have difficulty breaking down lactose because of a lower production of digestive enzymes. Massage can increase vagal activity, releasing food-absorbing hormones such as gastrin while decreasing the production of cortisol, which inhibits growth hormone production. Studies have shown that preterm babies who are massaged gain an average of 47% more weight on a daily basis than those who are not massaged. This allows babies to go home sooner and actually reduces hospital costs.

It seemed only natural for us to create a research project that would ultimately provide beneficial care for our littlest patients and promote the act of research within the hospital. Our study is modeled after a research study by Tiffany Field

entitled, *Stable Preterm Infants Gain More Weight and Sleep Less after Five Days of Massage Therapy*. We kept most of the criteria the same for our study. It is a randomized 1:1 study with an experimental group (massage) and a control group (non-massage). So for every baby who is massaged, there is a baby who is not massaged. All babies must meet requirements including consent from parents. They must be stable, not on IV fluids, not receiving antibiotics or phototherapy. There can't be any history of maternal drug use, no surgery requirements and no congenital heart malfunctions. Babies who have any of these conditions may skew the results.

Since our SCH nurses are on staff 24 hours day, they were chosen to perform the massages. Otherwise, I would have to live at the hospital, which doesn't sound very appealing. I trained all of the SCN staff and they are checked throughout the year for accuracy. As in Dr. Field's study, our babies are receiving three 15-minute massages a day for 5 consecutive days.

These include 5 minutes of tactile stimulation in the prone position, 5 minutes of passive kinesthetic range of motion in the supine position, ending with 5 more minutes of tactile stimulation in prone. While our technique has stayed the same as previous studies, we have made a few changes, including the age of our babies. Field studied early preterms at a gestational age of 25 to 34 weeks. Our babies are at a gestational age of 32 to 37 weeks. We also changed the time of day they are massaged and we have included breast fed babies.

Prior to starting our official investigation, we attempted to provide massage 45 minutes post feeding based on the timetables in Dr. Field's studies. However, our nurses found that they had to wake the baby, which often caused them to be irritable and not respond well to massage. After speaking with dietitians, we decided to provide massage 20 minutes post feed. This way babies would either already be awake or easily roused from sleep. This also set a better schedule for nurses who wouldn't have to wait the full 45 minutes and possibly disrupt time with another patient.

In a report given in 2004, Field states that one of her studies determined that "weight gain advantages were apparent only if massage intervention was started when the preterm infant was between 1100 and 1300 gms (2.43-2.86 lbs); preterms weighing more than 1700 gms (3.75 lbs) at the start of the massage intervention did not gain weight."

However, a study done in China entitled *The Effects of Infant Touch in Neonatal Growth and Development: A Multicenter Clinical Trial* reports significant weight gain with late preterm and even full term infants. We are hoping that the latter is correct since our infants typically weigh between 1732 and 2866 gms (3.82-6.32 lbs).

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Conducting Massage Research

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While the rate and percentage of weight gain wasn't as high as was seen in early preterm infants, the fact that they are still gaining weight at a faster rate than non-massaged infants is extremely beneficial. This will help to decrease time spent in the hospital and also create a healthy framework for development.

Our study, *A Randomized Study: Effects of Five Days of Massage on Weight Gain in Preterm Infants*, is still in the early stages. I don't have any specific findings to report at this time, but I am excited to see our outcomes. It is our hope to show that infant massage for late preterms does increase the amount of daily weight gain, especially since late preterms account for almost 71% of all preterm infants in the US. However, we are also using this program as a tool to teach our nurses about research and hopefully include preterm infant massage as a standard of care in the future. You can check out a video on our program at <http://www.youtube.com/user/SwedishCovenant#p/a/u/1/chqw63fR1Aw>.

Based on her research, Dr. Field stated that if preterm infants receiving massage could be discharged an average of 6 days earlier than a non-massaged preterm, the US would save \$4.7 billion in hospital costs in one year. It's pretty amazing to see what massage can do!

AMTA-IL State Conference: Sessions

Rebecca Sturgeon, Member at Large



With topics ranging from East (Traditional Chinese Medicine) to West (Kinematic Approach to Sports Therapy) and even venturing into the Pacific Rim (Lomi Lomi), this

year's Conference and Annual Meeting offered something unique for everyone. Over 200 participants chose from a variety of half or full day sessions.

Highlights included: the Friday full day Kinesiotaping workshop which benefitted the Massage Therapy Foundation. Participants in this workshop were easy to spot all weekend by the bright pink and blue kinesiotape on their forearms or necks. Keynote speaker Donald S. Warren's session on Utilizing Massage Techniques in Dentistry and



TMD drew a full crowd. Dr. Warren presented a comprehensive review of cranio-facial anatomy, along with a number of tests and self-care exercises for TMD, electrical imbalances in the spine and plantar fasciitis. Saturday's full day Lomi Lomi workshop, presented by Daniel Moore, introduced participants to the philosophy and techniques of traditional Hawaiian massage.

A number of well known Illinois instructors presented workshops in their specialties. For example: Steve Rogne of Zen Shiatsu Chicago presented three sessions: a "crash course" introduction to Traditional Chinese Medicine Theory, and two hands-on Shiatsu workshops. Earl Connor presented a hands-on workshop devoted to "Enhancing Stretch Using Muscle Energy Techniques." Liz Ellis offered a half-day pregnancy massage workshop focusing on techniques and positioning for healthy pregnant clients.



Attendees also engaged in lively discussions in workshops on ethics, alternative career paths in massage therapy, and the practice of teaching massage therapy. Overall initial reaction to all the sessions was overwhelmingly positive. After a full weekend of eating, breathing, sleeping and practicing massage, conference attendees left with greater knowledge and a renewed commitment to their profession.

AMTA-IL State Conference: Keynote Address

Rebecca Sturgeon, Member at Large



This year's keynote address was presented by Donald S. Warren, DDS. Dr. Warren, who hails from Clinton Arkansas, has a number of national credentials including serving on the White House Commission on Complementary and Alternative Medicine Policy. He also teaches and lectures all over the country. Before the keynote, Dr. Warren taught an afternoon session to a smaller group of conference attendees. The group left his class excited and inspired, spreading the word that this keynote speech should be something special.

Dr. Warren's remarks were brief but heartfelt. He touched on a variety of topics including managed care, the use of massage in mercury/amalgam removal and TMD, and how he started bringing massage to his own dental practice. His short speech was often punctuated by applause; especially when Dr. Warren stated that he treats the entire staff of his dental practice to weekly massages.



Dr. Warren reserved the most impassioned words in his talk for lessons learned from his tenure on the White House Commission on Complementary and Alternative Medicine Policy. During his tenure, he interviewed thousands of CAM practitioners, and was often surprised that so many practitioners separated into splinter groups who would not communicate or work together. Speaking specifically to massage therapists, Dr. Warren said, "You are health care practitioners. Talk to each other. Get your acts together and join forces with the other group." Dr. Warren praised AMTA-IL's recent work opposing the Chicago zoning ordinance as an example of what can be accomplished when groups do work together. He marveled at AMTA-IL's ability to mount an effective opposition in "two dadgum days."

In the end, Dr. Warren praised massage therapists as the "most intuitive" health care practitioners, and left the assembled crowd with a clear call to work together to promote and further the profession of massage therapy.

Member Profile

An Interview with Julie Kaduk

Patti Harris



Member Name: Julie Kaduk

Member Since: 2004

Company: Beyond Wellness,

Location: Tinley Park, IL

Website: www.beyondwellness.com

Contact: 708.614.6860

What is the average number of clients you see per week?
3-4

How long have you been an MT? *I graduated from the Wellness and Massage Training Institute (WMTI) in Woodridge, IL in September 2004.*

Why did you become a MT? *It's sort of a long story, but I'll try to give you the condensed version. In 2002, I was working for a corporation that went into bankruptcy and ended up closing its doors. I had been there 25 years, so it was devastating. I was talking to a co-worker wondering if there was a career I could go into that would give me the opportunity to work from home. She had mentioned she knew of a former co-worker who was a massage therapist, and appeared to be doing well with it. I figured since I had been told I gave good shoulder massages, that I could probably do it. I figured in a couple months I'd be ready to start my new career. I didn't have a clue as to what I was getting myself into at the time. Up to that point, I had never even had a full body massage.*

Because the facility was closing its doors, I was able to get into a retraining program through unemployment. In December of 2002, I had my first full body massage as part of my pre-admittance to WMTI. In January 2003, I started a 770 hour integrated program at WMTI (did I say a couple months of training? Ha!).

Going to massage school was the hardest thing I've ever done. However, I am so glad I did it. It is also one of the most rewarding things I've ever done.

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Member Profile

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What work do you do in addition to being an MT? *I am a full time staff accountant at the corporate office for several steel service centers in the Chicago area. After I graduated from WMTI, I tried doing massage full time, and was barely getting by. Even though I didn't have any intentions of returning to the corporate world, when a job offer literally fell in my lap, I couldn't turn it down. I decided I would switch to doing massage part time.*

Is it difficult to balance the corporate world and massage therapy? *It can be. Originally I was trying to make myself available to do massage when I wasn't at my full time job, but I wasn't leaving any time for myself. I was burning myself out. I did have to back off of the time I was making myself available for massage so I could have some quality down time for myself.*

At the corporate job sitting at a desk for 8 – 9 hours a day can be draining. I have discovered that there is something revitalizing about refocusing to go into a massage session.

I've been blessed with a full time job with some flexibility, and a boss who knows that I'm a massage therapist/body worker. He has been absolutely awesome.

So far, it's a perfect partnership on both sides.

How would you define the style of bodywork that you practice? *More than likely, even though I may be doing a basic therapeutic massage, the energetics will come into the session. I believe that I am only facilitating healing for the person on the table. Their body will do what it needs to do to feel better if given the opportunity.*

I try to create a comfortable, safe, nurturing, sacred place for them. I connect with them not only on a physical level, but also energetically.

Your practice has a major emphasis on CranioSacral therapy. How did you get involved with CranioSacral therapy? *I learned CranioSacral through the Sacred Journey Institute which is affiliated with Beyond Wellness. When I was going to WMTI, the various levels of the Sacred Journey Institute were offered as electives/continuing education through WMTI. When I was in my classes at WMTI, some of the emotional releases could be heard coming from the CranioSacral classes. I was intrigued by what appeared to be a very powerful modality. I talked to some of the students in the Sacred Journey Program, went to an open house, and the rest is history. I*

started the Sacred Journey Program and completed the first two levels before I graduated from WMTI.

It took me a few years to go through all seven levels, and last year an eighth level was introduced which was the best one yet. Now along with working with clients, I've also assisted a few of the Sacred Journey classes.

What would you like people to know about CranioSacral therapy? *CranioSacral is very subtle work, yet extremely deep and powerful. Through the Sacred Journey Institute, we're taught to work not only on the physical body, but also the energetic/emotional body. We've seen some great results at Beyond Wellness using CranioSacral working with various disorders. There's more information on the website.*

What is your biggest frustration with massage/being a MT? *Right now it would have to be the economy. People are having their hours cut and/or losing their jobs. They're cutting back wherever they can. One of the things they're cutting is body work. Some people are waiting until they're really hurting before scheduling a session.*

What is the most rewarding thing about massage/being a MT? *Seeing a person who went into a session hurting come out smiling. I love seeing that smile.*

What modality would you like to learn?

There's so many I'm interested in taking. Right now I'm registered for a Sacred Lomi class in July. I've also thought about taking Belavi Facelift Massage and Erik Dalton's Myoskeletal Alignment Series to name a couple.

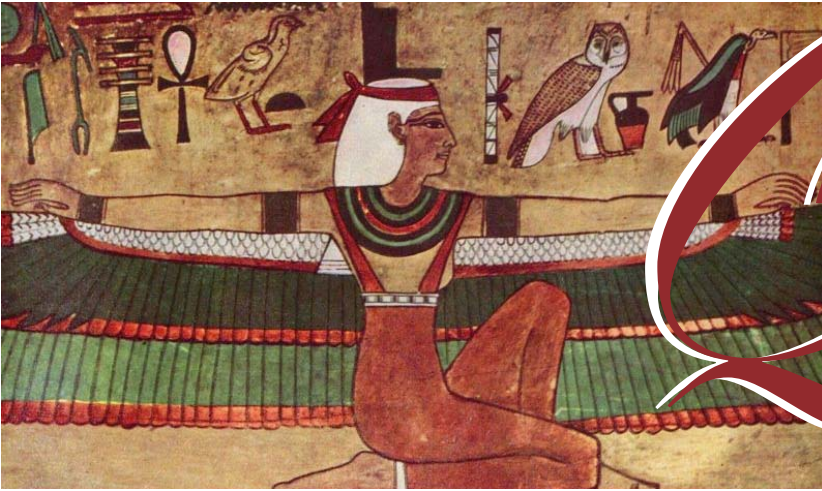
What is the greatest benefit of being a member of AMTA? *After the liability insurance, it has to be the resources they offer. I took an online class which was very beneficial. There are a couple others that I've been thinking about taking also. It's just a matter of putting the time aside.*

It seems that every time I log in, there's something new for the members. I have also received a few calls from people who found me on the AMTA "Find a Massage Therapist" section.

What is your overall massage philosophy? *My goal is to facilitate healing and well being. Through compassion and an empathetic heart, I work with the person/soul on the table to create an environment to allow healing to begin. It's a sacred partnership, and the focus is on their well being.*

If you'd like to be featured in the next issue of In Touch, please e-mail Patti Harris at tylinharris@comcast.net.

Pure Fiction



The Night the Queen of Heaven was Fired

By Teresa Weed

Sister and brother lay deep in the reeds by the river, painting each other's scrawny, immortal bodies with mud. Isis looked on Osiris, just grown into his arms and legs, a black handprint of hers on each cheek. Histories, jokes, and dreams were written over every inch of him in pictures. Osiris painted his sister like a tiger, and Isis crept through the grass shadows on all fours. She reflected, crouching and pretending to swing a tail, that divine birth had advantages: you could marry your brother, and love one person with absolute concentration. The one she loved ran whooping through the rushes, and leapt into the water. He rose up streaming, clean of characters, and came to her to be written all over again.

Some time after their wedding, Osiris attended a banquet without Isis, and never came home. No one would give the Queen of Heaven and Mother of All Things a straight answer. She put on mourning, and set out to find her husband.

One turn between the walls of a street so narrow she could touch the bricks on each side, another turn, rivers of rats. In terror she tried to make herself invisible, misfired, and made herself blind. She blundered over a heap of nasty, alive-seeming obstructions, fell, and was seized by many hands.

They wound her veil around her face and throat, and dragged her into darkness. So many of them shoved and tugged her, panting. The fresh, harsh smell of their breath told her that they were children. As they roughly unwound her head, Isis cast about for the way to restore her sight, and succeeded at

the last moment. The black cloth came away, and the power of her immortal eyes made the children go still, and stare. They were orphans. Sunburned, emaciated, dressed in long, matted locks of their own hair and rags around the loins; motionless, gazing unfathomably, they were perfectly sentient and wild.

"I told you so, she is the Queen of Heaven," said someone, finally.

"Why were you all covered and sad like that?"

"My husband is lost. Have you seen Osiris, children? He is a strong, golden god with a crooked nose."

"Actually, he is locked up in a coffin!"

"How do you know?"

"We saw."

"Well, I can get him out. Where is the coffin?"

"In the trunk of a great big, big tree."

"And where is the tree?"

"It was cut down for a pillar to hold up the palace."

"The palace. How in the world am I going to get in there?"

"Ask the sea."

"The sea feeds us, and sighs over us."

"We invariably consult the sea."

"The sea, in fact, suggested that we capture you."

"It did? Why?"

"Our sister's arm is out of socket."

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The Night the Queen of Heaven was Fired

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“But why didn’t you say so? Give her to me, and leave us.” A tall girl, gray with pain, was pushed forward. The others went out, and Isis made the floor grow moss. She put the frightened child face down, and re-set the arm. Then, inspired, she took the girl out of time, and spent a tiny eternity drawing inflammation, weariness, and fear out with her fingers. For fun, Isis made herself blind, to intensify the interplay between her touch and layer upon deep layer of the child. Eventually she raised the girl to consciousness, and the hard, long-limbed body came up under her hands as strong as a bow.

The goddess went along the edge of the waves in her bare feet, black veil streaming out behind. So far, the sea was not companionable. Isis felt cold and shy towards it, and did not know how to begin.

Presently, a lot of maidens ran down the beach, and threw themselves into the water. The young ladies screamed and ducked one another. They came up shaking sheets of water out of their wonderful hair. Their lips were blue from cold, and they yelled and shivered, and tried to yank off one another’s drawers. Isis made herself blind from shyness as the maidens surrounded her.

“Hey blind old woman!”

“Ask her does she want a coin?”

“You ask her!”

“I’m all right.”

“What a voice she’s got!”

“Listen, may I try something with your hair,” said Isis.

“Mine, ma’am?”

“Do it, you coward!”

The youngest sat down in the sand in front of the goddess, and Isis, by touch, began to braid her hair. This was a new art: before, everyone had always worn matted locks. It was just a little something Isis had been thinking of trying, on and off, for awhile. Her fingers moved like a stream, and soon the child was crowned by wondrous loops and knots of braids. Then all of the girls wanted to be next, and when they departed they thanked Isis with courtesy, exhibiting perfect behavior in homage to their own beauty. The sun was setting, and Isis missed them, watching the bare footprints turn to cups of shadow in the sand.

The goddess made herself one with the starry sky, and turned with it through the night. She spent a cold dawn attempting conversation with the sea, which only shrugged and hissed,

hissed and shrugged, in a senile kind of way. At last the sun popped out of the water. The day was suddenly hot, and the maidens returned. Their crowns of braids were only a little mussed from sleep. Some of them had slept sitting up.

“We’re told to fetch you.”

“Who told you to fetch me?”

“The empress. We are her maidens.”

“She says you are a genius, and she can’t believe the change in us.”

“Invite her, you dunce!”

“Oh.”

“I’ll do it: Stranger, will you breakfast at the palace with the empress at her request?”

“Sure,” said Isis.

The maidens screamed and applauded, much to the surprise of the goddess.

The empress was forty-six, and recovering from the birth of her first child. Isis liked her sad, humorous, intelligent face, and comfortable gown. They had breakfast in a great hall of the palace. The ceiling was supported by a massive tree. The maidens waited on them, only once dropping a tray, which smashed on the vast marble floor.

“That’s all right, dear. Only try to be more mindful,” said the empress.

Isis was certain that the tree imprisoned Osiris, and she shone with joy throughout the audience, until the empress was drunk on the goddess’s presence.

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LET EVERYBODY KNOW!

AMTA-IL Members are an active crowd, and this newsletter is your forum to get the word out. If you have organized a continuing education opportunity, outreach or social event, or know of an opportunity that our fellow Members should be aware of, send the information to info@amta-il.org with “FREE CALENDAR LISTING” in the subject line. Free calendar listings will include the name of the event, the date, a contact name, and a telephone number. If you’d prefer to include more than this information, our print ads and classified listings are ridiculously affordable!

The Night the Queen of Heaven was Fired

continued from page 13

“I would like to offer you a job.”

Isis accepted the position of nursemaid to the month-old prince. She liked the baby. He was earnest in his efforts to gaze at everything, despite a wobbly head. Isis thought that as soon as she could free Osiris, she might have a baby of her own. This idea made her wonder if she could make the empress's son immortal. She began to work on him at night. Gently, carefully, Isis began to loosen the layers of the baby with the pressure of her fingertips. Once a layer of muscle and flesh was completely enlivened by her touch, it was possible to strip out the energy, all of a piece. This she threw into the fire, where an exact image of the boy blazed up and disappeared. She re-infused him with immortality by blowing in his ear.

The empress sensed a change in her son. The mystery of it began to disturb her sleep. In the middle of the night, she blundered into the nursery, just in time to see Isis sling the baby into the fire. The poor mother screamed, and even after the infant was placed in her arms, and Isis came forth with all sorts of faltering explanations about the experiment, the empress could gather herself only enough to utter two words.

“You’re fired,” she roared, and staggered out of the chamber with her child.

Isis had bought a few things with her paycheck: a needle, a papyrus scroll, some ink. She tied up her possessions in her mourning veil. It was the middle of the night. She went into the vast dark chamber, passing under the branches of the great tree, her feet whispering on the marble floor.

She approached the polished trunk, set down her bundle, and made herself blind. Her touch softened the rings of growth, which opened one by one with a thrumming sound. At last she found the casket, where the orphans had told her Osiris was hidden. Soon she would see his dear face, and speak to him. She was a little tired of everyone else. Lifting the casket to her shoulder and stooping to catch hold of her bundle, the Queen of Heaven and Mother of All Things eased her way out of the palace. She fashioned a boat out of papyrus on the bank of the river. In this light vessel she balanced the casket, and herself, and sailed upstream.

Research Matters

Celia BUCCI, In-Touch Editor

While each of the titles below is a live link, only the titles in blue are live links to free, open access articles.

Site of maximum neovascularisation correlates with the site of pain in recalcitrant mid-tendon Achilles tendinopathy; *Manual Therapy, In Press, Corrected Proof, Available online 28 April 2010*; Kiran Divani, Otto Chan, Nat Padhiar, Richard Twycross-Lewis, Nicola Maffulli, Tom Crisp, Dylan Morrissey

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Identification of ankle sprain motion from common sporting activities by dorsal foot kinematics data; *Journal of Biomechanics, In Press, Corrected Proof, Available online 14 April 2010*; Yue-Yan Chan, Daniel Tik-Pui Fong, Mandy Man-Ling Chung, Wen-Jung Li, Wei-Hsin Liao, Patrick Shu-Hang Yung, Kai-Ming Chan

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Feldenkrais Method balance classes are based on principles of motor learning and postural control retraining: a qualitative research study; *Physiotherapy, In Press, Corrected Proof, Available online 9 April 2010*; Karol A. Connors, Mary P. Galea, Cathy M. Said, Louisa J. Remedios

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A Sledgehammer on the Brachial Plexus: Thoracic Outlet Syndrome, Subclavius Posticus Muscle, and Traction in Aggregate; *Archives of Physical Medicine and Rehabilitation, Volume 91, Issue 4, April 2010, Pages 656-658*; Levent Özçakar, Mehmet Şenol Güney, Fatih Özdağ, Semih Alay, Mehmet Zeki Kıralp, Rauf Görür, Mehmet Saraçoğlu

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Research Matters

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Dynamic fascial release and the role of mechanical/vibrational assist devices in manual therapies; *Journal of Bodywork and Movement Therapies, In Press, Corrected Proof, Available online 20 March 2010*; Zachary Comeaux

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Muscle modifications in fibromyalgic patients revealed by surface electromyography (SEMG) analysis; *Bazzichi L, Dini M, Rossi A, Corbianco S, De Feo F, Giacomelli C, Zirafa C, Ferrari C, Rossi B, Bombardieri S; BMC Musculoskeletal Disorders 2009, 10:36 (15 April 2009); [Abstract] [Provisional PDF]*

For more information on research literacy, training, and grant information, visit:

Massage Therapy Foundation
<http://www.massagetherapyfoundation.org/research.html>

NCCAM
<http://nccam.nih.gov/training/>
<http://nccam.nih.gov/grants/>

Important Message

Continuing education advertised in *In Touch* (pages 16-20) may or may not be approved for fulfilling the Illinois license renewal requirement. See your yellow *MLA Booklet* (pages 38-43) or search www.idfpr.com for Rules regarding continuing education for Illinois license renewal. Twenty-four (24) hours of continuing education are required at each renewal, including 2 hours of ethics.



CONTENTS

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- *Open and Accessible Board of Directors at Your Service*
- *Participatory Strategic Planning Session*
- *Important Communications and Newsletter Improvements*
- *New Website in Development*
- *Education Sessions Conducted Around the State*
- *Successful State Conference*

2009 BOARD OF DIRECTORS

Michael A. Hovi, President
Jennifer Butler, First Vice President
Becky Schwoebel, Second Vice President
Bobbe Bermann, Third Vice President
Tracy Smodilla, Member-at-Large
Heather Rabbitt, Member-at-Large
Vicki Gothard, Treasurer
Celia Bucci, Secretary

2009 COMMITTEE CHAIRS & COORDINATORS

Michael A. Hovi – Governance
Heather Rabbitt – Awards
Celia Bucci – Communications
Tracy Smodilla – Government Relations
Kelly Fowler – Education
Jennifer Butler – Outreach
Collene Schwoebel – Membership
Collene Schwoebel & Bobbe Bermann – State Conference

2009 DELEGATES TO AMTA CONVENTION

Steve Albertson
Jennifer Butler
Robin Lovejoy
Jeannette Vaupel

CHAPTER LOBBYISTS

Maureen Mulhall
Sally Hacking

EXECUTIVE OFFICE STAFF

Robert Patterson J.D., Executive Director
Michele Anderson, Associate Director
Mark Monaco, Communications
Gary Shaw, Meetings Manager
Betty Burke, Meetings Planner
Dana Kedroski, Project Specialist
Erik Anderson, Accounting Associate

Annual Review 2009

AMTA-IL: Where Members Matter the Most!

Our Mission

To serve AMTA Illinois Chapter members while advancing the art, science and practice of massage therapy in the State of Illinois.

Key Accomplishments in 2009

Government Relations

- Actively affecting outcomes on adverse zoning ordinances in the City of Chicago
- Influencing the adoption of model ordinances in various jurisdictions
- Continuing work with the Illinois Legislature to challenge HB 64 and SB 318

Leadership Development

- Michael Hovi assumes post as Chapter President
- Chapter Volunteer Orientation Program (CVOP) for newest board members
- AMTA National Convention in Orlando
- Strategic Planning session open to all interested members

Service

- Participation in the Susan G. Komen 3-Day for the Cure.
- Scheduled May 2, 2010 participation in MS Walk for the Cure – 15 cities on the same date
- Dollar-per-Member Contribution to the Massage Therapy Foundation
- Informal “meet-up” gatherings around the State

Communications

- In Touch Newsletter completely redesigned and published in color
- Continued expanding delivery of communications electronically, reducing costs and carbon footprint
- Annual Review published in Spring 2009 newsletter
- Frequent and informative broadcast communications to members
- New chapter website to be on-line soon
- Professional Connections broadcast communications issued monthly

Education

- Successful educational events held in Rockford, Bloomington, and Collinsville, IL for 120 attendees
- Successful State Conference in suburban Chicago, IL
- Continuing to challenge ISBE’s decision to deny qualified individuals from teaching at vocational massage schools
- Sponsoring Kinesio-taping Certification program August 7 and 8, 2010 and August 29, 2010

Membership Development

- State-wide newsletter mailed to all members and non-member LMTs
- Lapsed member outreach
- Open and inclusive Strategic Planning session in October 2009 with board and staff members
- Mentoring program under development

NEW CHAPTER OFFICE AND PHONE NUMBER

AMTA-IL Chapter
 1901 North Roselle Road
 Schaumburg, IL 60195
 847.885.0674 Phone

2009 ILLINOIS CHAPTER AWARD WINNERS

Humanitarian Award

Crystal Stevenson-Wright, Chicago, IL

Outstanding Contribution to Massage in Integrative Healthcare

Patricia Bruss, Belleville, IL

Distinguished Service Award

Tracy Smodilla, Bartlett, IL

Chapter Meritorious Award

Christopher Alvarado, Evanston, IL

Employer of the Year

John Louis, Massage Therapy Center of Winnetka, Winnetka, IL

Rookie of the Year

Julie Maffei, Roscoe, IL

President's Award

Dr. Patricia Benjamin, Chicago, IL

2010-2011 BOARD OF DIRECTORS

Mike Hovi, President

Jennifer Butler, First Vice President

Becky Schwoebel, Second Vice President

Bobbe Bermann, Third Vice President

Tracy Smodilla, Member at Large

Chuck LaFrano, Member at Large

Vicki Gothard, Treasurer

Heather Rabbitt, Secretary

Annual Review 2009 (continued)

Strategic Initiatives for 2010

Advocacy and Influence

Goal: The healthcare community acknowledges the value of massage therapy

Objective: Increase understanding of the benefits of massage therapy in healthcare

Image and Awareness

Goal: Create consumer awareness of the profession and preference for AMTA members

Objective: Increase the percentage of consumer understanding of massage therapy, the importance of the profession, and building interest in seeking the services of AMTA members

Professional Competency

Goal: In conjunction with other industry leaders, utilize the agreed upon profession's body of knowledge (medical, clinical and academic research)

Objective: Improve massage education to further our members' professional credibility and competency

Member Experience

Goal: Members experience high value with both the national organization and its chapters

Objective: Increase member value perception of AMTA in a changing environment

2009-2010 Chapter Financial Report

2009-2010 ACTUAL INCOME

Chapter Dues & Fees	\$197,792.68
Educational Events	44,247.04
Advertising Sales	3,607.00
Interest Income	193.63
Other Income	102.25
Total Income	\$245,942.26

Budgeted Expenses

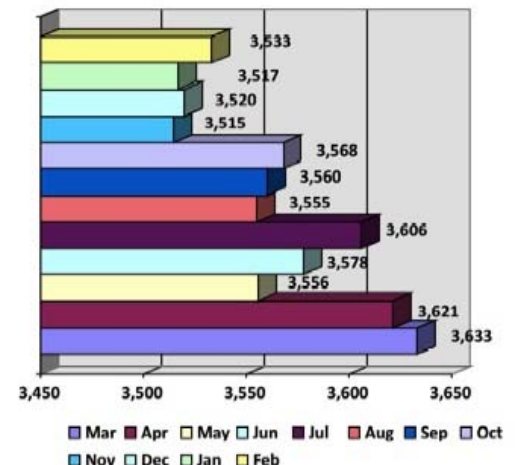
Chapter Office Operation	\$114,645.00
Committees	54,940.00
Illinois State Conference	50,960.00
Chapter Board of Directors	18,000.00
National Convention	21,370.00
MT Foundation Donations	4,600.00
Total Expenses	\$264,515.00

2009-2010 Actual Expenses

Chapter Office Operation	\$122,443.76
Committees	55,290.18
Illinois State Conference	51,448.79
Chapter Board of Directors	23,049.80
National Convention	21,606.10
MT Foundation Donations	3,706.00
Total Expenses	\$277,544.63
Actual Net Surplus (Loss)	(\$31,602.03)

Budgeted Net Surplus (Loss) \$0.00

MEMBERSHIP BY MONTH – MARCH 2009 THROUGH FEBRUARY 2010



2010-2011 INCOME & EXPENSE BUDGET

Budgeted Income

Chapter Dues & Fees	\$175,000.00
Educational Events	81,265.00
Advertising Sales	5,500.00
Interest Income	250.00
Other Income	2,500.00
Total Income	\$264,515.00

New AMTA-IL Members

February 2010

Malissa Lee Bahrs
 Tamara Carmen Bell
 Colleen Benson
 Susan T. Berch
 Jason Bohan
 Mianna Boyd
 Rickey Branch
 Jill Butler
 JoAnn Cobb
 Rochelle Charles
 Dana A. Curley
 Monica Del Castillo
 Sinead H. Desmond
 Christopher Diethert
 Michael Evans
 Stephanie Fast
 Kristoffer Fischer
 Sylvia Angela Floretta
 Jennifer Marie Gabrleski
 Davida T. Garcia
 Michelle L. Gray
 Michael Green
 Jennifer Guglielmi
 Amy Nichole Hellberg
 Ana Silvia Hernandez
 Patricia Hill
 Robert Hopkins
 Anne Intravaia
 Nancy Mae Jackson
 Matthew E. Johnson
 Piotr Kalata
 L. Michael C. Karstenson
 Alexandra Nicole Klarer
 Brandy Nicole Koenig
 Jillian Koepp
 Dorian D Kriston
 Daniel Laesch
 Edward LaMadrid
 Elizabeth A. Lehman
 Renee Marie Lemanski
 Natanya Monique Leonard
 Beatrice Manning

Tonia Elizabeth McGuinn
 Volodymyr Mykhayevuk
 Michele Myslinski
 Stephen Naylor
 Jeanie Neira
 Kim Rhiannon Nie
 Vlajko Peter Ma Nojlovksi
 Leah Ann Oatman
 Nancy C. Orbig
 Erin Parod
 Jessica Nicole Podolsky
 Marc Polecastro
 Rikki Ranieri
 Vanessa M Ray
 Yolanda M Reyes
 Stacey S Richardson
 Alicia Robinson
 Monique N. Roebuck
 Maira Isela Ruiz
 Elizabeth S Saline
 Christopher M. Sanderson
 Manuela Serrano
 Aisha Walton
 Laurie Jane Weaver
 Wanona Wellspring
 Cheryl Wetterhahn
 Tracy Wierzelewski
 Ok Sun Woods
 Nancy Zirkel

February 2010 Transfers

Valletta Byrd (IN)
 Amanda M. Havis (WI)
 Christine L. Heer (OH)
 Jimi Tarnowski (WI)

March 2010

Leslie Ashford
 Andrews Bales
 Timothy Bauman
 Edwin Kweku Bekoe
 Amanda Elizabeth Bell
 Samuel Berger

Laura Bergman
 Sarah Lynn Bish
 Ryan Bozza
 Ashley C. Brown
 Amy Jean Brown
 Cecile Keith Brown
 Kristy S. Chin
 Miriam Keli da Silva-Piekutowski
 Laurie Deal
 Mario Lenin Diaz
 Valerie Dickeson
 Roger G. Dubach
 Sherry Lisa Walter Falzone
 Amy L. Fanter
 Cheri L. Figgins
 Catherine Gerardi
 Tamika C. Gibson
 Julie Gistenson
 Lauren Kelly Grimm
 Krisitna Hall
 Leanne J. Hall
 Reshona Harris
 Latifshakh Izmailov
 Mary Elyse Johnson
 Darius Johnson
 Charita Jones
 Michelle Jones
 Scott Kemp
 Valerie Kielsmeier
 Kris M. Klopper
 Juliet Koza
 Elizabeth Ann Koziel
 Sean Lee
 Bethanie Lilly
 Shirley Celeste Lozano
 Robert Mathews
 Alyssa Lynn Mericle
 Sarah Elizabeth Milewski
 Kristie Miller
 Leslee Mitchell
 Russell Morgan
 Marcus Moy
 Elvira Munoz

David Alan Olszanowski
 Marlo Marie Oostmeyer
 Malissa Ortiz
 Patricia Parr
 Gayle Parsons
 James K. F. Pascual
 Jeremy L. Pellegrini
 Albert Joseph Pinter
 Andrew Kendall Posey
 Peter M. Preston
 Angela R. Rapske
 Clarice Michelle Riley
 Elizabeth Rodriguez
 Colleen Sue Romine
 Viktoria Ryjova
 Elizabeth S. Saline
 Whitney M. Schleyhahn
 Jennifer Shanley
 Barbara A. Shuman
 Darla Simpson
 Katelyn Smith
 Jessie Marie Stockwell
 Katie M. Suh
 Melissa Terrell
 Gail Thoenen
 Raquel Upchurch
 Nancy Valenzuela
 Nicholas Vilches
 Jamie Warner
 Roberta White
 Brittany Wiegert
 Colette Faron Wierzbinski
 Elzbieta Zawadzki
 Jennifer Zielinski

March 2009 Transfers

Ruth E. Chase (WI)
 Kevin Makaryk (AR)
 Sr. Nancy Vandevveer (MO)

April 2010

Morgan Anderson-Reed
 Deborah Arroyo

Verenice Atilano
 Manvir K. Bains
 Amie Jo Barnard
 Amberly Rita Cencula
 Heather Dearden
 Nancy DeMand
 Curt Foglesong Jr.
 Sheila Gafford
 Kimberly Gritzenbach
 Dinah Gumbs
 Sara Anne Gussie
 Justin Adam Hendrix
 Angela M. Jones
 Gina Krieger
 Cindy S. Lusch
 Joshua Michael Menutes
 Trisha Ann Moody
 Carly Ann Nicosia
 Carrie Norris
 Michele Pagan
 Allyson Lois Ruzicka
 Brett Michael Saenz
 Paul Santana
 Jorie Sax
 Kim Scaccianoce
 Carole Schaffer
 Sarah Sofia Serrato
 Kristen Simms
 Amy Jo Simonsen
 Terra D Solove
 Gustavo Adolfo Sosa
 Sheree Suarez
 Sara Marie Sutalski
 Kate P. Swithin
 Elvira Tapia
 Allison Elizabeth Thompson
 Elizabeth Ann Yates

April 2010 Transfers

Becky Masters (WA)
 Darius Sabanavicius (CO)
 Sara Smiley- Robbins (WI)
 Jimi Tarnowski (WI)

CONTINUING EDUCATION OPPORTUNITIES

ELGIN COMMUNITY COLLEGE

Sunday June 27, 2010; One day CE event for 7 CEUs
 Elgin Community College, 1700 Spartan Dr., Elgin, IL 60123

Ethics: Professional Boundaries from a Very Personal Perspective | 8:30 am to 11:30 am (3 CEUs)

Instructor: Deb Keisler, Director of Massage Therapy Program

Technique - Massaging the Athlete: A Kinematic Approach to Sports Therapy | 1:00 pm to 5:00 pm (4 CEUs)

Instructor: Michael Jones, Clinical and Sports Massage Therapist

\$70 for AMTA members, \$95 for nonmembers (includes lunch). Register online at amta.technologybridge.com and by phone (chapter office 847.885.0674); *make box lunch choice at time of registration.*

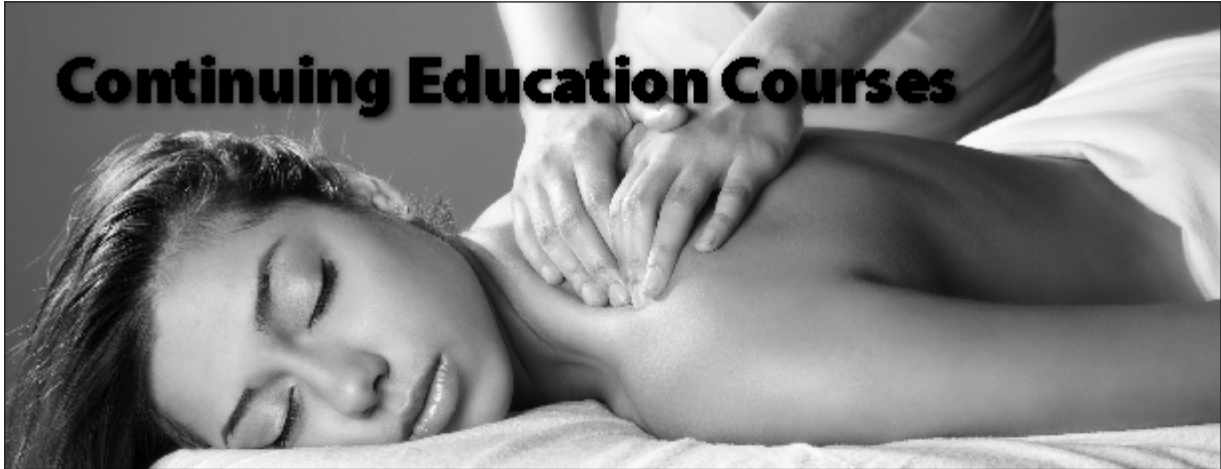
KINESIOTAPING WORKSHOP

Westin Hotel, Itasca | 400 Park Blvd, Itasca, IL 60143
Registration Deadline: July 22, 2010

KT1 Fundamentals and KT2 Advanced Concepts + Corrective Techniques | August 7-8, 8:30 am - 5:30 pm
 16 CEUs – \$549 (*\$499 with AMTA member discount*)
Click here to register online

KT3 Certification Course. (Prerequisite is KT1 and KT2 completion) | August 28, 8:30 am - 5:30 pm
 8CEUs – \$150 (*\$125 with AMTA member discount*)
Click here to register online

Fee includes instruction, books, kinesiotape, and lifetime access to videos on the Kinesiotaping website. Practitioners are certified by the Kinesiotaping Association upon completing all classes, passing an exam, and submitting \$99. Once certified, the practitioner's name will be placed on the kinesiotaping website.



Continuing Education Courses

With Cortiva Institute's Continuing Education courses, you can expand your knowledge to new horizons... learn new techniques, refresh your skills, and best of all, learn from the leaders in this industry.

This is a sample of the CE classes we are offering this Summer:

Hot & Cold Stone Massage for Professionals

June 6 & 7, 2010 - Loop Location
June 13 -14, 2010 - Crystal Lake Location

Reiki II

June 13, 2010 - Crystal Lake Location

Passive Stretches from East to West

June 13, 2010 - Woodridge Location

NEW! Rjjan (Barefoot Massage)

June 27 - 28, 2010 - Loop Location

Aromatherapy for Massage Therapists and Bodyworkers

July 18, 2010 - Woodridge Location
July 25, 2010 - Crystal Lake Location
August 22, 2010 - Loop Location

Clinical Approaches for Fibromyalgia Syndrome

July 18, 2010 - Loop Location

Reiki I

August 1, 2010 - Loop Location

Body Mechanics

August 8, 2010 - Woodridge Location

Reflexology for Stress

August 29, 2010 - Loop Location

New classes are added frequently. For a complete listing of classes and to register online, visit us at www.cortiva.com/chicago/ce or call 312-253-3313.

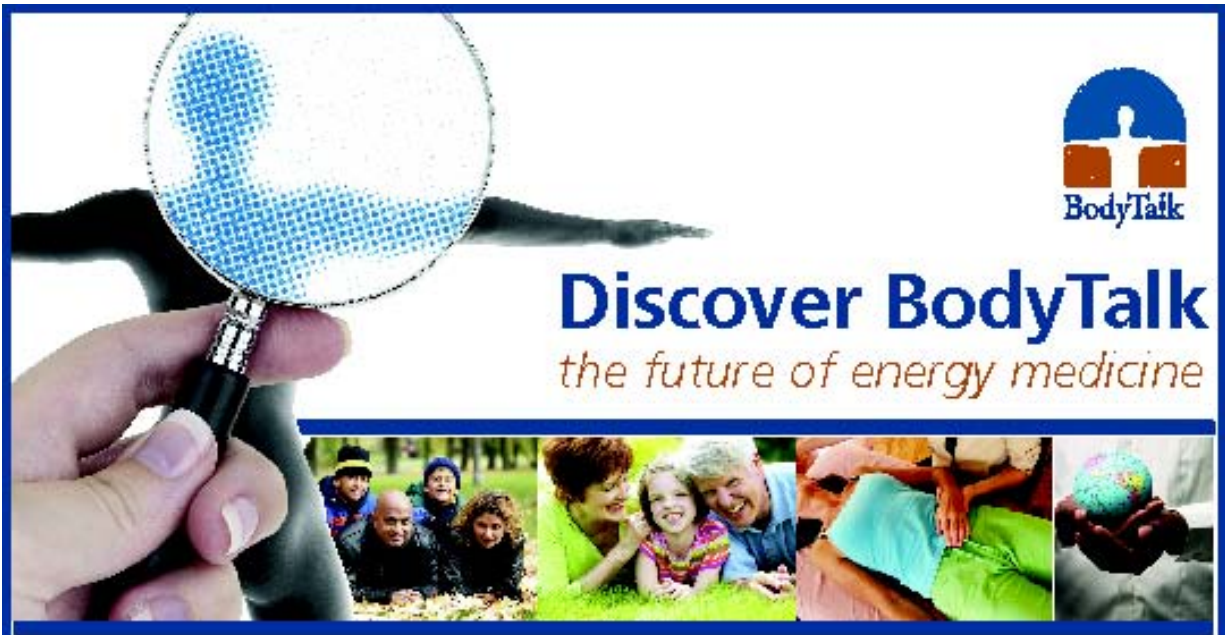
Cortiva Institute is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education approved provider (#4502 14-04).



cortiva institute® - chicago

School of Massage Therapy

17 N. State Street • Chicago • IL 60602
241 Commerce Drive • Crystal Lake • IL 60014
1051 Internationale Plaza • Woodridge • IL 60517



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BodyTalk is a revolutionary new approach to healing that has become the new language of health in over 30 countries around the world.

BodyTalk utilizes state-of-the-art energy medicine to optimize the body's internal communications. This, in turn, helps the body to operate more efficiently and more effectively respond to injury and illness. Non-invasive, completely safe and easily integrated into other healthcare regimes, BodyTalk can change the way you look at healthcare forever.

People from all over the world have discovered BodyTalk. Now, you have the opportunity to experience the incredible benefits of this exciting healthcare phenomenon in your own community. Visit us at www.bodytalksystem.com



Ben Manalo
Advanced BodyTalk Instructor

BodyTalk Professionals, Inc
3354 N. Paulina St.
Chicago, IL 60657
773-593-5340
bodytalkprofessionals@gmail.com

UPCOMING WORKSHOPS

August 15: BodyTalk Access, Chicago
August 22: BodyTalk Access, Crystal Lake
August 26-29: Mod 1 & 2, Schaumburg
For details, visit:
www.BodyTalkSystem.com



Special June Event

Earn Up To 49 CEs and have fun at a special week of our most popular Relax4Life workshops!
June 21-June 27

Reiki 1: Monday June 21, 9:00a-5:30p \$150 (7 CEs)

Reiki is a natural, safe method of energy rebalancing and self-improvement. Through a formal initiation and education process, you learn to harness and direct this energy effectively and responsibly.

EFT (Emotional Freedom Techniques): Tuesday June 22, 9:00a-4:00p \$100 (6 CEs)

EFT is a simple yet powerful tapping technique on specific pressure points to restore and renew energy. EFT helps with pain, stress, weight loss, food and other cravings, fear, anxiety and much more.

Experiencing Labyrinths/Leading Group Walks: Wed. June 23, 9:00a-5:00p \$100 (7 CEs)

Discover through education and direct experience how labyrinths enhance your relaxation, creativity and spirituality. Also learn how to lead groups (from various settings) in experiencing and creating labyrinths.

Communicating With Animals: Thursday June 24, 9:00a-5:30p \$130 (7 CEs)

This exciting and highly experiential workshop, assists you in unveiling for yourself the true identity of animals. Learn to experience their messages through telepathic/intuitive communication. Begin to understand an animal's behavior, viewpoint, needs, and feelings and enhance your relationship with other species, creating more harmony in your life.

Relaxation, Meditation & Beyond: Friday June 25, 9:00a-1:30p \$60 (4 CEs)

Learn simple, fast and effective relaxation and meditation techniques. Also receive practices for improving concentration, listening and memory. Includes book and CD.

Mindful Drumming: Friday June 25, 2:00p-6:30p (4 CEs)

Explore the benefits of drumming as a way to reduce stress, communicate feeling, build community and honor ourselves and others in a way that is fun and non-threatening. Drums will be provided and no experience needed.

Chinese Health Balls: Friday June 25, 7:00p-9:30p \$45 (2 CEs)

Learn the 10 basic exercises of Chinese Health Balls to assist with relaxation, hand dexterity, Carpal Tunnel, Arthritis, joint strain, circulation etc. Keep you brain alert and active through the aging process.

Louise Hay's Love Yourself, Heal Your Life: Sat. & Sun. June 26 & 27, 9:00a-4:00p \$195 (12 CEs)

Learn to apply Louise Hay's techniques of self-love and positive thinking to a wide range of topics that affect us all on a daily basis, including health, emotions, addictions, money, sexuality, aging, intimacy, and more. Many participants have described this workshop as "life changing".

For More Information or To Register: www.relax4life.com (847) 842-1752



Relax4Life Center
Barrington, IL

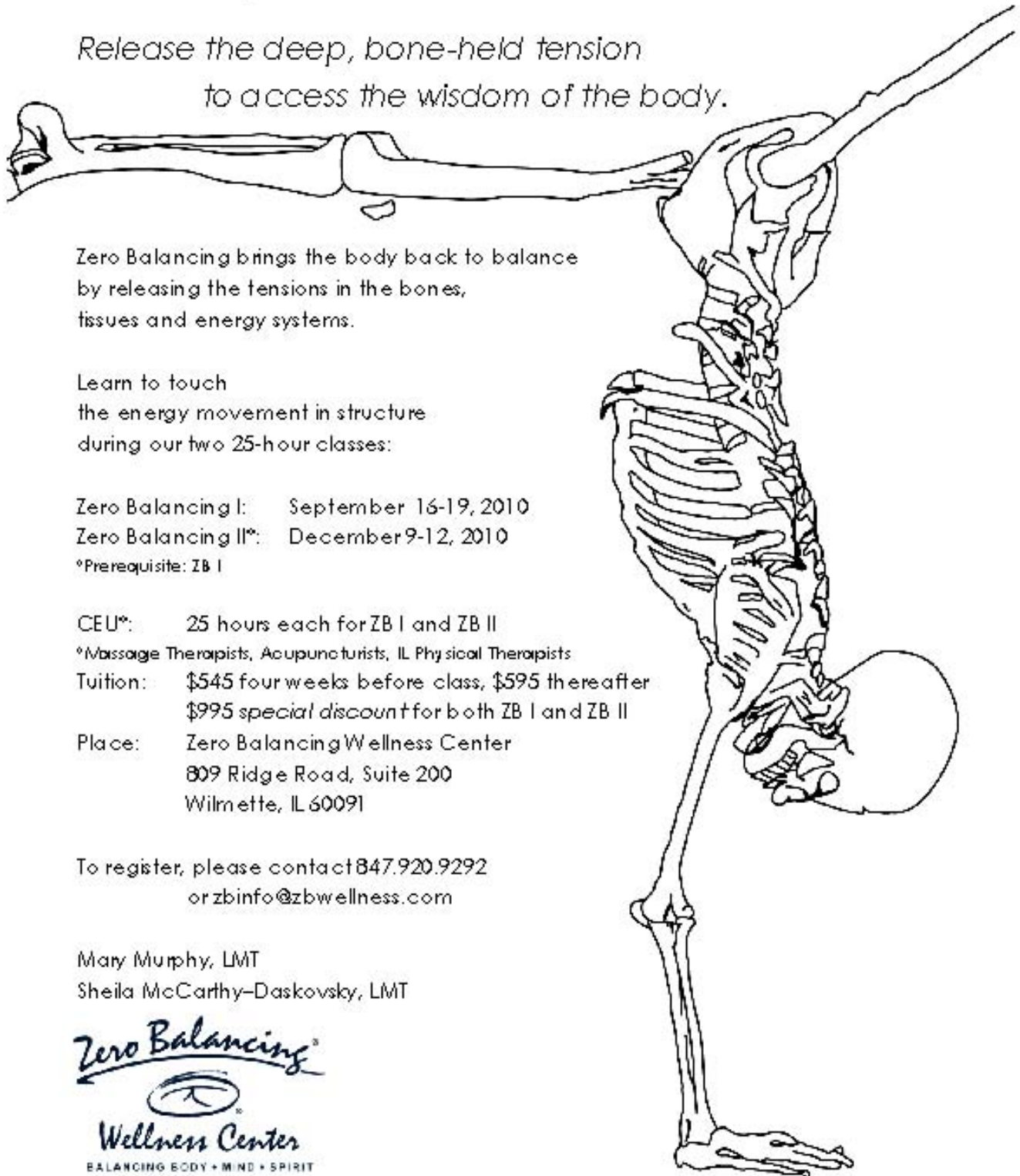
NOTE: SIGN UP FOR ALL 8 WORKSHOPS DURING THIS SPECIAL WEEK AND RECEIVE A 60% DISCOUNT.

\$1,030.00 VALUE—PAY ONLY \$399.00 AND EARN 49 MASSAGE CEs



How do your bones feel?

*Release the deep, bone-held tension
to access the wisdom of the body.*



Zero Balancing brings the body back to balance by releasing the tensions in the bones, tissues and energy systems.

Learn to touch
the energy movement in structure
during our two 25-hour classes:

Zero Balancing I: September 16-19, 2010

Zero Balancing II*: December 9-12, 2010

*Prerequisite: ZB I

CEU*: 25 hours each for ZB I and ZB II

*Massage Therapists, Acupuncturists, IL Physical Therapists

Tuition: \$545 four weeks before class, \$595 thereafter
\$995 special discount for both ZB I and ZB II

Place: Zero Balancing Wellness Center
809 Ridge Road, Suite 200
Wilmette, IL 60091

To register, please contact 847.920.9292
or zbinfo@zbowellness.com

Mary Murphy, LMT

Sheila McCarthy-Daskovsky, LMT

Zero Balancing[®]

Wellness Center
BALANCING BODY • MIND • SPIRIT



Introduction to Biodynamic Craniosacral Therapy

28 CE hours / 4 days
Aug 12-15 --- Nov 4-7

This class can be taken as a stand-alone,
but is also prerequisite for a professional training beginning in early 2011.

Ginger Crisenbery, BCST (NCBTMB Provider #450668-08)
Craniosacral BioDynamics of Evanston
725 Washington #108 • Evanston IL 60202
For detailed information:
www.craniosacralevanston.com - or - 847-328-8433

The Art of Massage Cupping™ Bodywork-Level 1
2010 Schedule
Niles, IL : June 4-6; Sept 10-12; Oct 22-24;
Dec. 3-5 (Max: 10 Students)
Decatur, IL: August 27-29 and November 5-7
Burlington, WI May 21-23 Rochester, MN August 6-8
22-Hour NCBTMB approved Workshop, \$395
Contact Diane Williamson 847.387.9445 or
Diane.williamson@cornast.net
Coming soon: www.massagcuppingeducation.com/



Muscle Wisdom Seminars

NCBTMB-Approved Provider: #450786-08
www.musclewisdom.com
(734) 730-9300



Gain The Knowledge to Work With Athletes!

- Understand common biomechanical problems that cause overuse injuries
- Learn orthopedic assessment techniques to quickly identify the root cause of the problem
- Master advanced, movement-based massage techniques to release soft tissue without strain on your hands
- Gain practical marketing strategies to target athletes

Earl Wenk, ATC CSCS NCTMB

Earl has over 17 years of experience in the field of sports medicine, working as both a certified athletic trainer and massage therapist. He works with athletes of all ages and skill levels, from recreational runners to Olympic and world-champion Olympic medalists.



2010 Seminar Schedule:

Month	Course	City
May 22-23	Sports Massage - Upper Body	Detroit, MI
July 10-11	Sports Massage - Lower Body	Chicago, IL
Aug 21-22	Sports Massage - Upper Body	Cleveland, OH
Oct 09-10	Sports Massage - Lower Body	Kalamazoo, MI

For information & Registration, visit: www.musclewisdom.com

Stand Up. Stand Out. Get Connected!

Join AMTA, today!

Now is a good time to review the many advantages of being an AMTA Member. No other association or organization gives you so much in assisting the advancement of your career.



AMERICAN MASSAGE THERAPY ASSOCIATION

All of the following highly valuable benefits are included with your AMTA membership:

- *Research support – building credibility for massage*
- *Advancement of the awareness of massage – to consumers and healthcare professionals*
- *Development and support of ethics and standards – for AMTA members and the profession*
- *Legislative advocacy – for fair and equitable regulation at state and local levels*
- *Continuing education – high-quality, low-cost opportunities at members-only rates*
- *Liability insurance – broad and high-limit coverage for financial protection*
- *Local and national on-line resources at amtamassage.org and amta-il.org*
- *Members-only savings – on professional products, and optional insurance plans. Discounts on office supplies, hotels, car rentals and real estate available.*

Renew your membership or join as a new member today!

For more information on these and other benefits of your AMTA membership, visit amtamassage.org.



AMTA-IL
1901 North Roselle Road
Suite 920
Schaumburg, IL 60195

