

KEEPING

# In Touch

WITH AMTA-IL CHAPTER

NEWSLETTER OF THE AMERICAN MASSAGE THERAPY ASSOCIATION ILLINOIS CHAPTER

SPRING 2011

Volume 32, Number 2



## AMTA-IL 2011 ANNUAL MEETING AND EDUCATIONAL CONFERENCE

By Becky Schwoebel, 2nd Vice President

We just completed another successful AMTA-IL annual meeting and educational conference titled "Guiding The Massage Profession Forward", held April 8 - 10, 2011 in Itasca. More than 200 members and non-members attended the educational sessions to learn new skills, meet fellow massage therapists and celebrate the massage therapy profession.

This year's conference began Friday with two pre-conference workshops presented by the AMTA-IL Government Relations Committee and a Human Anatomy Cadaver Lab at The National University of Health Sciences in Lombard. We were excited to be able to present attendees with two



distinguished guest keynote speakers this year. At the Saturday evening Welcome Reception/Awards ceremony, Matthew Hertenstein, PhD. spoke on the "Science of Touch". Dr. Hertenstein is Director of The

Touch and Emotion Lab at DePauw University in Indiana. Then, Damon Arnold M.D., M.P.H. Director of the Illinois Department of Public Health and a massage therapist, spoke on: "Bridging the Gap between Eastern and Western Medicine: A Public Health Perspective" at the Sunday luncheon. Both speakers were well received with their support of the massage therapy community.

This year, we welcomed back some instructors from past conferences, and introduced a few new faces. We were fortunate to have Michael Jones back for his presentation on "Massaging the Athlete: A Research Based Approach to Sports Massage Therapy". Dr. Evan Osar and Jenice Mattak drew a full crowd on both Saturday and Sunday with their sessions on Neuro-fascial Integration of the Hip and Shoulder.

Attendees were also given the opportunity to learn more about the business side of their practice with classes on marketing and networking. Sue Shekut presented an educational session



on "Marketing in a Tough Economy", providing attendees a chance to share ideas and learn more effective ways to use their current resources. "Social Network Marketing: The New Word of Mouth Advertising", was presented by Robin Doerr. Robin discussed how to

## IN THIS ISSUE

### Article Highlights

AMTA-IL 2011 Annual Meeting and Educational Conference	1-2
President's Corner	2-3
2011 AMTA-IL Chapter Awards	4-5
AMTA-IL 2011 State Conference: Keynote Speakers	6
Government Relations Committee News	7-9
Member Profile	10-11
Teacher's Corner	11-12
Daily Dose of Touch	12
Research Matters	13-14
AMTA-IL 2010 Annual Review	15-16

## CONTACT INFORMATION

### AMTA-IL Chapter

1901 North Roselle Road Suite 920  
Schaumburg, IL 60195  
847.885.0674 Phone  
847.885.8393 Fax  
info@amta-il.org Email  
www.amta-il.org

### AMTA National

877.905.2700 Phone  
www.amtamassage.org

### NCBTMB

800.296.0664 Phone  
www.ncbtmb.org

### IDFPR (Licensing)

217.785.0800 Phone  
www.idfpr.com

## BOARD OF DIRECTORS

Mike Hovi, President  
Tracy Smodilla, First Vice President  
Becky Schwoebel, Second Vice President  
Heather Rabbitt, Third Vice President  
Courtney Lewis, Member at Large  
Nestor Battung, Member at Large  
Vicki Gothard, Treasurer

## STANDING COMMITTEES

Governance – Mike Hovi  
Finance – Vicki Gothard, Mike Hovi,  
Becky Schwoebel  
Government Relations – Tracy Smodilla, Sally  
Hacking, Maureen Mulhall

## WORKGROUPS

Communications – Heather Rabbitt,  
Rebecca Sturgeon  
Education – Mike Hovi, Kelly Fowler  
Awards – Heather Rabbitt  
Conference – Becky Schwoebel  
Community Service/Outreach – Nestor Battung  
Elections – TBD.

## IN TOUCH PRODUCTION STAFF

Rebecca Sturgeon, Editor  
Guest-Editor: Heather Rabbitt  
Member Volunteers: Rebecca Sturgeon,  
Celia Bucci, Angie Schumacher  
Designer: Brett Barton

## EXECUTIVE OFFICE STAFF

Robert Patterson J.D., Executive Director  
Michele Anderson, Associate Director  
Matthew Burnett, Meetings Manager  
Maureen Mulhall, Chapter Lobbyist  
Ashley Hamm, Meetings Associate

## ADVERTISING CONTACT

Ann Connelly, Member Services

## AMTA-IL 2011 ANNUAL MEETING AND EDUCATIONAL CONFERENCE

continued from page 1

utilize the growth of social networking to promote and enhance your business in the current economy.

We also held a raffle during the event, with proceeds of \$738.00 to be presented to the Massage Therapy Foundation to support the efforts of the foundation to conduct research of therapeutic massage.



We would like to thank our sponsors (Master Massage Equipment/MHP International, Massage Envy, Nestor Battung, The Center For Association Resources) and exhibitors, those that purchased ad space in the onsite program and everyone that donated items for the attendance prizes and raffle.

In keeping with AMTA-IL chapter policy of “Go Green”, we attempted something new this year by doing the conference surveys online. If you attended the conference, we hope you supported our efforts by completing the surveys online.

This isn't the only educational event AMTA-IL will be holding this year. We will also host educational events across the state on June 5 and July 24. Please visit the AMTA-IL Chapter website, www.amta-il.org, and in your email box for additional information.

### SAVE THE DATE!!

### 2012 AMTA ILLINOIS STATE CONFERENCE & ANNUAL MEETING

APRIL 21– 23, 2012  
CROWNE PLAZA CHICAGO O'HARE  
ROSEMONT, IL

Please keep a look-out for our brochure about distinguished speakers and the excellent opportunities to obtain Continuing Education credits from the experts!

Visit [www.amta-il.org](http://www.amta-il.org) or  
call the Chapter office at  
**847-885-0674**

for more information as it unfolds!



## The President's Corner

Mike Hovi, President

Winter is gone, spring has sprung, and summer is rapidly approaching. It's time to get out of the house and enjoy the sunshine.

So what does AMTA-IL have in store for members this summer and beyond? Well, we have a multitude of opportunities for each and every member to enhance their skills, give back to their community, network with other massage professionals, and the opportunity for every member to help in the future direction the Illinois Chapter will head in the future.

From the area of “Enhancing your Skills”, the Chapter will be hosting four educational events throughout Illinois, providing every member with the opportunity to attend at least one event without traveling too great a distance. We will be hosting two educational events on Sunday, June 5 in the Chicagoland area and around Bloomington-

## The President's Corner

*continued from page 2*

Normal. We will also cover the east and west parts of the state with an educational event in the St. Louis and Rockford areas on July 24th.

In the Chicagoland area, Sarah Evans will be presenting on Lomi Lomi. She has extensive training on the topic and has taught it many times over the past few years. Additionally, she has traveled to Hawaii to receive formal training on the intricacies of the technique, and much of her private practice includes Lomi Lomi.

In the Bloomington-Normal area, Nestor Battung will present on Sports Massage. For those of you that do not yet know Nestor, he currently serves as a Sports Massage Therapist for both the Men's and Women's US National Soccer Teams and has completed the training process as an Approved Sports Massage Therapist through the US Olympic Organization.

In the St. Louis area, we are honored to have Angie Palmier and Chris Alvarado present "Differentiating Carpal Tunnel and Thoracic Outlet Syndromes: Assessment, Treatment, and, yes . . . . Marketing!" Both Angie and Chris have extensive backgrounds in massage education. Angie is a former massage school owner and Chris was the Education Director at Cortiva-Chicago/CSMT.

If you have any knowledge of reflexology, you've most likely heard of Sue Watson. She has many years as both a practitioner and educator of this unique bodywork modality. Sue will be presenting in the Rockford area.

Should you crave more educational opportunities, The National AMTA Convention will be this fall in Portland, Oregon, the 19-22 of October. We hope that you are able to join us! Further information on each educational event, please visit the Chapter's new website ([amta-il.org](http://amta-il.org)) or call the Chapter office.

AMTA is teaming up with the Susan G. Koman walk for a Cure again for 2011. Last year, we provided over 200 massages to walkers and volunteers. We are hoping to surpass that number and will need your help! There are also year-round opportunities to volunteer. Check out our Daily Dose of Touch articles in each Newsletter. Additionally we are always looking for events our members can volunteer at to promote the profession of massage therapy so please don't hesitate to contact us.

Meet-ups are continuing in several areas, and more are being organized all the time. We currently provide these wonderful networking events in Belleville, Oak Park and Evanston. If you are interested in attending and/or organizing a meet-up, please

contact the Chapter office.

Finally, we will be having our annual Strategic Planning Session September 23-25. During this time, we plan out the Chapter's activities for the next year and beyond. To make sure we best meet the needs of our members, we encourage you to attend. We also realize that members may want to attend, but the cost becomes prohibitive due to hotel costs, meals, transportation costs, etc. Since we want to hear from you, our members, about where the Chapter should be heading, we will cover the cost of a double occupancy room and provide lunch during meeting times.

As you can see, we are here for you, the member. Take advantage of your membership. You are paying dues, so make sure you get your money's worth. Get involved. Promote Massage Therapy, and have fun while you do it. If you are interested in any of these events, please contact the Chapter Office. We look forward to hearing from you!

Respectfully,



Michael A. Hovi  
AMTA-IL Chapter President

### AMTA ILLINOIS SUMMER WORKSHOPS

#### SUNDAY JUNE 5TH

8:30am – 5:00pm

##### Chicago Workshop

**Presenter:** Sara Evans

**Topic:** Lomi Lomi

**Place:** Crowne Plaza O'Hare, 5440 North River Road, Rosemont, IL  
(hotel parking has been reduced to \$8 for the day)

##### Bloomington Workshop

**Presenter:** Nestor Battung

**Topic:** Sports Massage: Utilization of Body Mobilization with Athletes

**Place:** Holiday Inn Express – Florentine Room  
1715 Parkway Plaza Dr, Normal, IL

#### SUNDAY JULY 24TH

8:30am – 5:00pm

##### Rockford Workshop

**Presenter:** Sue Watson

**Topic:** Foot reflexology for structural pain

**Place:** Healthy Soles School of Reflexology  
605 Fulton Ave. (Eiger Lab Building), Rockford, IL

##### St. Louis Workshop

**Presenters:** Christopher Alvarado & Angela Palmier

**Topic:** Differentiating Carpal Tunnel and Thoracic Outlet Syndromes: Assessment, Treatment, and, yes...Marketing!

**Place:** Sanford-Brown College, Massage Lab Rm 16  
1101 Eastport Plaza Dr, Collinsville, IL

To register, call the AMTA-IL office at 847-885-0674 or visit [www.amta-il.org](http://www.amta-il.org).

## AMTA-IL 2011 CHAPTER AWARDS

By Heather Rabbitt, 3rd Vice President

Every year, we take the opportunity to recognize and honor the accomplishments of our members, our volunteers and the people and organizations in the larger massage community throughout Illinois. These individuals serve as an example of the exciting and inspiring work that is being done in massage therapy throughout the state.

### ROOKIE OF THE YEAR

Susan Berch, Chicago

Susan Berch joined the Cortiva Insistute-Chicago as Assistant Director in April of 2007. During that time, she inspired scores of people to boldly step forward to follow their passion into a career in massage therapy. In the midst of her work at Cortiva, she followed her own calling and enrolled in the Professional Massage Therapy Program. Susan graduated at the top of her class in April of 2010. After obtaining her license, she became employed as a massage therapist at the Four Seasons Spa, but also stayed on at the Cortiva Institute to continue to help future therapists follow their dreams. Susan exudes energy and passion with everything she does. Her outgoing personality and fresh, vibrant approach to her profession is an inspiration to anyone she meets. She is an excellent example of what a new massage therapist in this industry can do when driven and passionate about wellness and holistic care.

### EMPLOYER OF THE YEAR

Shannon Klemp – Massage Envy, Hoffman Estates

Shannon Klemp and Massage Envy were recognized by an Illinois school who stated:



Since Massage Envy started opening clinics in Illinois, the Regional and franchise owners have been proactive in meeting with our school to learn more about the massage profession in this market. They have what massage therapists want and provide working conditions that require the best serve to the public. They have invested in the continuing education of their therapists. Shannon Klemp in particular has been to every one of our employment events and takes a personal interest in the growth and development of the skilled massage therapists she hires for her clinic. She and her team create a safe, healthy environment catered to the massage therapists and in turn, creates a wonderful environment for the clients who receive massage. Shannon is one of those employers where many of your graduates can find a fulfilling and successful

place to thrive as a professional.

### OUTSTANDING CONTRIBUTION TO MASSAGE IN INTEGRATIVE HEALTH CARE

Ritchard Middleton, Westmont

Ritchard Middleton was nominated by his mentor, supervisor and regional manager. For the past 5 years, Ritchard has worked as a massage therapist at the Aurora AthletiCo Clinic. His supervisor states: Ritchard is truly a part of the treatment team in the clinic and contributes to promoting massage therapy as a part of our patients' plan of care. He provides manual treatment to our physical and occupational therapy patients during their treatment sessions. Ritchard always keeps communication at the highest level with the therapists he is working with and provides in-services to our clinical staff on his massage therapy protocols, so that we have a better understanding of how he can contribute to our team treatment approach. Ritchard continues to integrate himself well in the community and is an asset to AthletiCo family.



### HUMANITARIAN

Rebecca Sturgeon and Christine Becker – ElderCare Massage Chicago

ElderCare Massage Chicago is an in-home and on-site massage therapy program that provides treatment to



seniors throughout the Chicagoland area. Christine and Rebecca met while providing regular community outreach work and volunteering to provide massage therapy for the residents and staff of Bethesda Home and Retirement Center in Chicago. Together, they found that often the most meaningful interactions involved nothing more than a gentle touch, given with loving intention.

Ruth Werstler, Life Enrichment Director of Bethesda Home and Retirement Community states:

“ElderCare Massage Chicago has been a real blessing to our community. They do an excellent job with all of our residents, always treating them with respect and dignity and I am thrilled that they take a special interest in our residents with advanced dementia. The residents can't wait to see them. They look forward to their massages, but even more so to seeing their friends. Rebecca and Chris give from their hearts... and it shows.”

*continued on page 5*

**AMTA-IL 2011 CHAPTER AWARDS***continued from page 4***DISTINGUISHED SERVICE***Kelly Fowler, Joliet*

Kelly Fowler was appointed to the AMTA-IL Chapter board in 2009 where she served for 1 term, and has continued to serve as the Education Committee Chair for our Chapter until this very day. For those members and attendees who have been happy with the line-up of our courses and instructors for the past 3 conferences, as well as our education sessions throughout the year, a great deal of thanks goes to Kelly. In addition to her work for the Chapter as Educational Chair, Kelly has also been a State Conference Presenter, has served on the AMTA National Selection committee work group for educational presenters at the 2010 National Conference, and has been a teaching assistant at both the State and National Conference levels.

Mike Hovi, AMTA-IL Chapter President, states:

“As Chapter President, I have been fortunate enough to work with Kelly at the Chapter level for the past 3 years, and as a fellow teacher for the past 8 years. Kelly has never declined to help the Chapter when asked, and her dedicated work has always been of the highest quality. She has been a valuable asset to this Chapter and to our members.”

**MERITORIOUS AWARD***Angela Palmier*

Angie became involved in the Illinois Chapter in 2000 when she served as a Delegate to the National House of Delegates. She again served in the same capacity in 2001. In 2003, she became a member of the board of directors, serving as the 3rd VP. Later that same year, she was appointed to the position of 1st VP where she served in that capacity through 2009 when she became President of the Illinois Chapter.

In addition to Chapter offices held, Angie also gave of her time serving on a multitude of Chapter Committees. Not having enough on her plate, Angie also served at the National level where she worked on the Counsel of Schools Workgroup and Student Recruitment Designee Workgroup.

Angela has also donated her time and energy to the Massage Therapy Foundation, serving on the Development Committee

and Educational Committee. Most recently, she has been actively working with the Massage Therapy Foundation on the raising of funds through the Individual Donor Development Committee. During her time on the Educational Committee, Angie was actively involved in the development of a curriculum that many schools across the country use today when teaching about research literacy, and then turned the rights of the material she helped develop over to the Massage Therapy Foundation.

For a number of years, Angie was co-owner of a Massage Therapy School in the St. Louis area for several years that trained some of the finest therapist in the country. In addition, twice a month for 2 years, Angie gave of her time and energy by volunteering her skills as a massage therapist at a local hospital where she provided infant massage and trained parents on how to massage their infants.

Over the course of 5 years, she partnered with the Race for Life and other non-profit organizations, providing massage therapy to participants. Not to be overlooked, Angie has served as a mentor to an untold number of therapists over the years. Today, Angie and the company she owns with her business partner mentor 7 different Chapter Leaders from 7 different States.

Angie has been an invaluable asset to The AMTA-IL Chapter, The AMTA National organization and the entire massage therapy profession. We look forward to what she has planned for the future.

## 2011 BOARD OF DIRECTORS UPCOMING MEETING SCHEDULE

**All meetings are held from 7-9pm**

May 18, 2011 In person  
AMTA-IL Office

June 16, 2011 teleconference

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](mailto:mike@amta-il.org) with Board Meeting in the subject line, or call **847-885-0674** for more information.

## AMTA-IL 2011 STATE CONFERENCE: KEYNOTE SPEAKERS

By Patrick Malone, Secretary

WOW! I have been attending state, regional, and national conferences for over 25 years, and have had the opportunity to hear some notable keynote speakers. The Illinois 2011 Conference had two of the best keynote speakers I have ever heard, and at the same conference.

On Saturday evening, Dr. Matthew J. Hertenstein, PhD, spoke on The Science of Touch. He brought with him his training at the University of California, Berkeley, where he earned his PhD in Developmental Psychology. He currently serves as an Associate Professor in the Department of Psychology and the Director of the Touch and Emotion Lab at DePauw University. Dr. Hertenstein was able to detail touch theory and research studies going on around the world, and relate it to what we are doing every day as massage therapists. Many of us studied the works of Ashely Montagu and Tiffany Fields during our training. Dr. Hertenstein's research on The Science of Touch compliments and often extends their research and he shared his insights with us. While he has published several articles on touch, I anxiously await his soon-to-be-released, The Handbook of Touch, which he was coeditor.



Just when you thought that Saturday evening keynote speaker couldn't be matched, we welcomed Sunday's keynote speaker, Dr. Damon T. Arnold, M.D., M.P.H. Dr. Arnold studied at The University of Illinois where he earned his medical degree and a masters in public health. He share with us his experience as an Illinois State Surgeon and 23 years in the Army National Guard, where he holds the rank of Colonel, and currently the Guards commander of



the Joint Task Force Medical Command in Springfield. He was a past medical director at St. Francis Hospital, Blue Island, Illinois; LTV Steel Co. in Indiana, and at Mercy Hospital Medical Center, Chicago. Oh, did I mention that he is also a massage therapist? He is certified in holistic medicine, massage therapy, acupuncture, and the martial arts.

Dr. Arnold presented "Bridging the Gap between Eastern and Western Medicine: A Public Health Perspective" which gave us all great insights to the importance of our work as massage therapists to the overall health of our nation. He expressed how our work relates to the improvement of our current economic crisis. He provided suggestions on how to improve our status in the political and healthcare environments. Dr. Arnold currently serves as the Illinois Director of the Department of Public Health. He is a great spokesperson for massage therapists, one of the ground floor healthcare providers to the 12.4 million residents of the State of Illinois. How many are we touching? He is an influential, knowledgeable advocate for our field and we look forward to working with him in the future.

### VIRTUALLY GREEN

92% 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 8% 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 [info@amta-il.org](mailto:info@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.

## Government Relations Committee News

### AMTA ILLINOIS CHAPTER SPRINGS INTO ACTION!

*Submitted by Tracy Smodilla, Chair, Government Relations Committee*

#### **Massage Therapy Legislative Awareness Day a Success!**

On March 30th, a dozen dedicated chapter members and a non-member LMT rolled into Springfield for an active day of lobbying and advocating for our profession. Armed with position statements on issues such as the extension of the Massage Licensing Act and keeping massage therapy exempt from taxation, they hit the Capitol steps running!

Historically, this day of advocacy was held in October to coincide with National Massage Therapy Awareness Week. Unfortunately, it is also during the Illinois General Assembly's Veto Session and few legislators are available to meet with in Springfield. Last year, the Government Relations Committee proposed that the day evolve into a day of legislative awareness and revise the date to coincide with a date when both the House and Senate would be in session and at a time when the bill to extend the Massage Licensing Act would have already been introduced.

With a little briefing and direction, this strategy provided optimal opportunities for our members to meet with legislators from both Chambers to raise awareness for the profession and discuss the issues that impact it. In addition to meeting with Senator Martinez, sponsor of Senate Bill 153, they met with their own district leadership as well as those serving on House and Senate Committees that serve licensed professions in Illinois. Some even exercised their new "lobbying savvy" and had leadership pulled from the Senate and House floors to be sure that they got heard!

When not meeting with legislators or staff, the Chapter hosted an information table in the North Hall, just beyond the entrance to the Capitol. Enticed by a huge basket of fresh baked cookies, the more broad audience of passersby took time to meet with members and learn more about licensed massage therapy, the profession and its value in healthcare. Later, the group gathered on the steps at the Lincoln Statue for a fantastic photo opportunity.

This was truly a remarkable, fun and proud day! We all learned more about the legislative process, began to forge some very meaningful and productive relationships with our elected leadership and took important steps for the protection and advancement of massage therapy. Thank you to everyone who participated and supported this very worthy effort!

#### **GRC Hosts First Workshops at State Conference**

In an effort to raise awareness about the role of government relations in massage therapy, the GRC presented two preconference workshops on April 8th just before the commencement of the AMTA Illinois State Conference. More than 30 registrants spent the morning and afternoon learning about the benefits of coalition building and how to be effective advocates for their profession or cause.

The morning workshop, "The Power of 51%" was co-presented by Dr. Donald Warren, DDS and Tracy Smodilla, LMT. Using a conversational format, participants learned more about the concepts, benefits and the potential pitfalls when forming a coalition. As part of the workshop, the class was divided into "coalitions" where they collaborated to find common ground in an effort to advance a cause or mission and then made presentations to the others. They discovered that the actual process to coalesce wasn't as easy as the theory of coalition building and that balancing the emotional and rationale aspects took mindful deliberation. However, the overall conclusion was that benefits far outweighed the effort and potential disadvantages.

*continued on page 8*

### ANNOUNCING DELEGATES

**THE ILLINOIS CHAPTER WILL BE REPRESENTED AT THE AMTA CONVENTION IN PORTLAND, OR, IN OCTOBER 2011 BY THE FOLLOWING DELEGATES:**

**Tara Ronvik, Celia Bucci, Steven C. Albertson, Robin Doerr, and Terri L. Visovatti.**  
**Alternates (listed in order): Maureen Clancy, Bonnie Stratton, Roxanne Cherpeske, Patricia Waner, and Rosalie B. Swan.**

## CALENDAR OF EVENTS

## CONFERENCES

**AMTA-IL State Conference and Annual Meeting**

April 21-23, 2012

Crowne Plaza Chicago O'Hare, Rosemont, Illinois

www.amta-il.org

**AMTA 2011 National Convention** October 19-22, 2011

Portland, Oregon

www.amtamassage.org.

## MEETUPS

**Oak Park Meet-ups**

Second Tuesday of odd-numbered months – 7pm

July 12, Thyme &amp; Honey Restaurant

**MADISON AND DES PLAINES, FOREST PARK, IL**

Come for dinner, a snack or just a beverage. Stay for a fun, empowering and informative discussion.

RSVP to **Denise Kozel, 708.366.2223**

denise1218pmt@aol.com

**Evanston Meet-ups**

Meet Ups will be held in Evanston on the first Tuesday of even-numbered months – 6:30 - 8:30 PM

June 7, Panera Bread

**1700 SHERMAN AVE. (SHERMAN & CHURCH)**

Upcoming dates to be announced

RSVP to **Sarah Lashley,**

sarah@somavidabodywork.com

**Belleville Meet-ups**

First Tuesday of each month – 7-9pm

June 7, location TBD

RSVP to **Amy Orchard, 618-301-2134**

amy@orchardtherapy.com

**New Meet-Up Location****Western Suburbs, Meet-ups**

June 29, July 20, August 17,

Quality of Life Center

**2895 OGDEN AVE., LISLE, IL** (2.6 mi. W. of 355/0.7 mi E. of Naperville Rd. on Ogden Ave.)RSVP to **Nestor Battung, 630-272-6378** or**Pat Malone, 630-417-2294****GRC Hosts First Workshops at State Conference**

continued from page 7

In the afternoon, “Advocacy 101: Speak Up and Get Heard!” was co-presented by Maureen Linehan-Howard (Chair, Government Relations and Advocacy, The Multiple Sclerosis Society-Greater Illinois Chapter), Senator (ret.) Brad Burzynski and Tracy Smodilla. The workshop was designed to provide easy and practical instruction for those new to advocating. Participants learned about the most effective ways to communicate with their elected leadership at municipal, state and federal levels.

Speaking from the perspective of a highly skilled advocate, Maureen shared inspiring stories of how effective her organization has been to affect change in Illinois for those living with MS and other disabilities. Her message was “Yes. You can make a difference!” Senator Burzynski brought a fresh and sometimes funny insight to expand our understanding of Illinois legislators. He, too, underscored that thoughtful and mindful dialogue with leadership is the most effective way to get heard.

Both workshops were well received and extremely successful, and especially when (according to this volunteer): they were presented prior to the start of the conference, on a Friday when many weren't able to take an extra day off and there were no CE's awarded. Besides this, they also netted some unexpected and positive results. The discussions elevated enthusiasm for more robust volunteer participation in GR activities and several educators from massage therapy programs expressed the need to have the content taught in their schools.

Many thanks to Dr. Don Warren, Maureen Linehan-Howard and Senator (ret.) Brad Burzynski for their generous support of this first educational program sponsored by the GRC. We value the partnerships with them.

**Legislative Update****State of Illinois**

- 1) Senate Bill 153 amends the Massage Therapy Licensing Act and serves as the legislation to extend the sunset date for the Act until January 1, 2012. In addition to extending the sunset date, SB 153 adds many of the standard provisions that the Department of Financial and Professional Regulation includes in sunset legislation. As of this

continued on page 9

**Legislative Update***continued from page 9*

newsletter, SB153 had passed in the Senate and is now in the House.

- 2) The GRC has successfully kept massage therapy services out of taxation bills pending in the General Assembly.

**Municipal Activity**

- 1) City of Chicago: Inspections continue and citations issued, however, not all are without merit. Those deemed erroneous or discriminatory have been repealed or overturned after review. The AMTA Illinois GRC will meet again with the City in the late spring after the new city council is seated to resume its review of current business and zoning ordinances.
- 2) The GRC has received inquiries and requests for assistance in reviewing other municipal business licensing ordinances for massage therapy establishments. A GRC goal is to help massage therapists engage and collaborate with their elected leadership to amend local ordinances that are antiquated, discriminatory or possibly even in violation of state statute. We will use the "Model Practice Act" as a tool in this process.

*To learn more about the Government Relations Committee and become involved, please contact Tracy Smodilla at [Tracy@amta-il.org](mailto:Tracy@amta-il.org).*

**WE HAVE AN AUTHOR AMONG US!**

Congratulations to Celia Bucci, AMTA member for over 9 years, on the publication of her new book *Condition-Specific Massage Therapy*. This versatile book outlines treatment goals for relieving musculoskeletal conditions in the context of a relaxation/wellness massage session.

To learn more about Celia's new book or order a copy for yourself, please visit [www.lww.com](http://www.lww.com).

**CREATE YOUR OWN FREE WEBSITE***Promote Your Practice and Attract More Clients*

Attract more clients and boost your credibility with your own free website. AMTA has partnered with a trusted vendor, BodyworkSites, to come up with a great new benefit for you: A free website for all Professional and Student members:

- **Easy 5-Minute Set Up** – Keep your energy for your practice. It only takes five minutes to set up your new website at [www.amtamembers.com](http://www.amtamembers.com).
- **5 Pages of Content** – What makes your practice unique? Tell prospective clients about how you can help them, what to expect for their first massage, why they should make an appointment with an AMTA Member, how to contact you and more.
- **54 Templates** – Customize the look of your site. Make the personality of your practice integral to your website. Focus it on the consumers you are seeking.
- **Frequently Asked Questions** – Visit the comprehensive FAQ document ([www.amtamembers.com/faqs](http://www.amtamembers.com/faqs)) to learn more.
- **Technical Support** – Have a question about your website? Get the answers you need by emailing BodyworkSites' knowledgeable tech support team.

Having a website is an easy and powerful way to market your skills and your passion for massage. Use this new benefit to connect with new clients, communicate with current clients and, most of all, to promote your practice.

**CREATE YOUR WEBSITE TODAY!  
GO TO [WWW.AMTAMEMBERS.COM](http://WWW.AMTAMEMBERS.COM)**

## Member Profile

Member Name: **Dianne Seppelfrick, MA, LMT**

AMTA Member Since: **2003**

Location: **Chicago, IL**

Company or Organization:  
**NMPG's Center for Integrative  
 Medicine & Wellness; D. Seppelfrick  
 Massage & Bodywork**



Website: [www.amtamembers.com/dseppelfrick](http://www.amtamembers.com/dseppelfrick)

### *What made you decide to become a massage therapist?*

One day my manicurist asked me “What are you doing with your life, kid?” and proceeded to tell me about massage therapy. Like I was going to cut my fingernails to be a massage therapist...no way. But, it came up again, spontaneously, two more times from two unrelated sources. “Ok, Ok, I’ll look into it.” Not even knowing such a profession existed before, I checked into a few schools around the country, and the curriculum and the general idea of it all resonated with me. I like to move around, work with people, and health and healing topics. Plus, I love working with my hands!

### *What does your typical week look like?*

Very busy and intense. I work only with cancer patients; this is most rewarding, intense, and often heart-wrenching. Three or four days per week, I see inpatients who need to be admitted for various cancer treatments or because of complications from the cancer or the cancer treatment. Sometimes, certain patients are admitted for months at a time. Two half days per week, I see women who come in as outpatients for chemotherapy. We offer them hand, feet, and shoulder massage while they are being infused with chemotherapy. Two half days are also set aside for patients to schedule at the Supportive Oncology Clinic in Prentice Womens Hospital; these are more traditional, often full body massages with some modifications. In addition to these patient care hours, I must chart on all of the patients I work with and prepare a few reports at the end of each month. The focus of my work is not so much OIAs, but more about healing, as in “to make whole”. It’s supporting the whole human as their disease is being aggressively attacked.

Two days per week, I also have a private practice.

### *Can you tell us a little bit about what you are researching?*

At Northwestern Memorial Hospital and Prentice, we are looking at some patients’ physical, emotional, and quality of life factors pre and post intervention: massage therapy, biofield therapy, or acupuncture. It’s a snapshot of how the treatment can improve some of these factors, at least for the time being. From massage alone, I’ve observed reductions in pain, nausea, neuropathy, depression, anxiety, and fatigue. I’ve been most surprised to see how simple, classic foot massage can reduce or eliminate nausea depending upon the situation, and I’ve observed this consistently all over the hospital, not only in the study. This results in less need for anti-nausea medication, both a cost and a physical savings. I would love to see more specific research on this. Also, at Childrens Memorial Hospital, I’m involved with a study, under the lead of Sheila Wang, PhD, looking into how massage might impact some measures of HIV+ adolescents.

### *What type of advice can you give to anyone who is interested in working in a hospital setting?*

Nurses are often the most educated about and receptive to our work. They are also the ones who facilitate access to the patients; so get to know them well. Truly be integrative in your thinking. The best patient care comes from giving patients access to the best, modern medicine and the best, traditional healing methods, integrated; embody this attitude. Be versed in research in case you are asked about what massage can offer. “Evidence based medicine” are the trendy buzzwords in health care, so know the evidence.

### *What do you think is the most challenging part of being a massage therapist today?*

For me, on a personal level, it’s definitely the paperwork, the notes, the reports. Also, I see a lot of my patients die. This is really sad and can take a toll on my heart and psyche. I think I might be a little jaded now. On a larger scale, I see the most challenging part just being in the process of growth for our profession. As a whole, we are still defining who we are and who we are not. We are standing up to preserve our right to work and to receive just compensation for our skilled, physical labor which is sensitively guided by our scientific knowledge of the body and its systems. This is valuable! We are educating others about the most profound and subtle benefits which literally improve lives and often reduce future health care expenditures. Yet, sometimes, in some cases, I still feel like we’re treated like dogs or scoffed at or looked down upon. Not always, just sometimes.

*continued on page 11*

Member Profile  
continued from page 10

“ I like to move around, work with people, and health and healing topics. Plus, I love working with my hands. ”

*If you could give one piece of advice to someone entering into a massage program today, what would that be?*

Study a lot, and really do all your practices and then some. When you get out of school, if you don't have a special interest, explore the field. Work as much as possible in diverse areas. Then, whatever strikes you, really dive in. Read and take a lot of continuing education. Endlessly work at both your personal and professional development. Get to know a lot of people and not just massage people. My best jobs have come as a result of someone else helping to bridge me to it, one time from a lady who was in my pottery class! Pay for massage, at least occasionally. Also, develop a self-care practice. Strive for excellence in all that you do. I guess that's more than one piece of advice.

## In Memory Of **WILLIAM ROBERT MORSE**

We would like to extend our deepest sympathy to the family and friends of William Robert Morse of Homewood. Mr. Morse passed away on March 12, 2011. An AMTA member since 1987, Mr. Morse was the owner of South Holland Physical Therapy and Rehab, Ltd. Memorials are requested to the Jennifer S. Fallick Cancer Support Center, 2028 Elm Road, Homewood, IL.

*What did you enjoy most about this year's AMTA-IL Annual State Conference?*

I loved meeting all the massage therapists and hearing the stories of their practice and development. However, I was most fascinated by Dr. Hertenstein's presentation. For me, it illustrated how nascent our profession really is. I haven't been able to shake it, how diverse emotions can be so clearly communicated via touch and that this was replicated in cross-cultural studies. Unbelievable! And the implications for our work! Reflect on that for a bit.

If you would like to be featured in a future Member Profile, please contact Heather Rabbitt at [heather@amta-il.org](mailto:heather@amta-il.org)

## Teacher's Corner

By Mike Hovi, President

As massage educators, we typically do a great job of teaching our students individual techniques. We focus on body mechanics – effleurage, petrissage, tapotement, and so forth. However, how are we making sure our students are learning the non-massage skills they will need to be successful therapists?

A big part of being successful educators is making sure that our soon-to-be-massage therapists have the ability to communicate with their clients and/or patients. Providing a good massage is fine for a while, but if the therapist truly wants to build a practice, and get a multitude of repeat business and referrals, he/she must be able to communicate with the client in a confident, personable and knowledgeable manner. This can come easy to some, but to many it is very unsettling, especially for new therapists who venture out on their own.

Teaching students to communicate better involves several factors. Students must be taught to speak with the client in the terminology appropriate for the knowledge of the person they are talking to. It's important to provide time for students to practice their new client treatment speech. Have them practice multiple times, rehearsing their speech until they can converse with confidence and ease.

If the therapist is speaking with a first-time massage client, the therapist must be able to explain what they will be doing in terms the client will understand. However, there will also

*continued on page 12*

## Teacher's Corner

*continued from page 11*

be times when the client has a vast knowledge of massage. For these clients, the students must be taught how to speak in clinical terms. Require students to practice using the anatomical names of muscles and bones. Students should rehearse stating the names of techniques they might be utilizing such as myofascial release, trigger point therapy, and active/passive stretching. They will also have to practice explaining why they are using each technique. A good way to teach this type of communication is to first explain what the student should know about how and why the therapy will be used, role model a conversation for the students, then have them repeat what they just heard and say.

In addition, student therapist should be able to communicate with clients that ask lots of questions. When the client keeps asking, "What is that?", or "What are you doing now?", the student should be able to answer each and every question as a professional. One way to prepare students for these situations is to question students in class as to what muscle they think they are working on or what

technique they using while practicing their massages. It's important not to let them off the hook by saying they don't know. This will only hurt them later when they are in practice. Give them hints if necessary, but allow them to provide the final answer. If they truly do not know answer to your question, tell them the answer and then have them repeat the answer. Later in class, ask the student the same question, and they will remember the answer. This will help reassure the student's confidence.

To summarize, it is vitally important that teaching students about massage therapy includes more than just teaching them about techniques. Being able to communicate with a variety of clients is equally important. Providing your students with the opportunity to practice their communications while in the classroom will help make them more confident and successful as they enter the professional field.

*Are you a massage educator? If you'd like to contribute your thoughts and ideas to Teacher's Corner, send your submission for this regular feature to the newsletter editor at [editor@amta-il.org](mailto:editor@amta-il.org).*

## Daily Dose of Touch

*Compiled by Heather Rabbitt, 3rd Vice President*



Name of Organization: **Wellness Place**

Location: **1619 W Colonial Pkwy, Palatine, IL 60067**

### ***About the Organization:***

Wellness Place is a cancer resource center delivering support, education, counseling and stress management therapies at no charge to those facing cancer.

About the Massage Therapy Program: Promotes the response of the parasympathetic nervous system, sending messages to the body to relax and slow down. Treatments are performed fully clothed for 30- minute durations. Wellness Place will take care of scheduling all appointments, making confirmation calls the day before, and providing volunteers with the appointment list. We have a massage room dedicated exclusively for bodywork sessions. Volunteers are asked to bring sheets for each appointment. Music is optional as we have a CD player and

quiet music available.

### ***Requirements /Qualifications:***

Must be licensed in Illinois and have insurance.

### ***Impact:***

Massage therapy brings comfort and improvement to the quality of life for cancer patients. Massage is a favorite among our participants and the more appointment times we can offer, the more can our participants can benefit from this great treatment.

### ***Dates and Times Available:***

Monday & Thursday 9-5pm

Tuesday & Wednesday 9-7pm

### ***How to Apply:***

Please contact Dana Shaner at 847-241-5968 or email [dana.shaner@wellnessplace.org](mailto:dana.shaner@wellnessplace.org) to set up an interview.

If you know of an organization looking for massage volunteers year round, please contact **Heather Rabbitt** at [heather@amta-il.org](mailto:heather@amta-il.org) to be featured in an upcoming newsletter.

## Research Matters

Compiled by: Celia Bucci

*Each of the titles below is a live link. Only the titles in blue are live links to free, open access articles.*

**Immediate effects of quantified hamstring stretching: Hold-relax proprioceptive neuromuscular facilitation versus static stretching;** Original Research Article, *Physical Therapy in Sport*; Emilio J. Puentedura, Peter A. Huijbregts, Shelley Celeste, Dale Edwards, Alastair In, Merrill R. Landers, Cesar Fernandez-de-las-Penas

**Postural control under visual and proprioceptive perturbations during double and single limb stances: Insights for balance training;** *Journal of Bodywork and Movement Therapies*; Fuad A. Hazime, Paul Allard, Maiza Ritomy Ide, Cassio Marinho Siqueira, César Ferreira Amorim, Clarice Tanaka

**Visceral mobilization can lyse and prevent peritoneal adhesions in a rat model;** *Journal of Bodywork and Movement Therapies*, In Press, Geoffrey M. Bove, Susan L. Chapelle

**A holistic approach to movement education in sport and fitness: A systems based model;** *Journal of Bodywork and Movement Therapies*; Myles Jay Polsgrove

**Efficacy of deep transverse friction massage in treatment of chronic ankle sprain;** *Journal of Physiotherapy and Occupational Therapy*; PK Arora, S Yardi, P a t h a k K u n a l

**Fatigue-resistance of the internal rotator muscles in the tennis player's shoulder; Isokinetic and electromyographic analysis** *Physical Therapy in Sport*; Roland Julienne, Antoine Gauthier, Damien Davenne

**Is a postural-structural-biomechanical model, within manual therapies, viable?: A JBMT debate;** *Journal of Bodywork and Movement Therapies*; Leon Chaitow

**The fall of the postural-structural-biomechanical model in manual and physical therapies: Exemplified by lower back pain;** *Journal of Bodywork and Movement Therapies*; Eyal Lederman

**Invited response (The postural structural model, with boundary conditions);** *Journal of Bodywork and Movement Therapies*; Robert Edwin Irvin

**Re: The Fall of the postural-structural-biomechanical model in manual therapy: Exemplified by lower back pain. A response to reviewers and further thoughts.;** *Journal of Bodywork and Movement Therapies*; Eyal Lederman

**The presence of extensor digiti medii muscle—anatomical variant;** *Journal of Chiropractic Medicine*; Jonathan S. Carlos, Emile Goubbran, Samir Ayad

**Practitioner-Generated Massage Therapy Research;** *International Journal of Therapeutic Massage and Bodywork*; Christopher A. Moyer, PhD

**Effects of Patterns of Pressure Application on Resting Electromyography During Massage;** *International Journal of Therapeutic Massage and Bodywork*; Langdon Roberts, MA, CMT 4-11

**The Effects of Massage on Pain, Stiffness, and Fatigue Levels Associated with Ankylosing Spondylitis: A Case Study** *International Journal of Therapeutic Massage and Bodywork*; Rosemary Chunco, LMT, BA, Msc

**A Descriptive Study of the Practice Patterns of Massage New**

**Zealand Massage Therapists;** *International Journal of Therapeutic Massage and Bodywork*; Joanna M. Smith, PhD, S. John Sullivan, PhD, G. David Baxter, DPhil

**Gait Characteristics, Range of Motion, and Spasticity Changes in Response to Massage in a Person with Incomplete Spinal Cord Injury: Case Report;** *International Journal of Therapeutic Massage and Bodywork*; Christine Manella, PT, MT, Deborah Backus, PhD, PT

**The effect of massage therapy on blood pressure of women with pre-hypertension;** *Iranian Journal of Nursing and Midwifery Research*; Mahin Moieni, Mahshid Givi, Zahra Ghasempoor, Masoome Sadeghi

**The Effect of Six Weeks of a Massage Program on Sub Skin Fat at Stomach Area;** *Iranian Journal of Health and Physical Activity*; NM Rahimi

**Effect of massage in postmenopausal women with insomnia – A pilot study;** *Clinics*; Helena Hachul, Denise Oliveira, Sergio Tufik, Lia Bittencourt

**A formula to predict patients' gluteus medius muscle volume from hip joint geometry;** *Manual Therapy*; Bernd Preininger, Kathrin Schmorl, Philipp von Roth, Tobias Winkler, Peter Schlattmann, Georg Matziolis, Carsten Perka, Stephan Tohtz

**Hand pain is reduced by massage therapy;** *Complementary Therapies in Clinical Practice*; Tiffany Field, Miguel Diego, Jeannette Delgado, Daniel Garcia, C.G. Funk

**Hematuria after Orthopedic Tuina: A Case Report and Brief Review of Literature;** *Evidence-Based Complementary and Alternative Medicine*; Xiao-Ming Ying, Peng Wang, Ben-Shun Yao, Hai-Yang Gu, and Quan-Zhen Xu

**Connective Tissue Reflex Massage for Type 2 Diabetic Patients with Peripheral Arterial Disease: Randomized Controlled Trial;** *Evidence-Based Complementary and Alternative Medicine*; Adelaida María Castro-Sánchez, Carmen Moreno-Lorenzo, Guillermo A. Matarán-Peñarrocha, Belen Feriche-Fernández-Castany, Genoveva Granados-Gámez, José Manuel Quesada-Rubio

**The effect of two manipulative therapy techniques and their outcome in patients with sacroiliac joint syndrome;** *Journal of Bodywork and Movement Therapies*; Fahimeh Kamali, Esmaeil Shokri

**The relationship between superficial muscle activity during the cranio-cervical flexion test and clinical features in patients with chronic neck pain;** *Manual Therapy*; Shaun O'Leary, Deborah Falla, Gwendolen Jull

**The effects of spinal posture and pelvic fixation on trunk rotation range of motion;** *Clinical Biomechanics*; Trevor Montgomery, Mark Boocock, Wayne Hing

**Development of active myofascial trigger points in neck and shoulder musculature is similar after lumpectomy or mastectomy surgery for breast cancer;** *Journal of Bodywork and Movement Therapies*; Carolina Fernández-Lao, Irene Cantarero-Villanueva, César Fernández-de-las-Peñas, Rosario Del-Moral-Ávila, Salomón Menjón-Beltrán, Manuel Arroyo-Morales

**Movement therapy induced neural reorganization and motor recovery in stroke: A review;** *Journal of Bodywork and Movement Therapies*; Kamal Narayan Arya, Shanta Pandian, Rajesh Verma, R.K. Garg

**A pilot study of the prevalence of leg pain among women with endometriosis;** *Journal of Bodywork and Movement Therapies*; Stacey A. Missmer, Geoffrey M. Bove

*continued on page 14*

## Research Matters

continued from page 13

**An investigation to determine the association between neck pain and upper limb disability for patients with non-specific neck pain: A secondary analysis;** *Manual Therapy*, Sionnadh Mairi McLean, Jennifer Klaber Moffett, Donald Macfie Sharp, Eric Gardiner

**Effectiveness of direct vs indirect technique myofascial release in the management of tension-type headache;** *Journal of Bodywork and Movement Therapies*; M.S. Ajimsha

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/>

## New AMTA-IL Members

### November New

Nimfa Badillo Andrade  
 Ruth Armstrong  
 Anatoli S Batir  
 Mildred Brown  
 Adam B Burt  
 Erin Capmare  
 Janet A Conlon  
 Renee Jean Davis  
 Toiesha Davis  
 Lauren Elizabeth Delaney  
 Yuriy V Dmytrenko  
 Michael Dubensky  
 Shannon Dunham  
 Andy Fernandez  
 Katie Lynn Fitton  
 Cynthia Gilliland  
 Mary Gilmore  
 Boris Goziker  
 Lauren Grenda  
 Amada A Guerra  
 Danielle Hallman  
 Stephanie Elese Hargrove  
 Carl Hartke  
 Wendy Heberer  
 Jared Hoover  
 Florin Istrate  
 Johnelle Jones, Jr.  
 Ashley Kamrath  
 Crystal Larson  
 Nancy Letourneau  
 Nadine Lollino  
 Henrine McCullum  
 Jean Marie McManus  
 Michael Mercer  
 Joanna Montgomery  
 Cari Anne Moore  
 Kevin C Mulhall  
 Ashleigh Parr  
 Dawn L Perry  
 Tiffany Louise Ptaszynski  
 Tracy Rhodes  
 Elaine Ann Ruppert  
 Jaclynn Scheboth

Emily Scott  
 Helen Mary Smith  
 Kasey Smith  
 Anna L. Spence  
 Carrie T Spigarelli  
 Ngoc A. Tran  
 Sylvia B Triggs  
 Teayr Nichole Vickers  
 Carla S von Agner  
 Jerimie Jay Welch  
 Sheri Lynne Wenthen

### November Transfers

Robin Arnold  
 Sarah Collyer  
 Christine H. Dill  
 Richard Finney  
 Sondra M. Gesselle  
 Curtis Pettyjohn

### December New

Monica Lynn Alejandro  
 Alfredo Alvarez  
 Laura Susan Anderson  
 Hillary Bartolone  
 Heather Ann Bowes  
 Shannon Louise Bradford  
 Brandi R Cherry  
 Susan Michelle Conour  
 Kenneth Cook  
 Dawn Costello  
 Will Coykendall  
 Andres Donaldson  
 Breanne P Driscoll  
 Ann Foppe  
 Jesse Ford  
 Shelbi Elizabeth Fowler  
 Guadalupe Franco  
 Valerie A Fulbright  
 Cynthia Eneida Gerena  
 Greg P. Gion  
 Nicole E Grabowski  
 April L. Gum  
 Redia Holman

Darian C Jackson  
 Gregory L Jones  
 Eduard Kovalkovs  
 Stephanie Anne Larsen  
 Cheryl Louviere  
 Michelle Elisabeth Lukacs  
 Roxanne Lule  
 Tammy S Lynch  
 Kristen May  
 Amy Milling  
 Jeanette O'Young  
 Taryn J Peddle  
 Dallas Phillips  
 Serena Reynolds  
 Jane Roden  
 Melissa Rodenas  
 Vanessa Rodriguez  
 Ashley K Ryan  
 Sandra Lynn Steiner  
 Madeleine Alanna Surma  
 Susan M Taskila  
 Clarissa Joyline Thrasher  
 Jennifer Tokarczyk  
 Linda Vega  
 Cornelia Vesa  
 Evetta Chatey Washington  
 Rachel A. Woods  
 Jolene Mae Wright

### December Transfers

Lori Lynn Anderson  
 Leanilda Marie Andreuccetti  
 Naomi Lynn Green  
 Rose Kaszycki  
 Anna C. Koruba

### January New

Tristana Barlow  
 Kurt Bowden  
 Stephanie Anna Brandolino  
 Irina Bugrimenko  
 Amanda Rose Burton  
 Amy Ciarlo  
 Lee Anne Clarbour

Susan Coops  
 Megan Dannenberg  
 Judy Corpuz del Mundo  
 Jose J Diaz  
 Stacy Marie Emmerling  
 Ted Evans  
 Samantha Fedorenko  
 Tina M. Fletter  
 Colleen Fordyce  
 Sage Haley Frazin  
 Keith Freund  
 Dawn Marie Furman  
 Meghan Hale  
 Dechele Hughes  
 Janelle Marie Hupke  
 Christopher Harry Iliopoulos  
 Kathryn Joy Kallas  
 Joanne Kilgore  
 Danguole Kizniene  
 Jessica J Kontaxis  
 Kristoffer Kuhn  
 Jeanie Kulisek  
 Marleah Joann Liddle  
 Admiral Maddela  
 Mia Madeleine Martinez  
 Barnett  
 Charles McCarter  
 Mauro Moromi  
 Amanda Marie Pade  
 Jada Padua  
 Anna Pearson  
 Anatoly Shkolnikov  
 Sylvia Skelton  
 Audrey Skor  
 Halina Slodyczka  
 Chaneil Smith  
 Julie Spittler  
 Edward Sterkowicz  
 Brian Douglas Sutcliffe  
 Tatyana Tancheva  
 Dennis Tolbert  
 Maura C Watson  
 Danielle Weintraub  
 Yolondra Yarborough

### January Transfers

Crystal Lee Carr  
 Amelia Gayle Dalton  
 Tina M. Fletter  
 Amanda M. Havis  
 Dae Koo Kim

### February New

Teresa Ann Baker  
 Andrew M Baum  
 Kristy Lee Beaty  
 Jil Bondi  
 Tuesday Dawson  
 Joseph DeBoo  
 Dempsey Dent  
 Randy Lee Estes  
 Alexander Lee Gunning  
 Erica Terese Hartman  
 Christina Brooke Herrin  
 Keisha J Jones  
 Marie Elise Kiney  
 Michelle Mae Ladson  
 Edlena M. Lee  
 Oksana Lyakhovych  
 Lynn E Madison  
 Michelle L Mathews  
 Alana Mezo  
 Catherine Mingledorff  
 Catherine Mostaccio  
 Suzanne Hayden Palenske  
 Fernando Perez  
 Kelcey Rankin  
 Joey Strunk  
 Cheryl Yvonne Summers  
 Kathryn Jean Swanson

### February Transfers

Tristana Barlow  
 Edward Lamadrid  
 Amanda M Pade  
 Lori Wohlleben

**CALL FOR SUBMISSIONS**  
 Deadline for next issue is July 15, 2011

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:

**Rebecca Sturgeon, Editor**  
**AMTA-IL In Touch**

1901 N. Roselle Road Suite 920  
 Schaumburg, IL 60195  
[editor@amta-il.org](mailto:editor@amta-il.org)

For advertising guidelines/rate card, contact the chapter office at **847-885-0674**

Subscriptions are available to non-AMTA-IL Chapter members for \$12.00 per year. Contact the chapter office for subscription details.

**SUBMISSION DEADLINE FOR NEXT ISSUE:**  
**July 15, 2011**

**CONTENTS**

- *Highly Effective Chapter Government Relations Initiatives*
- *Active and Accessible Board of Directors at Your Service*
- *Strategic Planning Session Open to All Chapter Members*
- *Outstanding Newsletter and Member Communication*
- *A Brand New Website and a Facebook Page*
- *Exceptional Quality and Value in Statewide Education*
- *Highly Visible State Conference with Renown Speakers*
- *A Focus on Community Service and Those in Need*

**2010 OFFICERS AND DIRECTORS**

*Michael A. Hovi – President*  
*Jennifer Butler – 1st Vice President*  
*Becky Schwoebel – 2nd Vice President*  
*Bobbe Bermann – 3rd Vice President*  
*Tray Smodilla – Member at Large*  
*Chuck LaFrano – Member at Large*  
*Heather Rabbitt – Secretary*  
*Vicki Gothard - Treasurer*

**2010 COMMITTEE CHAIRS & COORDINATORS**

*Michael A. Hovi - Governance*  
*Heather Rabbitt – Awards*  
*Heather Rabbitt – Communications*  
*Tracy Smodilla – Government Relations*  
*Kelly Fowler – Education*  
*Jennifer Butler – Outreach*  
*Becky Schwoebel – Membership*  
*Becky Schwoebel – State Conference*  
*Vicki Gothard - Finance*  
*Rebecca Sturgeon – Newsletter Editor*

**2010 DELEGATES TO AMTA CONVENTION**

*Robin Lovejoy*  
*Linda Moore*  
*Jane Neumann*  
*Jeannette Vaupel*  
*Crystal Stevenson Wright*

**CHAPTER LOBBYISTS**

*Maureen Mulhall*  
*Sally Hacking*

**EXECUTIVE OFFICE STAFF**

*Rob Patterson, JD – Executive Director*  
*Michele Anderson – Associate Director*  
*Mark Monaco – Communications*  
*Matthew Burnett – Meetings Manager*  
*Ashley Hamm – Meetings Planner*  
*Ann Connelly – Member Services*  
*Erik Anderson – Accounting Associate*  
*Brett Barton – Newsletter Production*



**AMERICAN MASSAGE THERAPY ASSOCIATION  
ILLINOIS CHAPTER**

**ANNUAL REVIEW 2010**

**OUR MISSION STATEMENT**

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

**KEY ACCOMPLISHMENTS**

**Government Relations**

- Effectively led a grass-roots effort to modify a trade-restrictive zoning ordinance in Chicago
- Provided testimony and recruited member involvement before the Chicago City Council
- Massage Therapy Legislative Awareness Day in Springfield was well-attended
- Created a legislative awareness “tool kit” to help educate Chapter members on current issues
- Continuing to influence the adoption of model ordinances in various jurisdictions
- Continuing work with the Illinois Legislature to challenge service taxes on massage therapy
- Developed pre-State Conference workshops to teach about the importance of Government Affairs
- Reached out to 73 chambers of commerce to request help on zoning issues
- Headed up the search for an open position on the Licensing Board
- With the appropriate officials, successfully negotiated the reversal of City of Chicago citations
- Continued to actively develop relationships with key decision-makers at all levels of government

**Leadership Development**

- Board training and orientation sessions are planned at the Chapter office
- Chapter Volunteer Orientation Program (CVOP) in Evanston for newest board members
- Board attended AMTA National Convention in Minneapolis
- Annual Strategic Planning session open to all interested members

**Service**

- Participation in Susan G. Komen 3-Day Walk for a Cure
- Dollar-per-Member Contribution to the Massage Therapy Foundation
- Kinesiotaping fundraiser held at the 2010 State Conference
- Informal “meet-up” gatherings around the State
- Coordinated food drive for the Northern Illinois Food Bank at the State Conference venue

**Communications**

- In Touch Newsletter published in color and with increased interest from advertisers
- Newsletter includes a new feature: “A Daily Dose of Touch”
- Frequent and informative broadcast communications to members
- New website was unveiled in the Fall of 2010

**Education**

- Successful educational events held on Ethics and Kinesiotaping
- Responsive to member suggestions about topics of interest
- Successful State Conference held in suburban Chicago, IL
- New state-wide education plan will be announced at the 2011 State Conference

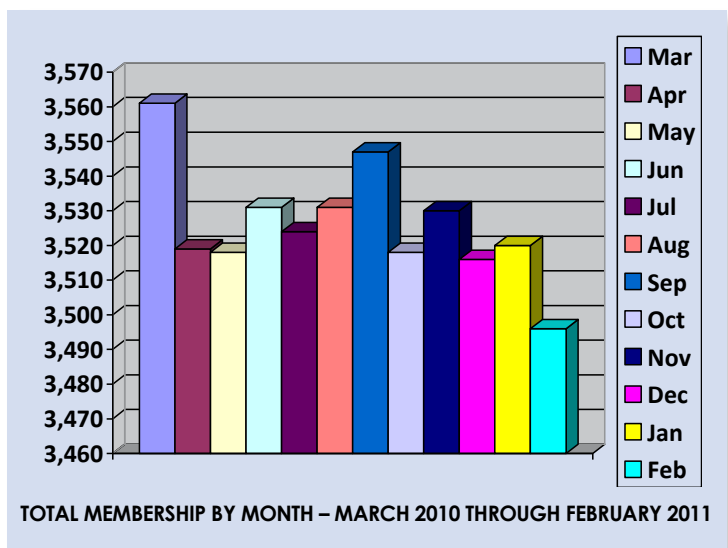
**Membership Development**

- State-wide newsletter mailed to all members and non-member LMTs
- New opportunities in 2011 for Chapter Delegates
- Mentoring program announced by AMTA National
- Many opportunities for member involvement in Chapter activities



**AMERICAN MASSAGE THERAPY ASSOCIATION  
ILLINOIS CHAPTER**

**ANNUAL REVIEW 2010**



**STRATEGIC INITIATIVES FOR 2011**

**COMMUNITY BUILDING** - To foster collegial relationships among the Chapter's members

**INFORMATION DISSEMINATION** - To keep Chapter members abreast of any news, information, or knowledge that may affect their profession, roles and livelihood

**PROFESSIONAL DEVELOPMENT** - To assist members in acquiring the best training, skills and knowledge to meet licensing and certification requirements, and to maintain the highest professional standards

**MEMBER ADVOCACY** - To promote and safeguard the practice and professionalism of massage therapy in Illinois

**PUBLIC AWARENESS AND EDUCATION** - To be a conduit for information regarding the profession of massage therapy to the public as a whole

**SERVICE** - To foster a regard for, and involvement in, service to the larger community through professional affiliations, donations and support

**LEADERSHIP DEVELOPMENT** - To provide a forum for members to grow and develop the skills to become leaders in the Association, the profession and their community

**RECOGNITION** - To publicly acknowledge the contributions that individuals and/or groups have made to the massage therapy profession in Illinois.

**2010-2011 CHAPTER FINANCIAL REPORT**

**2010-2011 Actual Income**

Chapter Dues & Fees	\$194,404.36
Educational Events	\$74,386.86
Advertising Sales	\$1,322.00
Interest Income	\$278.70
Other Income (Restricted Use)	\$6,000.00
<b>Total Income</b>	<b>\$276,391.92</b>

**2010-2011 Actual Expenses**

General & Administrative	\$123,761.42
Committees	\$61,135.98
Illinois State Conference	\$69,259.87
Chapter Board of Directors	\$14,966.70
AMTA National Convention	\$18,634.56
MT Foundation Donations	\$4,751.00
<b>Total Expenses</b>	<b>\$292,509.53</b>
<b>Actual Net Surplus (Loss)</b>	<b>(\$16,117.61)</b>

**2011-2012 INCOME & EXPENSE BUDGET**

**2011-2012 Budgeted Income**

Chapter Dues & Fees	\$195,000.00
Educational Events	\$79,150.00
Advertising Sales	\$4,400.00
Interest Income	\$275.00
Other Income	\$0.00
<b>Total Income</b>	<b>\$278,825.00</b>

**2011-2012 Budgeted Expenses**

General & Administrative	\$107,919.00
Committees	\$58,151.00
Illinois State Conference	\$74,620.00
Chapter Board of Directors	\$14,035.00
AMTA National Convention	\$19,100.00
MT Foundation Donations	\$5,000.00
<b>Total Expenses</b>	<b>\$278,825.00</b>
<b>Budgeted Net Surplus (Loss)</b>	<b>\$0.00</b>

**RETURN TO:** American Massage Therapy Association-Illinois Chapter  
 1901 N. Roselle Rd. Suite 920  
 Schaumburg, IL 60195  
 Phone 847.885.0674 FAX 847.885.8393  
 Email: [info@amta-il.org](mailto:info@amta-il.org)



## AMTA-IL Chapter Volunteer Information Form

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_

Tel (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

**I am interested in working with the following committees:**

- Awards Committee** oversees the Chapter Awards Program and presents nominations to the Chapter Board for approval.
- Conference Committee** assists conference coordinator with various onsite duties.
- Education Committee** recruits and communicates with potential education presenters, makes recommendations to the Chapter Board, and ensures that all events meet a high standard; assists at education events if needed.
- Government Relations Committee** monitors legislation and regulation that might influence the practice of massage therapy and makes recommendations to the Chapter President and Board; leads the Chapter effort to affect legislation and regulation when directed.
- Membership Committee** plans, coordinates, and implements Chapter activities as related to member recruitment and retention (ie meet-up coordinator, chapter ambassador, student recruitment designee)
  - Meet-up Host (please specify location): \_\_\_\_\_
- Communications Committee** plans and coordinates the production and dissemination of paper and electronic Chapter communications and ensures that they meet appropriate quality and standards.
- Outreach Team** provides awareness and visibility for the Chapter and the profession by providing seated massage to the general public and to specific groups.
- Other (please specify)** \_\_\_\_\_

**SKILLS & TALENTS** (check all that apply):

**My skills and interests include:**

- Finance     Computer expertise     Writing and/or editing     Communications     Videography
- Marketing     Organizing     Motivating people     Photography     Mentoring     Other \_\_\_\_\_

**Office Use Only:**

Notified Committee Chair/Board: \_\_\_\_\_

Response: \_\_\_\_\_

Appointment Date (if applicable): \_\_\_\_\_

Additional Information Requested:     Resume \_\_\_\_\_     Code of Ethics Statement \_\_\_\_\_

Additional Information Received:     Resume \_\_\_\_\_     Code of Ethics Statement \_\_\_\_\_

New

# Freedom From Pain

I N S T I T U T E

*Erik Dalton's Myoskeletal Alignment Therapy*

Coming to  
**CHICAGO** for  
the first time  
**August 5 - 7**



## Grow Your Bodywork Practice By Expanding Your Skillset

Learn practice building strategies for assessing and correcting a wide range of back, neck, rotator cuff, hip and leg pain conditions.

**...It'll change the way you work!**

### Certification Workshops

#### West Palm Beach, Florida

**June 10 - 12** Erik Dalton Advanced Myoskeletal Alignment Workshop for Neck, Back, Shoulder Hip and Leg Pain  
24 CE hours - Crowne Plaza West Palm Beach Hotel

#### Chicago, Illinois

**August 5 - 7** Erik Dalton Myoskeletal Alignment Workshop for Low Back, Legs, Neck, and Shoulders  
24 CE hours - William Tell Inn, Lagrange / Countryside

#### Dallas, Texas

**Sept. 30 - Oct. 2** Myoskeletal Alignment for Neck, Rotator Cuff, Low Back, Hips, and Legs  
24 CE hours - Wyndham Hotel & Resort

Energize Your Practice - Enhance Your Skills

**Erik Dalton, Ph.D.**  
**Nov. 19 - 26**  
**Costa Rica**

30 CE Myoskeletal Therapist Certification

[www.DaltonWorkshops.com](http://www.DaltonWorkshops.com)

Visit to register and for workshop details or call 800-709-5054

2 Day 16 CE Workshops  
by Certified Senior Myoskeletal Instructor  
**Paul Kelly**  
2011 Workshops in Denver, Houston, Jacksonville, Oakland, Charleston, Omaha and New Jersey  
[www.templehp.com](http://www.templehp.com)

Join us on Facebook!  
View articles and communicate for bodyworkers  
[facebook.com/ErikDaltonMyoskeletalTherapy](http://facebook.com/ErikDaltonMyoskeletalTherapy)

**EARN Myoskeletal Therapist Certification**

**ONLINE TESTING Also Available**



#### COMPLETE HOME STUDY Myoskeletal Alignment Level 1 - 22 CE

- 3 Broadcast Quality DVDs
- 247 Page Instructional Volume Assessment Manual
- Certified Myoskeletal Therapist Diploma

**FREE 2 CE Ethics Course \$288**  
with tests and CE's \$198.00 without CE's



#### COMPLETE HOME STUDY Advanced Myoskeletal Alignment Level 2 - 26 CE

- 2 Beautifully produced DVDs
- NEW Advanced Myoskeletal Therapy Book
- Advanced Myoskeletal Therapist Diploma

**FREE 6 CE Ethics Course**

**\$248**

with tests and CE's  
\$197.95 without CE's  
DVDs only \$118.95

#### Myoskeletal Alignment for Low Back, Hip and Leg Pain

This impressive 6 DVD collection takes you to the heart of many chronic pain conditions. A perfect addition to any sports medicine, structural integration, physical therapy, personal training or bodywork practice.

**\$248**  
6 DVD set.



**Level 3 - Shoulder Arm & Hand Pain**  
2 DVD set includes 65 bodywork techniques for Thoracic Outlet Syndrome, Rotator Cuff / Frozen Shoulder / Tennis / Golfers Elbow, Carpal Tunnel Therapy

**\$118.85** 2 DVD Set



Order DVD sets, books and home study courses by calling

**800.709.5054**

for special pricing, details and to order online . . .

**www.erikdalton.com**



## Unique & Fun Massage CEs in a calm, nature-rich setting!

(listed alphabetically)



<b>Communicating With Animals</b>	9:00 am – 5:30 pm	\$130	(7 CEs)
<b>Emotional Freedom Techniques (EFT)</b>	9:00 am – 4:00 pm	\$100	(6 CEs)
<b>Experiencing Labyrinths-Leading Groups</b>	9:00 am – 4:00 pm	\$100	(6 CEs)
<b>Feng Shui Essentials</b>	10:00 am – 5:00 pm	\$120	(6 CEs)
<b>Love Yourself, Heal Your Life (2-days)</b>	9:00 am – 4:00 pm	\$195	(12 CEs)
<b>Loving-Kindness Practice &amp; Meditation</b>	9:00 am – 1:30 pm	\$60	(4 CEs)
<b>Mindful Drumming</b>	9:00 am – 1:30 pm	\$60	(4 CEs)
<b>Quantum-Touch® (2-days)</b>	9:00 am – 4:00 pm	\$295	(12 CEs)
<b>*Reiki 1 &amp; 2 Certification Classes</b>	9:00 am – 5:30 pm	*\$150 ea.	(7 CEs)
<b>Relaxation, Meditation &amp; Beyond</b>	9:00 am – 1:30 pm	\$60	(4 CEs)

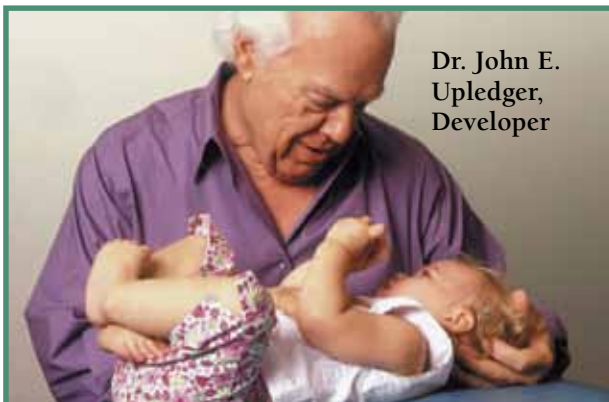
(\*Sign up for both Reiki 1 & 2 and save \$75!)

Relax4Life is a licensed CE provider through the NCBTMB under ID# 329131-00



Relax4Life Center  
Barrington, IL

For Dates, Information or To Register: [www.relax4life.com](http://www.relax4life.com) (847) 842-1752



Dr. John E. Upledger, Developer

**Now for just \$100\* per month!**  
Isn't it time you discover the benefits of Upledger CranioSacral Therapy?

- Effective new skills to enable you to address a wide variety of health issues
- Enhanced credentials to help you broaden your practice
- Light-touch techniques that are easy on your body
- An international network of professionals to help you grow professionally and personally
- Full range of educational materials to support your classroom experience

\*New! Upledger's CST Core-Pak. Ask about it today!

## Massage Therapists Select CRANIOSACRAL THERAPY #1 Technique to Learn

### CranioSacral Therapy 1

Chicago, IL	Jun 2-5
Milwaukee, WI	Jul 28-31
Indianapolis, IN	Aug 4-7
Minneapolis, MN	Nov 10-13
Chicago, IL	Dec 1-4

### CranioSacral Therapy 2

Chicago, IL	Jun 2-5
-------------	---------

### SomatoEmotional Release 1

Minneapolis, MN	Nov 10-13
Chicago, IL	Dec 1-4

*U* UPLEDGER  
INSTITUTE  
INTERNATIONAL



Proud Member of International Alliance of Healthcare Educators

1-800-233-5880 • [www.upledger.com](http://www.upledger.com)

Priority code: IL AMTA

# Certified Injury Prevention Instructor (CIPI)

## Teach Injury Prevention and Earn New Income

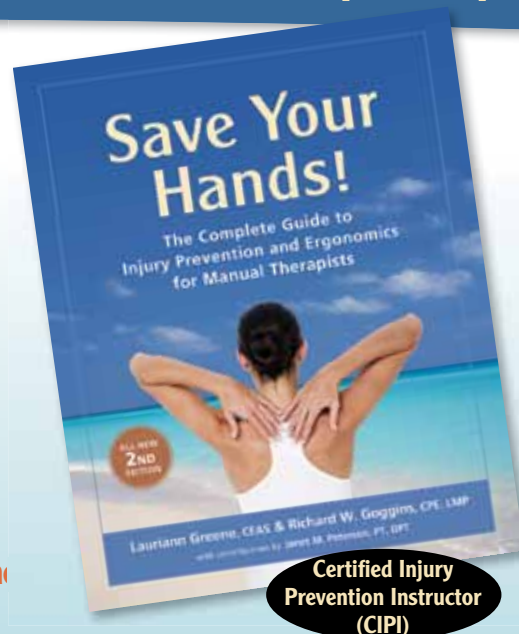
- Teach self-care workshops at local spas, clinics and hospitals
- Earn additional income and give your own hands a break!
- Spas: Get your own expert, in-house trainer to keep your staff injury-free
- Schools: Train an instructor to teach research-based methods to students and grads

**Get Certified for ONLY \$895!**

**Complete 52 CEUs, including 3 online courses and 1 Live Workshop**

**Join us in Minneapolis in Oct 2011**

**or Florida in Feb 2012**



**Apply to become a CIPI today!**

[www.SaveYourHands.com/cipi](http://www.SaveYourHands.com/cipi) • 877-424-0994 or [syhcourses@saveyourhands.com](mailto:syhcourses@saveyourhands.com)

Bring New Life to Your Practice!





### Self-Healing Through Movement and Vision Improvement

with *Meir Schneider, Ph.D., L.M.T.*  
June 25 & 26, 2011 • 9am - 4pm

June 25 & 26, 2011  
9am - 4pm  
Institute of Therapeutic Massage and Wellness  
1730 Wilkes Avenue  
Davenport, Iowa  
\$125 for 1 day  
\$225 for 2 days  
To Register, call:  
563-570-8552  
415-665-9574  
[www.self-healing.org](http://www.self-healing.org)

Experience powerful professional enrichment in self-care and in new skills. Learn massage techniques specific to conditions, powerful integrated massage and movement strategies, how vision, posture, movement restriction and muscle tightness are interconnected, how to prevent/address repetitive strain injuries. You will move your clients forward to greater health and expand your practice!  
Heal yourself and your clients.

**SAVE THE DATE:  
NOVEMBER 4-7, 2011**



## ANATOMY TRAINS<sup>®</sup> & BODY<sup>3</sup>

are coming to West Michigan.

For more information,  
or to join the mailing list,  
contact Tammy Hillen, NCTMB

[Tammy@harborhealthandmassage.com](mailto:Tammy@harborhealthandmassage.com)  
<http://harborhealthandmassage.com/pages/Anatomy-Trains-2011>

616.510.2155



HARBOR HEALTH AND MASSAGE LLC  
29 WEST 8TH STREET, SUITE 200  
HOLLAND, MICHIGAN • PHONE 616.510.2155

## 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 Sept 15-18, 2011

Zero Balancing II Nov. 17-20, 2011

\*Prerequisite: ZB I Certification program & additional  
Advanced classes available: [www.zbwellness.com](http://www.zbwellness.com)

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

\*Massage Therapists, Acupuncturists, IL Physical Therapists

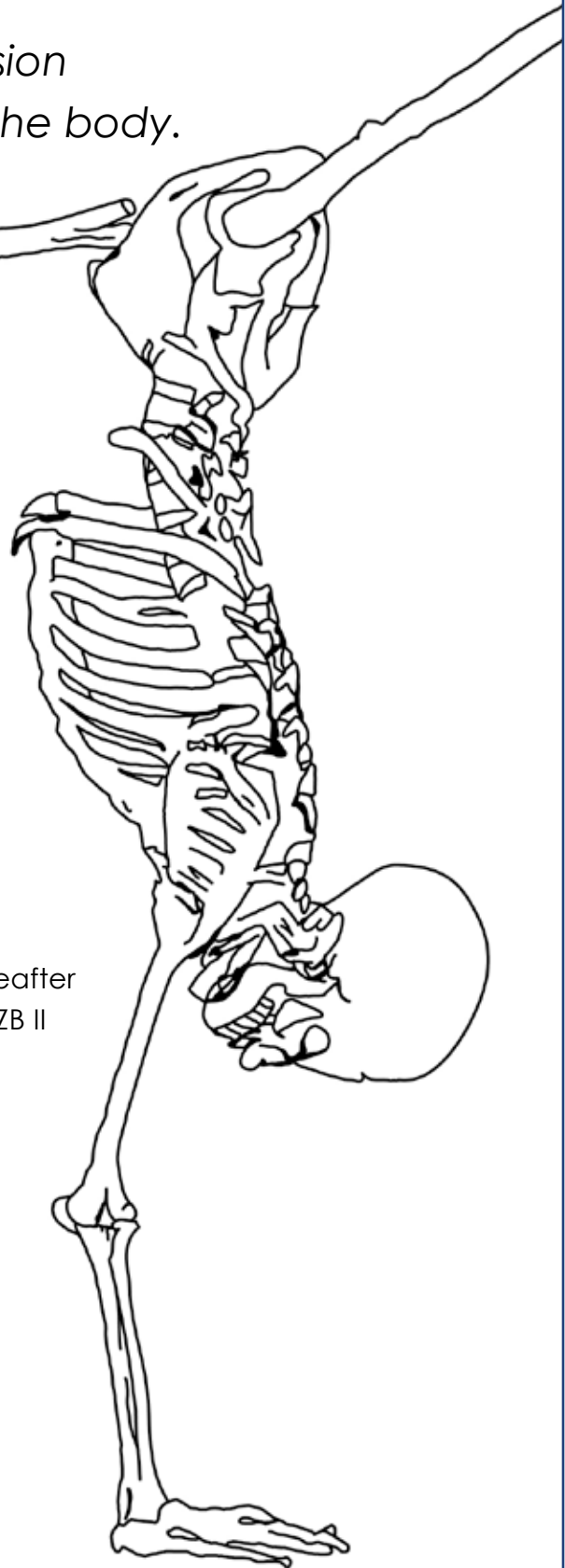
Tuition: \$545 four weeks before class, \$595 thereafter  
\$995 *special discount* for both ZB I and ZB II

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

To register, please contact 847.920.9292  
or [zbinfo@zbwellness.com](mailto:zbinfo@zbwellness.com)

Mary Murphy, LMT

Sheila McCarthy-Daskovsky, LMT



# Oncology Massage Therapy

## Caring for Clients with Cancer

With Tracy Walton  
A 4-Day Intensive Course, NEW in 2011!



June 27-30, 2011 ★ Chicago, IL ★ 32 CE hrs  
Tuition: \$595 by 5/30/11; \$660 thereafter  
Register at [www.cortiva.com](http://www.cortiva.com) or at 312 253 3341

Learn more about oncology massage  
at [www.tracywalton.com](http://www.tracywalton.com)

- ★ Expand awareness of the cancer journey
- ★ Take home client forms and clear intake questions
- ★ Adapt massage to cancer treatments and complications
- ★ Practice interviewing and hands-on work in a supervised clinic
- ★ Learn in a lively, fun, supportive environment



**Tracy Walton, LMT, MS**, is a researcher, writer, award-winning educator, and specialist in massage therapy and cancer care. She is a dynamic voice for the power of touch, and is the author of a textbook, *Medical Conditions and Massage Therapy*. Tracy appears in the film "Touch, Caring, and Cancer," an inspiring instructional program for care partners. She has worked in private practice, hospital and spa settings since 1990. In her presentations, Tracy warmly welcomes and reaches consumers, researchers, health care providers, and massage therapists from all levels of training.



Other 2011 trainings in:  
Austin ★ Boston ★ Hoboken



SHARE THE GIFT OF YOUR TOUCH

**Why Compassionate Touch® training?**

Compassionate Touch® is a hands-on complementary approach for those in eldercare, hospice and palliative care. It combines focused touch and sensitive massage with specialized communication skills to help enhance the quality of life for those in later life stages.

Our training empowers massage therapists and other health professionals to serve this expanding population with confidence and to celebrate the mutual benefits of this uplifting work.

**Why now?**

According to the American Medical Association -In 2011, America's 78 million baby boomers will begin turning 65 at a rate of **one every 10 seconds**. The American Massage Therapy Association states that the use of massage among those 65 and older has tripled in the past decade.

*Now is the perfect time!*

Attend a Compassionate Touch® workshop and get paid for your passion!

NCBTMB and FL CE Approved Provider



Visit our website for a 2011 workshop near you

417-844-8514

[www.compassionate-touch.org](http://www.compassionate-touch.org)

SPONSORS AND EXHIBITORS

The AMTA-IL would like to thank the following exhibitors and sponsors of the 2011 State Conference and Annual Meeting:



**THE CENTER** for Association Resources

Experience Innovation Results

NESTOR V BATTUNG LMT

CHINA GEL

HEALTHIER HEAT

MHP INTERNATIONAL

THORNWOOD MUSIC

TOP MASSAGE TABLES

YOUNG LIVING THERAPEUTIC ESSENTIAL OILS

AMTA-IL would also like to thank the following for their donations to the annual meeting:

AT PEACE MEDIA, LLC • COMPASSIONATE TOUCH • EARTHLIGHT MASSAGE TABLES  
FREEDOM FROM PAIN INSTITUTE • ISHMAN BODYCARE CENTER & INSTITUTE

**WANT TO ADVERTISE WITH AMTA-IL ?**

In Touch is the quarterly publication of the American Massage Therapy Association-Illinois Chapter that promotes professional excellence in massage therapy to the 3,600 members of the AMTA-Illinois Chapter plus all massage therapy students and faculty currently enrolled in, or employed at, an AMTA-approved massage therapy school.

Additionally, the Winter edition will have an expanded circulation to reach the anticipated non-member prospects in attendance at the AMTA-IL State Conference and Annual Meeting. Members and non-members alike look to this Newsletter for information about local and national continuing education and professional development opportunities.



**AMTA-IL Chapter**  
1901 North Roselle Road  
Schaumburg, IL 60195  
847.885.0674 Phone  
847.885.8393 Fax  
info@amta-il.org Email  
www.amta-il.org

**MASSAGE THERAPISTS** - Learn how to work with the body's divinely-designed healing responses and get better results with ease. Have fun learning. Really. 7/23-24/11. 312-280-1070.  
[www.wholisticlifecenter.com](http://www.wholisticlifecenter.com)

# Stand Up Stand Out

## GET CONNECTED

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.



### JOIN AMTA! GET ALL THE BENEFITS OF AMTA AND AMTA-IL MEMBERSHIP!

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](http://amtamassage.org) and [amta-il.org](http://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](http://amtamassage.org).

**AMTA-IL Chapter**  
 1901 North Roselle Road Suite 920  
 Schaumburg, IL 60195  
 847.885.0674 Phone  
 847.885.8393 Fax  
 info@amta-il.org Email  
 www.amta-il.org