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## get the latest!

Receive the latest Chapter news through the Chapter's Yahoo group. Any Chapter member can sign up.

### sign up instructions

- Go to [www.yahoo.com](http://www.yahoo.com)
- Click "Groups" (on the left)
- Type in **amtadc**, then click "Search"
- Click "**amtadc**" in the list
- Click "Join this Group!" and then follow the instructions.

## amta-dc chapter meeting news

put a little play in your day:

### applying self care is good practice

by Jennifer Muth

#### Why is self care ethical?

People come to us all day with their own issues, both physical and emotional. It can drain even the most veteran of therapists. Self care is how we serve ourselves, so that we may serve others. Self care is how we protect ourselves from feeling depleted. If we are not able to give all we can for our clients, we are keeping from them the full value of the experience of a session with us. At the last **amta-dc** meet up, we were guided into some simple, yet effective self care exercises by **Connie Ridgway**. Some techniques involved singing, clapping and

intoning. Others were physical movements that helped increase mobility in the spine. The one I enjoyed most was the simple act of drawing on a blank sheet of paper with markers in every color of the rainbow. It felt good to take 5 minutes and express through colors a moment in our busy day. So, the next time you are feeling pressure from your day, take 5 minutes and do something for yourself. Sing dance or draw. It feels good. It helps us take better care of

*(Continued on page 10)*



Connie Ridgway, leader of the self-care movement

## our mission

Empowering our members to thrive by supporting professionalism, creating community, and having fun

The American **massage therapy** association prohibits preferential or adverse discrimination on the basis of race, creed, color, gender, age, national or ethnic origin, marital status, religion, sexual orientation, or handicap in all areas including, but not limited to, its qualifications for membership, rights of members, policies, programs, activities, and employment practices.

The American **massage therapy** association, **amta-dc** Chapter, and the newsletter editor reserve the right to edit and/or refuse any submitted article or advertisement and assume no responsibility for errors, omissions, corrections, or modifications in publication. Neither the **amta-dc** Chapter, nor the chapter newsletter editor guarantees, warrants, or endorses any product, service or referral advertised herein, nor do they express any opinion in regard to massage therapy.

## advertising rates

1/4 page: \$50  
1/2 page: \$75  
Whole page: \$100  
Line ads: 10¢/word

Discounts available for advertising in multiple issues and for **amta** chapters.

## the president's letter

### — summer 2010



### Dog Days of Summer...

As Congress takes its recess and the bustle of DC life subtly slows for the month, I hope you plan to enjoy some summer fun and relaxation.

We have some plans for you that I think you will enjoy:

- We will be having a social/meeting/education session on August 29<sup>th</sup> with a **FREE CE of Aromatherapy** with **Rose Chard, LTM** of Annapolis, MD as a way to help you comply with license renewal (due January 2011)
- We are sponsoring a **3CEU Ethics course** with **Constance Ridgway** and offering the course at only \$20 for members!

Our intention is to offer quality education that serves our members so please come and take advantage of these education opportunities. I welcome your feedback.

Our chapter is run by volunteers and we are always looking for ways to encourage your participation. We have opportunities available:

- **Education** – planning our next workshops or CEs for meetings
- **Treasurer** – learn and demonstrate how you can keep our budget in order
- **Legislative Action Chair** – keep our local government educated about Massage Therapy

We are also interested in hearing your ideas of how we can all benefit from our membership. Please feel free to talk with me or any other member of the Board.

Respectfully,

*Laura Casperson*

**amta-dc** Chapter President

newsletter deadlines

**October 1** for Fall edition

**December 1** for Winter edition



# balance

AMTA 2010  
NATIONAL  
CONVENTION  
Minneapolis MN  
September 22-25

## amta 2010 national elections



# amta

american **massage therapy** association®



## your vote counts!

Voting is not only a right, but also an opportunity. Voting is one way that you as members shape our organization.

Our National Board of Directors tackles various issues that face our organization and the massage profession. As the top leader in the profession, **amta** not only has a voice in these issues but also is often the initiator of the 'road to solutions'.

With new technology we now have better access to candidates. There are multiple opportunities to learn about each candidate to better understand their vision and goals for the future of the **amta** and the massage profession. If the candidate has established a social media site, members will have the opportunity to connect with the candidate in this interactive manner. You can now access candidate information at the **amta official election website** – there you will find a link(s) at the bottom of each candidate's bio information page, if any social media have been created. **Join in, become a more informed voter.**

We need to ensure that our organization, remains on top as the leader in the massage profession, and continues to be well represented. Our voice counts in this profession. Your voice counts in this organization. Make a decision to support one of our core values, 'to be a membership driven organization' and vote. That is what 'member driven' means. **So take a minute, review the candidates and cast your vote by December 1.**

### 2010 Election Timeline

- November 1 – 5: A link to the online ballot will be sent via electronic mail to all voting members.
- December 1: Completed ballots are due.
- January 1: Results will be announced no later than January 1 on the **amta** web site.
- March 1: New officers assume office.

Please contact **Gail Friedman** at 877-905-2700 x168 or [gfriedman@amtamassage.org](mailto:gfriedman@amtamassage.org) if you have questions.

### president/ legislative action chair

Laura Casperson  
202-344-5753  
[casperson.laura@gmail.com](mailto:casperson.laura@gmail.com)

### 1<sup>st</sup> vice president/ delegate 2010-2011

Robin Younginer  
202-365-1500  
[ykumasaja@starpower.net](mailto:ykumasaja@starpower.net)

### 2<sup>nd</sup> vice president

Lisa Bregman  
202-686-7202  
[lisabregman@yahoo.com](mailto:lisabregman@yahoo.com)

### 2<sup>nd</sup> vice president/ librarian

Robbin Phelps  
202.288.9017  
[robbin\\_mp@hotmail.com](mailto:robbin_mp@hotmail.com)

### treasurer/ newsletter advertising

Annie Roberts  
202-483-7299  
[abmurf828@yahoo.com](mailto:abmurf828@yahoo.com)

### secretary/ alternate delegate 2010-2011

Sue Hagedorn  
202-744-0600  
[susan.hagedorn@verizon.net](mailto:susan.hagedorn@verizon.net)

### education chair

Stan Harris  
202-746-1479  
[Bodytech@verizon.net](mailto:Bodytech@verizon.net)

### immediate past president

Jennifer Muth  
202.302.5661  
[Jennifer@RnRmassage.com](mailto:Jennifer@RnRmassage.com)

### national massage therapy awareness week chair

Randy Calabray  
202-424-5983

### membership committee

Pat Stocks  
202-547-7104

### newsletter design

Annie Velletri  
301-646-6961  
[velatvel@aol.com](mailto:velatvel@aol.com)



this touching business:

## applying massage ethics to business?

by Kelly Bowers, LMT

Is it possible to apply the ethical standards of massage therapy to the business of massage? Oh yeah! In my experience, most of our “business” ethical challenges come from the same places as our “massage” ethical challenges: boundaries, dual relationships, and self-care. Sound familiar? (I hope it does, given how often we are required to take ethics courses!) How do these common problem areas end up applying to the business side of our practices?

### Boundaries

Boundaries are about remembering where we end and our clients begin; having a clear line between our personal lives and our professional lives; and remembering our scope of practice. We create healthy business boundaries by how we state and stand by our policies. There is **consistency** in our business practices. Our clients know what to expect.

For example:

- Our hours are the same for everyone. Everyone recognizes a special exception is and it remains an exception.
- Our fees remain consistent. Our clients don't have to be “special” to us to get a good deal.
- We do or we don't charge a no-show fee. It isn't a crap shoot from one day to the next.

If we have good boundaries with our business practices, our clients can expect we'll have them in the treatment room as well.

### Dual Relationships

Has anyone ever offered to pay you for referrals or asked to be paid for referrals? I know this is a common practice in some professions but it makes me uncomfortable.

Even if I would normally refer someone to a particular chiropractor, physical therapist, etc., can I always be clear that financial gain isn't part of my motivation? If a client finds out that I am paid for a referral, will they trust that referral or will they (quite reasonably) wonder if I'm motivated by cash incentives?



### Self-Care

I suspect that we are most likely to have ethical woes when we aren't taking care of ourselves. We are weakened by too much work, too little play, giving too much of ourselves away, not taking time to re-nourish our own souls, etc.

I've found that there are three critical areas in which to practice good self care:

**Spiritual health:** Your spiritual life is the part of your life that points you to the larger aspects of being human. What keeps you stable, healthy, and happy? What keeps you in right relationship with the universe? What gives you hope, joy, and optimism?

### Emotional Health

You emotional health can be as mundane as having ways to express frustration and anger productively. Being aware of the signs of depression and responding to them. Recognizing loneliness and doing something about it. Having people you interact with socially who build you up as

you build them up. I think social isolation is a **huge** problem for many MTs.

### Physical Health

This is demanding work. You need to be able to apply force and move limbs for many years. You also need to maintain your flexibility. You need to avoid respiratory and skin problems. It doesn't take much to put us out of work!

Finally, stay connected to the larger massage therapy community. Nobody understands your ethical challenges like another MT. No one will be quicker to help you figure things out and get back on track than another MT.

### A Side Note

I am moving to Brisbane Australia in August for at least 6 months (possibly longer) with my husband's job. It means closing my practice but I will continue to write this column. I will use the time to write a book on the business of massage. I also hope to give all of you a window into massage in a foreign country and in an un-licensed state. You can still reach me at [message@bowershours.com](mailto:message@bowershours.com).

**Kelly Bowers, LMT**, has been practicing since 2000. She has, ah, encountered many ethical challenges in her 10 years but thinks she's managed to get herself clear of most of them without too much damage. In addition to practicing massage, she has taught business practice, is the co-developer of the Energy 101 workshop, and writes on the business of massage. She also serves as the Director of Communications – North America for Life Essences, where she recently discovered that her job description actually includes “being **very** creative.”

## DC board of massage therapy news

# DC massage therapy license renewal requirements

### DC municipal regulations for massage therapy

**7506.4** An applicant for renewal, reactivation, or reinstatement of a license shall submit proof pursuant to § 7506.7 of having completed **twelve (12) hours of approved continuing education credit during the two (2) year period** preceding the date the license expires which shall consist of the following:

(a) **Three (3) hours of professional ethics**; and

(b) **Nine (9) hours of massage-related course work provided by a Board approved provider of which six (6) hours shall be completed in a live classroom setting taught by an appropriate instructor.**

[http://hpla.doh.dc.gov/hpla/frames.asp?doc=/hpla/lib/hpla/massage\\_therapy/chapter75\\_massagetherapy\\_08-15-08.pdf](http://hpla.doh.dc.gov/hpla/frames.asp?doc=/hpla/lib/hpla/massage_therapy/chapter75_massagetherapy_08-15-08.pdf)

**7512.2** An applicant for renewal, reactivation, or reinstatement of a license shall submit to the Board with the renewal, reactivation, or reinstatement application copies of certificates indicating **CPR and first-aid certification valid at the date of renewal**, reactivation, or reinstatement. Such certification shall not be used to satisfy continuing education requirements.

**7516.2** An applicant for an initial, renewal, or reinstatement of a license shall **provide to the Board proof that the applicant has had an intradermal tuberculin test**, or chest x-ray to detect the presence of tuberculosis, performed within the twelve (12) months prior to submission of the application. The applicant shall not be required to forward the results of the test to the Board.



### national

#### amta National Offices

(877) 905-2700

[www.amtamassage.org](http://www.amtamassage.org)

### district of columbia

#### DC Board of Massage Therapy

717 14th Street, NW  
Suite 600

Washington, DC 20005  
(202) 724-4900

Fax (202) 727-8471  
[hpla.doh.dc.gov](http://hpla.doh.dc.gov)

### virginia

#### Virginia Board of Nursing

Dept of Health Professions  
(804) 662-9909

#### amta - Virginia Chapter

[www.amtava.org](http://www.amtava.org)

### maryland

#### Board of Chiropractic and Massage Therapy Examiners

(410) 764-4738

[www.mdmassage.org](http://www.mdmassage.org)

#### amta - Maryland Chapter

[www.amtamd.org](http://www.amtamd.org)



## increasing fees?

At this printing there was no new news on the possibility of increasing our license fees in DC. However, during the DC Budget hearings in June there was a plan to take money from our (as well as other Health Professionals) License fees to help balance the budget in other areas of the Department of Health. A part of that plan was to raise our license fees as a way of generating

a funding stream to be used outside of our Health License Regulation Administration. The Chairs of many of the Health Professional Licensing Boards met and formed an opinion statement to stop this plan, with each profession voicing the needs of the funding in our own mission to serve the health of DC residents.

# mark your calendars

## august

- 29 Chapter Meeting with free CE in Aroma Therapy\*
- Presented by **Rose Chard, LTM** of Your Body Needs –  
[www.yourbodyneeds.com](http://www.yourbodyneeds.com)
- PMTI 3:30 – 6:00 pm

## september

- 12 Ethics as Self-Care – 3 CE class
- Presented by **Connie Ridgway** –  
[www.FullCircleCreativeHealing.com](http://www.FullCircleCreativeHealing.com)
- Community Room at  
 4201 Cathedral Avenue NW  
 2:00– 5:00 pm

## october

- 4 **amta-dc** Board Meeting
- 9:30 am
- Members are invited to attend Board Meetings, please contact any Board Member for details.

## amta National Convention

September 22 — 25, 2010  
 Host Hotel: Hilton Minneapolis  
 Minneapolis Convention Center, Minneapolis, MN

## amta Board of Directors Meeting

September 2010  
 Hilton Minneapolis  
 Minneapolis, MN

## january 2011

1—31 DC Massage License Renewal Period

**Renew online:** <http://hpla.doh.dc.gov/hpla/cwp/view,A,1195,Q,497857.asp>

### \*August 29 Chapter Meeting

Meet at 3:30 for socializing and snacks

Brief meeting

Aroma Therapy CE!

**Rose Chard, LMT**, owner of **Your Body Needs**, a massage and aromatherapy studio in Crofton, Maryland, will provide an overview of the principles of aromatherapy. We will learn about the many benefits of true aromatherapy, ranging from increased emotional and physical well-being to targeted skin care.

Rose earned a Certificate in Aromatherapy from the American College of Health Sciences in Portland, Oregon, a leader in natural health education. Her dedication to the field earned her a nomination as outstanding Graduate of the Year in 2004.

Rose has incorporated essential oils in her personal life for more than 20 years, and now her company has its own growing line of quality aromatherapy products and

essential oils. Your Body Needs helps people discover the everyday benefits of aromatherapy and also offers popular aromatherapy workshops.

Rose is an adjunct staff member at Anne Arundel Community College, where she teaches the principles of Aromatherapy to other health care professionals. She is a licensed massage therapist and the Regional Director in Maryland for the National Association of Holistic Aromatherapy. She is a member of the Aromatherapy Registration Council and the National Certification Board of Therapeutic Massage and Bodywork.

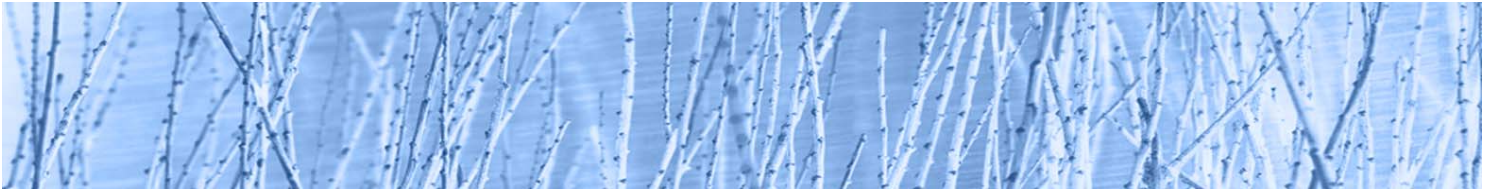
Visit her company website at  
[www.yourbodyneeds.com](http://www.yourbodyneeds.com)

### Your Body Needs

1684 Village Green, Suite 2  
 Crofton MD 21114

Office: 443-292-4395

[Rose@YourBodyNeeds.com](mailto:Rose@YourBodyNeeds.com)



**Members at the August 29<sup>th</sup> meeting enjoyed a 1 CE hour sample of Connie Ridgway's upcoming workshop "Self-Care as Ethical Practice" incorporating movement, voice and art!**



## everyday ethics: **self-care as an ethical practice**

*by Connie Ridgway*

Ethics is often a word that, when we hear it, we roll our eyes and think "well, it's

required so I'll grit my teeth and take the class." Rarely is it a time when we feel energized with new ideas and felt experiences at the end of the training. Yet, what if we looked at it this way: **All** of our measures to take care of ourselves contribute to good ethics in our business.

Think of your business policies. What about how you schedule clients? Do you leave enough time between sessions to take a few deep breaths, meditate a bit, have a bite to eat, get a quick change of scenery? When you care for yourself in your practice, you block in more time between sessions, and you make sure that you end on time. This may not seem to relate to ethics, and of course it does. Healthy self-care leads to healthy boundaries, and, "healthy boundaries" means a flexible, not a rigid, approach. Think of the human body: permeable boundaries enable certain helpful fluids to go through a membrane, keeping out larger, less helpful detritus. So, our boundaries can be somewhat permeable and flexible as well as firm when they need to be; both are helpful to our lives.

Almost any ethical issue can be viewed through the lens of self-care. How about support in your life? A good massage therapist gets support. The business can be iso-

lating and lonely. By caring for yourself and getting support, you reduce the chances of letting your end-of-the-day, bone-tired, addled brain make decisions that may hurt you later. If you're lonely, you may feel more drawn to getting personally involved with a client. Massage therapists are called "therapists" because, even though we're not psychotherapists, we get a fair amount of transference going on with clients. They think we're wonderful. They think we have the keys to their total health and well-being. It might be pretty tempting to let flattery go to our heads and say "Yes" to an invitation by a client to go for coffee, or have dinner, or come over to their house,

And, many of us are other-directed by early training. People in helping professions are much more likely to have been a helper in their families as well. This training allows us to tell our clients how to care for themselves and have a blind spot about our own needs.

On September 12, 2010, I'll be teaching an **Ethics Class for the amta-dc Chapter** from 2 – 5pm at the community room at

4201 Cathedral Avenue NW. So save the date! And fulfill your ethics requirements for license renewal as well as NCBTMB.



*Connie Ridgway provides helping professionals with valuable tools to stay happy and healthy while giving their gifts to others. She is a licensed massage therapist and a licensed clinical social worker who also loves to sing. Visit her website at [www.FullCircleCreativeHealing.com](http://www.FullCircleCreativeHealing.com).*

### To sign up for Connie Ridgway's Ethics Workshop:

1. Log on to: **[www.FullCircleCreativeHealing.com](http://www.FullCircleCreativeHealing.com)**
2. Click on the "Retreats and Workshops" page
3. Scroll down to the Ethics Class offering (#2 event on the page)

The cost is \$20 for AMTA DC Members and \$30 for non-members.



Annie Roberts and Lisa Schumacher ready for Winter  
— armed with flannel and fleece

## chapter volunteer orientation program: the CVOP report

by Lisa Bregman

Seventy-two licensed massage therapists from around the country gather for an intensive three days together. There are no massage tables in sight, there is no hands-on experience, no techniques are taught, touted or compared. In fact, there is very little mention of massage at all. What else do we have in common? A lot, it turns out.

We've all flown, driven, bused or trained into Evanston, Illinois, headquarters of the not-for-profit organization of which we're all loyal members, the **american massage therapy association**. We represent just about every state in the U.S. — many states sent more than one rep, in case you're wondering why there are 72 of us. We're all here for CVOP. (It turns out I wasn't the only one who had repeated to myself over and over what the letters C-V-O-P stand for, but still didn't know quite what to expect when I arrived in Evanston.)

**CVOP: Chapter Volunteer Orientation Program: CVOP.** What it really stands for is expanding our perspective on what the **american massage therapy association** is and does and our role in all that it is and does. CVOP was great, a learning and networking experience rolled into a brief Midwest vacation. Go next year if you possibly can.

The three days at the Hilton Garden Inn, a few blocks from **amta** headquarters, turned out to be an inspiring combination of learning, work, relaxation, and networking with massage therapists from every state in the country. Not surprisingly, DC has one of the smallest chapters, with 178 members. New York has one of the largest — a whopping 3,453 members, at least four of whom were active participants in this year's CVOP. Because the New York chapter has so many members, they have enough revenue to send a lobbyist to Albany, the state capital. As a result, a law was passed allowing someone injured in an auto accident in NY to be reimbursed by their insurance company for massage. Next up is legislation supporting reimbursement for massage under workers' compensation. Interestingly, even with so many members and so much buying power, **amta** members represent only 1/4 of the massage therapists in the state of New York.

There is a lot to know about the governance of a large organization such as **amta**, so rather than seeing our eyes glaze over with information overload, the organizers had the foresight to print and distribute to each chapter representative resource manuals for us to study on our own. Now we can refer

to a colorful and compact notebook when we need it, and the whole policy manual is also on CD. Please contact me when you want/need any information on: association basics and legal obligations; risk management; chapter financial obligations; **amta** articles of incorporation; **amta** bylaws; **amta** code of ethics; parliamentary procedures. I'll be bringing it with me to the next chapter meeting.

A wonderful duo who call themselves Leadership Outfitters, Inc. led us in all sorts of engaging activities to help us get to know each other as well as to consider how we conduct business and events in our respective chapters back home. On the last day, we had workshops created specifically for four breakout groups: small, medium, large and extra large chapters. Our small chapter shares the same concerns as the Alaska, West Virginia, South Dakota, Oklahoma, Vermont, Mississippi, North Dakota, and Wyoming chapters: mainly, how to help all our members become aware of the exponential power and energy — and fun — there is when everyone becomes involved.

*Lisa Bregman blends massage, which she has been doing for four years, with the Trager approach, which she has been doing for about 12 years.*

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Call 419-886-3736 or go to [www.naturaloptions.us](http://www.naturaloptions.us)

Natural Options Aromatherapy

**1540 Honeycreek Rd., Bellville, OH 44813**

**[Email-NatOptAroma@aol.com](mailto:NatOptAroma@aol.com)**

**[www.naturaloptions.us](http://www.naturaloptions.us)**



*(amta-dc chapter meeting news — continued from page 1)*

ourselves. When we care for ourselves we are better able to care for others.

Connie is offering a 3 credit class in the ethics of self care. Fulfill your ethics requirement by joining us for this informative and helpful course.

To register, go to:

- [www.fullcirclecreativehealing.com](http://www.fullcirclecreativehealing.com)

- Click on “**Retreats and Workshops**” scroll down to “**Self Care as Ethical Practice**”

- Or follow this link: [http://web.me.com/kaniru/Site/Retreats\\_and\\_Workshops.html](http://web.me.com/kaniru/Site/Retreats_and_Workshops.html)

*Jennifer Muth is amta-dc's Immediate Past President (who is currently climbing lavender field hillsides and swimming with sea turtles in Hawaii)*

summer 2010

— *Welcome New Members!*

- **Tanja Ward**
- **Kate Henriouille**
- **Patricia Frechin**
- **Lisa Bailey**
- **Katherine Hutchens**
- **Kathi Robinson**
- **Larry Dupuis**

NEW (TRANSFERS) TO DC CHAPTER

- **Aleen Rothschild Seidel**
- **Red Chu**
- **Barbara Jazzo**



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### Healing Touch Level One

Six Wednesday Mornings  
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### Exploring the Myofascial Web: Breath

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***Shannon Gilmartin  
Certified Massage Cupping Educator***

**Location:** Country Inn and Suites  
2600 Housely Road  
**Annapolis, Maryland**

**Date:** September 18-20, 2010

**Contact:** Shannon Gilmartin, (757) 285-8295

**Register at  
[www.shannongcmt.com](http://www.shannongcmt.com)**

**For more information about this *fascinating* technique, visit  
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