



contents

amta-dc chapter news	1
from your president	2
mark your calendar	3
expectations: massage therapists and clients	4
food for thought: comfort food — Barley Chili	5
amta-dc scholarship application	6
this touching business: the homeostasis of money	7
life coach: connection and imperfection	8
february chapter meeting: active isolated stretching	12



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
- 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 news



Our Superstars!

a HUGE thanks to
amta-dc chapter
volunteers for
National Massage
Therapy Awareness
week 2010

This year we were at two locations!!

2nd year at **DC Council's Wilson Building:**

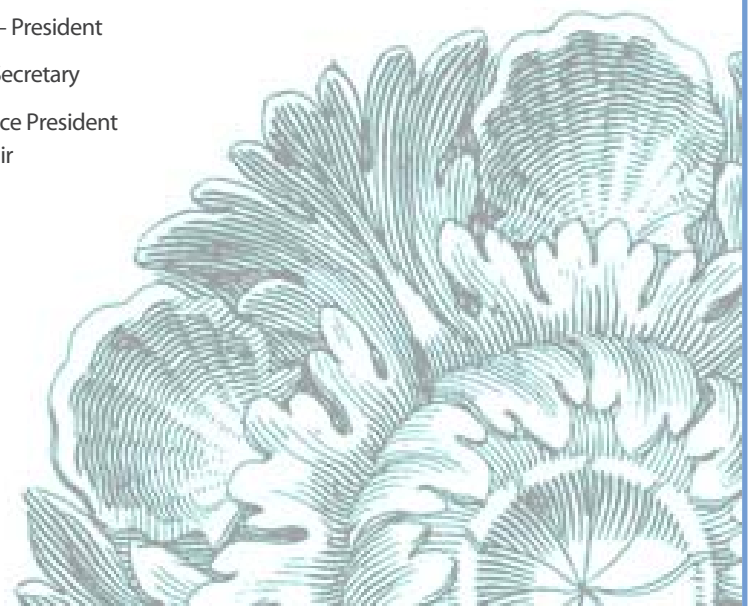
Special thanks to the event coordinator:

Randy Calabray — NMTAW and Education
Chair

- Laura Casperson — President
- Sue Hagedorn — Secretary
- Lisa Bregman — Vice President
and Education Chair
- Zellie Sebhathu
- Sogbe Konate
- Teresa Robinson
- Aleen Seidel
- Jannie Seegers

And for the 8th year at **Lombardi Breast
Health Center**

- Rebecca Hardy
- Lucille Eddy



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

— winter 2011



Greetings!

I hope 2011 is treating you well so far. Reflecting on the year gone by I want to thank all of volunteers who make this chapter happen. We have our own chapter which, while small, offers networking/socializing opportunities to bounce ideas and share issues with supportive colleagues as well as free and low-cost continuing education to sample before we invest our hard-earned dollar.

We are planning more exciting educational opportunities for this year, continuing our goals of adding value to **amta** membership. The presenter at our February 6 meeting will be Dr. Hagquist demonstrating **Active Isolated Stretching**. This will be an NCTMB approved credit, and will count toward the DC requirement of in-class credits. Best of all- it is free to our members! (Non members may enroll for \$20.00)

Also at the meeting (which is our Annual Meeting), we will be electing a **1st Vice President, 3rd Vice President, Treasurer, Delegate, and Alternate Delegates** to the board. If you are interested in any of these positions, you will find a Nomination Form in this newsletter. Descriptions of all of these positions are outlined on National's website: www.amtamassage.org. If you have not been to this website recently, I encourage you to look around at the many positive changes including promoting your own practice with a free website.

For the past year the newsletter has been delivered electronically in an effort to save trees and other resources. In an effort to insure that every member receives the newsletter, we are sending this issue out via USPS. Our green practice is to send an email notification that the newsletter is available along with a link to it on our website (amta-dc.org), so for future newsletters don't forget to click the link!

We are going to continue to provide lectures at all of our meetings, so if there is a modality or a presenter that you would recommend, please let us know. Lisa Bregman and Randy Calabray are our Education Co-Chairs.

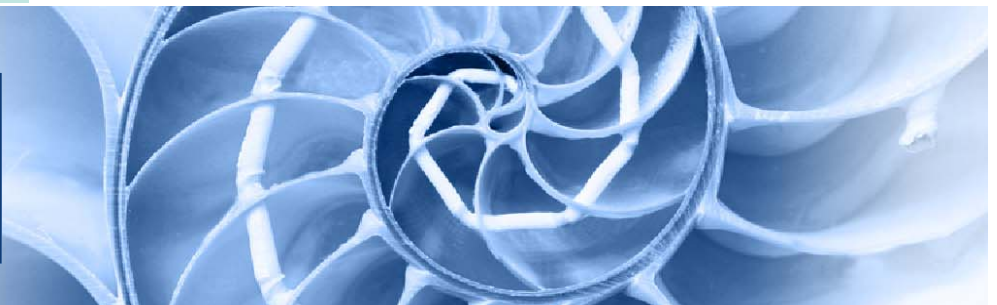
Thank you for all your hard work!

Gratefully yours,

Laura Casperson

amta-dc Chapter President

newsletter deadlines:
April 1 for Spring edition
July 1 for Summer edition



mark your calendars

january

18 **Estimated tax payment due for fourth quarter 2010**

february

6 **amta-dc Chapter Meeting and Election**

3:30 — 6:00 pm

Electing 1st and 3rd Vice Presidents, Treasurer, Delegate, and Alternate Delegate (see below)

Active Isolated
Stretching Presentation

march

7 **amta-dc Board Meeting**

president/ legislative action chair

Laura Casperson
202-344-5753
casperson.laura@gmail.com

1st vice president/ delegate 2010-2011

Robin Younginer
202-365-1500
ykumasaja@starpower.net

2nd vice president

Lisa Bregman
202-686-7202
lisabregman@yahoo.com

3rd vice president/ librarian

Robbin Phelps
202.288.9017
robbin_mp@hotmail.com

treasurer/ newsletter advertising

Annie Roberts
202-483-7299
abmurf828@yahoo.com

secretary/ alternate delegate 2010-2011

Sue Hagedorn
202-744-0600
susan.hagedorn@verizon.net

education co-chairs

Lisa Bregman
202-686-7202
lisabregman@yahoo.com

Randy Calabray

202-424-5983
rcbray100@yahoo.com

national massage therapy awareness week chair

Randy Calabray
202-424-5983
rcbray100@yahoo.com

membership committee

Robbin Phelps
202.288.9017
robbin_mp@hotmail.com

Robin Younginer
202-365-1500
ykumasaja@starpower.net

newsletter design

Annie Velletri
301-646-6961
velatvel@aol.com



Chapter Volunteer Opportunity!

Positions Available:

- 1st Vice President
- 2nd Vice President
- Treasurer
- Delegate
- Alternate Delegate

Descriptions of all positions are located on **amta's** website: www.amtamassage.org

Your name:

Chapter Office:

- What experience will you bring to the position?
- How do you see the chapter moving into the future? What ideas do you have to improve our members' experience?

Deadline:

Feb. 1, 2011 or bring to the meeting.

Elections will be held at **amta-dc's** annual meeting Feb 6, 2011.

Please mail your applications to:

amta-dc

1424 Orren Street NE,
Washington, DC 20002

amta 2011 webinars

quick, convenient, interactive

New Benefit for amta Members: FREE Webinars

Thanks to your feedback, we have now created an easy, interactive way for you to get valuable information you need from experts in massage therapy! No matter where you're located, you can expand your knowledge and skills conveniently from your own computer.



amta

american **massage therapy** association®

amta will post archived webinars and handouts for those who missed the live event. Check this page frequently to sign up for new webinars, and to view archived content!

For current and archived Webinars:

www.amtamassage.org/education/Webinars.html

Questions or Suggestions?

Contact: amtawenars@amtamassage.org



expectations: **What Should Someone Expect from Their Massage and Massage Therapist?**

- A clean, safe and comfortable environment before, during and after the massage
- Respect, courtesy, confidentiality and dignity
- Privacy while changing and right to remove clothing only to their level of comfort for the massage
- Draped appropriately by a sheet, towel or blanket, with only the area being massaged exposed
- A licensed/registered/certified professional massage therapist, working within their scope of practice and in an ethical manner
- Option to ask questions of the massage therapist and receive professional responses
- Determine if there will be conversation, music or quiet during the massage
- An explanation of the nature of the massage and techniques to be used in advance of starting the massage
- The right to consent to the massage techniques and approaches, including manual pressure, used in the massage

expectations: **What Should a Massage Therapist Expect from Their Client?**

- Respect, courtesy and dignity
- Treated as a healthcare professional
- Timely arrival at massage therapy appointment
- Complete and accurate disclosure of health/medical conditions during intake process
- Communication of expectations of and concerns about the massage
- Payment at time of service
- Reasonable notice (usually 24 hours) in cancelling a massage appointment

food for thought

Barley Chili

The perfect comfort food for a winter's evening. Enjoy!

by Carla DeMartino

Ingredients

- 2 tsp canola oil
- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 3 garlic cloves, minced
- 1 (4.5oz) can chopped green chiles
- 2/3 cup uncooked quick-cooking barley
- 1/4 cup water
- 1 (15 oz) can black beans
- 1 (14.5 oz) can no-salt-added tomatoes, undrained
- 1 (14.5 oz) can vegetable broth (or chicken broth)
- 3 tbs fresh chopped cilantro

Directions

Heat oil in a Dutch oven over medium-high heat.

Add onion and bell pepper and saute for 3 minutes.

Add chili powder, cumin, oregano, garlic and green chiles.

Cook for 1 minute.

Stir in barley, water, black beans, diced tomatoes and broth.

Bring to boil.

Cover, reduce heat and simmer for about 20 minutes until barley is tender.

Stir in cilantro.

Serve with sour cream and lime wedges. (optional)

Yield: about 6 servings.



national

amta National Offices

(877) 905-2700

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

virginia

Virginia Board of Nursing

Dept of Health Professions

(804) 662-9909

amta - Virginia Chapter

www.amtava.org

maryland

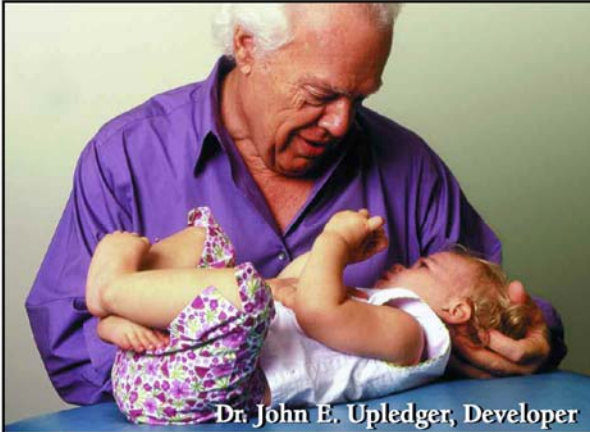
Board of Chiropractic and Massage Therapy Examiners

(410) 764-4738

www.mdmassage.org

amta - Maryland Chapter

www.amtamd.org



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 I

Washington, DC	July 28-31
Baltimore, MD	March 3-6
New York, NY	May 19-22
New York, NY	Oct 20-23

Upledger Celebrates 25 Years!

Win a **FREE CranioSacral Therapy I** workshop!
 Register online www.upledger.com/win

Ui THE
 UPLEDGER
 INSTITUTE, INC.®



1-800-233-5880 • www.upledger.com

Priority code: DC AMTA

amta-dc scholarship application

Name: _____

Address: _____

Phone number(s): _____

Class/workshop and date: _____

- Why do you want to take this particular class/workshop? How does it relate to your career goals in massage therapy?
- Why do you need this scholarship? Summarize your current financial situation.
- Does this class/workshop meet the continuing education requirements needed by AMTA? ___ Yes ___ No
- Are you willing to write a 500 word article about your training of the newsletter?
 (This is primary condition to be met to receive a scholarship.) ___ Yes ___ No

You must submit your article to the newsletter editor within 3 weeks of completion of the training. If you have received a scholarship, you are not eligible for a scholarship the next 2 years. You must be an **amta-dc** member to qualify for this scholarship. You must register for the training, then **amta-dc** will reimburse you up to \$400.00 upon submission of your receipt.

Please mail your applications to:

amta-dc % Laura Casperson 1424 Orren Street NE, Washington, DC 20002 or email to: casperson.laura@gmail.com



this touching business:

the Homeostasis of Money

by Kelly Bowers, LMT

I have a gift for you — **one million dollars!** One million \$1 bills. You will need approxi-

mately 3,602 cubic feet to store the money. That's a one-bedroom apartment (floor to ceiling). Got one you can use? Good.

You're a **millionaire!** How happy does that make you?

- There are — and you knew there would be — just a few conditions to this gift:
- You can't exchange any of the money for goods or services.
- You can't give any of the money to anyone else.
- You can't use the money as collateral to get other money.
- If you die or decide you no longer wish to be in possession of this money, the money must be burned.

In short, you can own it and keep it in that apartment and still be a **millionaire**. You just can't do anything else with it. But you *are* a **millionaire!**

Still happy?

Probably not. An apartment full of \$1 bills that you can't do anything with might as well be an apartment full of blank paper or old magazines or used gift wrap. Which brings us to the truth about money — it has no value unless it's *moving*, unless it's being used as a medium of exchange.

Money permits two people to maintain a certain homeostasis in their relationship, a certain balance if you will. If I receive something of value from you — a massage, for instance — I can maintain balance between us by giving you something I value in return. Money, for example. By exchanging things of comparable value we maintain balance in our relationship.

What about free massage? A massage for which I do not pay you is a gift you have given me. We honor and enhance certain relationships in our lives through gifts. But

even with gifts we often talk about an *exchange* of gifts, especially at holidays. If one person is always the giver and the other person is always the recipient, we usually have a relationship with a power imbalance (parent / child, subject / monarch, etc.).

Why should you care about this? Quite a few massage therapists — and artists and healers and others — are uncomfortable accepting money in exchange for their work. They are uncomfortable setting a price for their service (and don't even get me started on the pain of getting them to *raise* their rates!). They feel money somehow lessens the gift of their work. It turns it into something dirty. It makes it not about love and compassion and healing but about <shudder> commerce. Maybe even (we fear) greed.



Money, in one form or another, is omnipresent in human culture. It is everywhere around us and flows to and through us virtually every day because every day we want or need something and we need to do an *exchange* for it.

American culture is very money-conscious (though it is not unique in this). We are a consumer culture. We are fascinated by

people with lots and lots of money (Bill Gates, Warren Buffett, Oprah Winfrey). We have probably all daydreamed about winning the lottery or coming into some other obscene and unearned amount of money. All the things we could do! The places we could go! The books we could buy!! (OK, that last one may be just me.) All the things we could *do* with money.

In the 1980s, the fictional character Gordon Gekko, in the movie "Wall Street", said "greed is good". We watched that philosophy unfold on the big screen as a morality play. One of the reasons that movie was so popular is because it pointed to something important — a life that had fallen *out* of homeostasis, out of balance. The character had forgotten that money is *only* a medium of exchange and began to value it for its own sake.

When it comes to money, we do not need to have an either/or relationship with it — it is evil and we would prefer to never need it OR it is the very essence of life and we need to stockpile it endlessly. We need to find a middle way by remembering what it really is — a way to maintain balanced exchanges in certain relationships, including our relationships with our clients. We give them something of value — our time, energy, experience, education, and intuition. They give us something they value — their time, attention, and money. An exchange among equals.

It's all about the balance.

Kelly Bowers, LMT is currently on sabbatical in Australia while she writes a book on the business of massage. She firmly believes that money, like energy, has to flow, which is how she justifies how much of it has flowed right on through her without hardly even getting a chance to catch its breath.

You can follow Kelly's sabbatical at <http://havehandswilltravel.blogspot.com> or at <http://theupsidedownnyank.blogspot.com>.

You can contact her at massage@bowershours.com.

Structural Relief Therapy

Creating New Muscle Memory

"I actually learned techniques that work instantly and recommend SRT classes for all therapists. It is by far the best CE training I've ever had." R. G., LMT SPOKANE, WA

What is Structural Relief Therapy?

SRT is based on Osteopathic principles and is a gentle, effective tool that stops involuntary muscle contraction, increases ROM, and decreases pain for complex and chronic conditions. SRT classes are filled with learning and fun and you receive a detailed manual. SRT is easy on your body and uses no oil. Clients say, "It's like magic; my pain is gone!"



Structural Relief Therapy is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider #450706-08.

Instructor: Taya Countryman, LMT

has the experience:

- Practicing Massage since 1977
- Past WA State Massage Board Member
- Advanced Massage Instructor since 1992
- Developed SRT from advanced osteopathic techniques
- Specializes in clients experiencing complex and chronic medical conditions

Watch Taya Countryman on YouTube



Coming to New England in 2011!

AMTA NERC Conference, March 18-20 (Experience SRT at Booth #32)

AMTA-MA Annual Meeting, April 30-May 1 (Presenting SRT for the Low Back & Pelvis)

2011 SRT
Continuing Education
Courses hosted by:



cortiva institute®
Schools of Massage Therapy

Cortiva SRT CE Locations:

NJ – Hoboken (March, May & June)
MA – Boston/Watertown (March, May & August)
PA – King of Prussia (March)
IL – Chicago/Woodridge (April, May & August)
FL – Tampa/St. Pete/Pinellas Park (June & August)
AZ – Tucson (February)
WA – Seattle (January, September, October, November)

Register: www.cortiva.com/massage-therapy-continuing-education/

More Info: www.StructuralReliefTherapy.com

Courses offered: SRT for the Shoulder, Arm & Hand
SRT for the Neck
SRT for the Torso
SRT for the Low Back & Pelvis
SRT for the Hip, Upper Leg & Knee
SRT for the Lower Leg & Foot
Introduction to SRT
SRT Clinics



life coach: **Connection and Imperfection**

by *Michelle Woodward*

I saw an amazing presentation recently on overcoming shame from **Dr. Brene Brown.**

I saw a short film earlier this week and had to watch it again and again. And send it to clients. And to my children. If I could have put it on a t-shirt and worn it around the block, I would have.

It's that important. Want to watch it now? Go to <http://www.youtube.com/watch?v=X4Qm9cGRub0&feature=channel>

Brown, a research professor at the University of Houston, has made her life's work the study of shame and the impact of not feeling "good enough."

Isn't that something so many of us struggle with? Feeling "good enough"? Being sorta control freak perfectionists?

The underlying thought is, "If I'm perfect enough, then I'll be worthy of the love and affection of others." Of course, the flip side is, "If people see how imperfect I really am, they'll know I'm not worthy of love and I'll end up alone, an outcast living in a dilapidated shack in the woods hoarding tin cans, jelly jars and old newspapers, sur-

rounded by 87 cats." Hey, I know your nightmare.

So, to ward off the nightmare, all of life becomes this game of hide and seek — and **what we're hiding is our true selves.**

But what Brown's research shows is hopeful. There are people who live lives full of love and belonging. We all know them — they're fun to be around. A breath of fresh air. Kind. And being this way comes down to whether or not you have the belief that you are worthy of love and belonging. Just a belief. It's that simple.

How do you get that belief going in your own control freaky, perfection-seeking life?

Brown calls worthy-feeling, connected, loved and loving souls **The Wholehearted.** Her research shows that what The Wholehearted have in spades is courage — the courage to tell the story of who they are with their whole heart.

- They have the grace to be imperfect

- They are kind to themselves, even when imperfect
- They are comfortable enough with themselves to be authentic, and forge relationships based on who they are — not who they "should" be

And they fully embrace their vulnerability. The Wholehearted don't for a minute think vulnerability is easy, but they believe that it's totally necessary to be fully themselves. And to be beautiful.

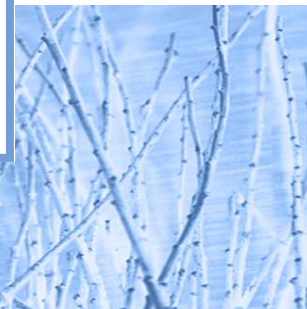
Brown's talk is so powerful. So many of us attempt to show an invulnerable, perfect, cool, jaded, hip-thing-du-jour kind of facade because we think that's what people want to see. And, simultaneously, we desperately want people to like us.

But what the research shows — it's pretty clear — is The Wholehearted are happy to be seen for who they really are. They know that the way to get the deep connection so many of us seek is to **stop pretending to**

be something we're not.

Be yourself, Dr. Brown says, imperfections and all, and you'll have everything you want. You'll be Wholehearted.

Michele Woodward is a Career Strategist, and Master Certified Coach





Potomac Massage Training Institute

Celebrating More Than 34 Years of Excellence in
Massage Therapy



5028 Wisconsin Ave. NW Ste LL • Washington, DC 20016
(202) 686-7046 • www.pmti.org

~Continuing Education Classes~

Reiki I • January 29-30, 2011 • 12 CE hrs
\$235 by January 7th \$250 Thereafter

Comfort Touch: Nurturing Acupressure of the
Elderly and the Ill
March 12-13, 2011 • 16 CE hrs
\$325 by February 25th \$350 Thereafter

Integrative Full Body Deep Tissue Massage
April 1-3, 2011 • 24 CE hrs
\$415 by March 11th \$445 Thereafter

Reiki II • May 14-15, 2011 • 12 CE hrs
\$250 by May 22nd \$265 Thereafter

NMT Torso/Pelvis • June 24-26, 2011 • 20 CE hrs
\$395 by June 10th \$445 Thereafter

As always, please check our website for the most up to date
continuing education listings.

www.pmti.org/workshops

~Massage Clinics~

Treat yourself to a relaxing massage!

Student Clinic
\$37/hr

Graduate Clinic
\$55/hr

Professional Clinic
\$80/hr

Call (202) 686-7046 ext. 101 to schedule.

~Store~

Biotone Massage Products • Aura Glow

Biofreeze • Proassage • Essential Oils • CD's

Oakworks Massage Tables and Accessories



P M T I
Potomac Massage
Training Institute



ACTIVE ISOLATED STRETCHING

Join QuistMD in 2011 Active Isolated Stretching Spring & Fall Workshop Series

Lower Body	Apr 16-17 & Sep 17-18
Upper Body	May 21-22 & Oct 15-16
Core & Extremities	Jun 18-19 & Nov 12-13

(202) 244-8222 | info@quistmd.com | www.quistmd.com

DC-AMTA Chapter Meeting February 6, 2011

With Dr. Jeffrey P. Haggquist, DO
Medical Director, QuistMD
Active Isolated Stretching:
Today & the Future



February 6th amta-dc Chapter Meeting

Active Isolated Stretching: Today and in the Future

Dr. Jeffrey P. Haggquist, DO

QuistMD — The Flexibility, Sports, and Rehabilitation Clinic

Dr. Haggquist will give an overview of the basics of Active Isolated Stretching and demonstrate how it can be applied to a common medical condition — cervical strain/sprain. Based on case histories from his Chevy Chase, DC musculoskeletal clinic, he will share his expertise in facilitating patients to recover flexibility, gain strength, and restore range of motion on the road to getting healthy again. Attendees will get to participate in this hands-on presentation and experience firsthand how AIS can benefit their clients; they will learn about new research on the topic as well as opportunities for further training.

Dr. Haggquist is a trained osteopathic physiatrist, neuromuscular massage therapist, and Medical Director for QuistMD — The Flexibility, Sports and Rehabilitation Clinic located in Washington, DC. He is a national specialist on Active Isolated Stretching and Strengthening — the Mattes Method.



amta-dc 1424 Orren Street NE, Washington, DC 20002