



## Chapter Meeting

Tuesday, August 5  
7 pm—9 pm

### Andrea Caplan My-Thai Massage

In private practice for more than 14 years, Andrea teaches other massage therapists the work that has evolved from her accumulated years of practice and training. She has dubbed her work 'my thai'. The work is based on the fusion of Thai massage, Swedish and deep tissue work. It is a dynamic and fluid practice that is beneficial for both the client and the therapist. ([www.thebodypolitic.net](http://www.thebodypolitic.net))

**PMTI (5028 Wisconsin Ave. NW)  
2 blocks down from Friendship  
Heights metro**

- ★ My-Thai Demonstration
- ★ Elect our Delegate 09  
(see page 4)
- ★ Door Prizes!
- ★ Check out something from the library.
- ★ Register for end-of-year prize drawing.

## Prizes!

Attend a chapter meeting, get prizes!

At every chapter meeting we will have a small drawing for those present (lotions, detergent, CDs, etc.) Everyone who attends a meeting and enters will be eligible for winning a larger end-of-the-year prize — for example, a \$50.00 gift certificate to the PMTI store, or a \$100.00 gift certificate for continuing education, etc. — at our November 9th meeting.

Felicitas Cotner was the door prize winner at our May meeting.

*Door prize winner—Felicitas Cotner—holding her prize of massage cream, donated by Soothing Touch.*



## Scholarship Winner

The chapter awarded the annual scholarship to Stan Harris, who will use it to attend the National Convention.

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## From Your President

Dear AMTA DC Members,

There is nothing constant but change, and that has been especially true here within our chapter. We welcome a new Education Chair- Stan Harris, and say good-bye to an old friend- Chris Getlein.

Chris served as chapter president and also on the DC Massage Therapy Board. She passed away on May 9<sup>th</sup>, suddenly, in her home. In her memory, a donation will be made to PMTI. Chris' work with the chapter was fundamental in bringing us to a place where we can actually look ahead and plan for the future.

Planning for the future took place at the first ever Board and Leadership Team retreat. We mapped out short and long term goals for the chapter, all of which were designed with you, the member, in mind. We also put our heads together to develop our new chapter mission statement:

**AMTA DC Chapter Mission:**  
**"Empowering our members to thrive by supporting professionalism, creating community, and having fun!"**

With this in mind, we set off on a new adventure- providing for you those opportunities that will assist you to thrive in your practice, in your personal growth, in your life.

In the spirit of having fun, we held our last chapter social at Banana Cafe in June, and a great time was had by all who attended. The next Chapter social will be Thursday Sept. 25<sup>th</sup> from 7-9 pm at the Front Page in Dupont circle. I hope you will join us there.

A reminder that the AMTA National Convention is being held in Phoenix, Arizona, Sept. 16-20. Locally, the Virginia Chapter is holding their own Annual Conference in Charlottesville on Sunday, Oct. 26<sup>th</sup>. They are offering continuing education courses, including ethics. It is a great way to meet and reconnect with our neighbors. For more information go to [www.amtava.org](http://www.amtava.org).

As always- the most up to date information about Chapter Events can be found on our website:

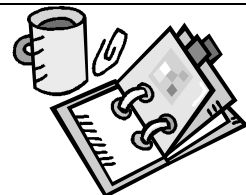
[www.amtadc.org](http://www.amtadc.org).

Gratefully yours-

**Jennifer Muth**



## Mark Your Calendars



### July

**19: DC Massage Therapy Board**

### August

**5: Chapter meeting**

Tuesday 7—9 pm, PMTI

**21: DC Massage Therapy Board**

### September

**15: Board meeting, 9:30 am**

**15: Quarterly taxes due**

**17—20: National Convention**

Phoenix, AZ

**18: DC Massage Therapy Board**

**25: Chapter Social Hour**

7—9 pm, Front Page

1333 New Hampshire Ave. NW

Dupont Circle metro

**26: Newsletter deadline**

### October

**10: Newsletter distributed**

**16: DC Massage Therapy Board**

### November

**9: Chapter meeting**

Saturday 4—6 pm

**20: DC Massage Therapy Board**

### December

**1: Board meeting, 9:30 am**

**15: Newsletter deadline**

**20: DC Massage Therapy Board**

### January 2009

**15: Quarterly taxes due**

**Chapter Elections**

**30: DC LICENSE RENEWALS DUE**

## In Memoriam

### Christine Getlein(1947—2008)

On May 9, former chapter president Chris Getlein died at her home of congestive heart failure. She was 61.

She was born in Washington DC and lived on Capitol Hill for the last 35 years. Throughout her life, she also lived in Iowa, Connecticut, Wisconsin, and Virginia.

She graduated with a major in Drama from Mary Washington College and taught school in Charlottesville. She was active in two churches on the Hill — St. John's Lafayette Square and Christ Church on the Hill. She helped found the Capitol Hill Classic, an annual 10k race to benefit the Capitol Hill Cluster schools. She contributed as a freelancer to the Hill Rag and

was an active volunteer on the hotline for the National Alliance for the Mentally Ill.

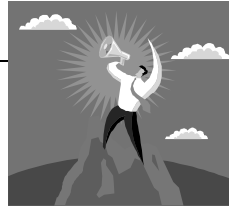
She attended Potomac Massage Training Institute and started Healing Hands in partnership with chapter member Patricia Stocks. She was also active in our chapter, serving as President, and as part of the team that helped bring about licensure to the city.

She is survived by her stepmother, two daughters, a sister and two brothers, two grandchildren, four nieces, and several close friends.

In Chris' memory the chapter has donated \$100 to PMTI to use towards a new stereo system for the student clinic.

## This Touching Business: Thinking About Marketing

By Kelly Bowers, LMT



### Mindset

### Activities

### Products

In the last newsletter I defined marketing as “Giving clients the information they need so they can identify (1) when massage can help them and (2) whether I am the massage therapist they might need. The three components of marketing are your marketing mindset, marketing activities, and marketing products. Today, let’s talk about your mindset.

According to chapter member Kitty Southworth, “95% of marketing is confidence and believing”. She’s right. Good marketing starts with what’s going on inside **you**. If you approach marketing with some confidence, a client-centered perspective, and good intent, you’ll be happier and so will your clients.

How do you define your **intent**? You define your intent by defining what it is that you want to accomplish with your practice. Knowing the intention of your practice will factor in to the choices you make in marketing your practice.

Do you want to “fix” the broken? Calm the stressed? Raise personal or universal consciousness? Improve “health”? Do you want to work with a particular population? Do you want to focus on particular conditions?

What attracts you? What have you learned so far about your strengths and weaknesses? How is that different from when you started your life as an MT?

Do you want to have a base of repeat clients or do you want to see new people all the time? Do you want to work full-time or part-time? Do you want massage to be your primary source of income?

What will your practice do for *you*? How do you want to be changed by being a massage therapist?

Next, who do you understand to be your target **client**? It’s easy to say “I’ll see anyone!”. But if you’ve really taken the time to define your intent, you’ll see that your intent starts to define your client. Do they come from a particular age range? How about socio-economic group?

Are they new to massage or experienced recipients of massage? How do they come to massage and how did they learn about you? Why do they choose you?

Where does massage fit into their personal priorities, their self care, their schedule, and their budget? Is massage a short-term or long-term relationship for them?

It’s easy when you start thinking about marketing to jump right into printing flyers and business cards, designing a website, etc. But like most things business, you will make much better business and financial decisions when you’ve spent the time analyzing your direction and purpose, your vision and mission. Think first, then act.

*Kelly Bowers, LMT practices as part of I St. Massage, downtown. She is also an adjunct professor at PMTI, teaching business practices and leading annual business retreats. She received the chapters’ Meritorious Award in 2004 and is the chapter’s newsletter editor..*

## Working Vacations?

by Kelly Bowers, LMT

Whenever our friends (who aren’t self-employed!) hear us complain about our expenses, they shoot back “yeah, but it’s tax deductible!”. Tax deductible is not the silver bullet the regularly-employed seem to think it is. It doesn’t put any new money in our pockets, it only slows down the amount going out.

Having said that, is there a way to make your travels work for you as a tax deduction? We don’t want to be accused of boondoggles (that’s Congress’ job) but we do want to get every advantage we can as micro businesses.

It often comes down to our old friend “intent”. If your first intent when planning travel is business-oriented, you have an argument for taking some of the trip expenses as a business deduction.

However, your actions will have to prove your intent. If you decide you’ve got to spend a week in Hawaii (in January of course) studying Lomi-lomi (and might as well spend another week there on vacation as long as you’re already there), make sure you sign up for the training *first*, before you book that helicopter ride over the volcanoes or surfing lessons with hunka-hunka surfing instructor.

You probably can’t take both weeks of hotel expenses as a business deduction, but you may well be able to deduct your airfare and your one week of hotel and food expenses. Unless you also made arrangements (in advance) to spend part of the second week *practicing* your new lomi-lomi skills locally.....

In 2002, I decided to fulfill two desires with one trip — attend my first AMTA conference and drive across the US on my own. Since I paid my conference registration first and routed myself mostly in a direct fashion to Portland OR and back, the expenses of the month became a business deduction. Gas, lodging, food, and oil change.

We are small (actually, micro) businesses. Our money needs to keep us in business and help us enjoy our lives. When looking at your vacation and continuing education plans for the year, it’s fair and reasonable to see if there isn’t a way to make them work together.

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

## Get The Latest!



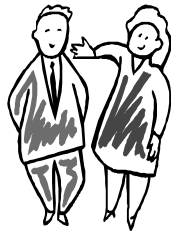
Lat-est!

Receive the latest chapter news through the chapters' Yahoo group. Any chapter member can sign up.

- Go to [www.yahoo.com](http://www.yahoo.com)
- Click "Groups" (on the left)
- Type AMTADC, click Search
- Click AMTADC in the list.
- Click Join This Group! And follow the instructions.

## Welcome New Members!

- Christian Brewer
- Victor Cornejo
- Vicki Fanny
- Christi Trombino



## Enter the Boardroom

DC needs more MTs! Specifically, there are openings on the city's Massage Therapy board. You can be directly involved in the quality of DC massage licensing and business climate in our city!

To be considered or to suggest a good candidate for the Board:

Michael Rodgers

202.667.1674

[mrogers@dblrs.net](mailto:mrogers@dblrs.net)

The Board meets the third Thursday of each month from 1 pm—3 pm at the Department of Health building (near 14th & NY Ave. NW, McPherson Square metro). Parking is paid for.

You can check out the website (and find an application) at [www.DC.gov](http://www.DC.gov). Search for the OBC (Office of Boards and Commissions).



## Taxes & Bookkeeping for Healing Professionals

### Led by Margo Bowman

Margo is a CPA and an LMT. She presents every 2 years at the AMTA conference, teaches at the Oregon School of Massage, and is a long-time friend of AMTA.

You won't find a more detailed, focused, and helpful (not to mention massage-friendly) class for MTs trying to figure out how to "do" your books and your taxes.

November 1—2, 2008

Stay tuned to this space for more details.



advertising

## Candidate Statement: Laura Casperson

As the current Alternate Delegate I have been learning about the responsibilities of the Chapter Delegate. I am familiarizing myself with the processes of the House of Delegates (HOD) and how to put forth a recommendation to the HOD. I will be leaving work early to go to the Delegate orientation that precedes the AMTA Convention (4 hours) and I will be sitting in the HOD meeting during the convention (another 4 hours) this September. This has taken a time investment which I have gladly given and I appreciate the opportunity to serve our Chapter.

I would like to continue this service to the Chapter next year as the Delegate. I promise to keep the Chapter aware of what recommendations are being presented before the HOD by attending and reporting to all Chapter meetings as well as fulfilling all of the duties of the Delegate to the best of my abilities.

In service and with gratitude,

Laura Casperson, LMT

Alternate Delegate '08

## Facets: Lisa Schumacher and Zero Balancing

By Shaw Hubbard, LMT

As a practitioner of Zero Balancing (ZB), a mind-body treatment named for the point of calibration where the needle rests on zero, Lisa Schumacher is very aware of the importance of harmony and alignment in a person's ability to realize full potential. Therefore, when a gentle opportunity arose to leave her current full-time position, she was able to recognize a moment in which circumstances had aligned for her to pursue the balance she sought in her life.

The transition from part- to full-time practice is often an anxious time but, as she says, "The Chinese proverb says 'leap and a net will appear,' so I have to trust that this is the time to make this change."

While completing her massage training in Baltimore, Lisa experienced a deep release when one of her instructors, a ZB practitioner, pulled her energy up one leg, over the hips and down the other to open a blocked hip chakra that had been preventing her from experiencing her treatments to their fullest potential. She immediately asked, "What did you do, and

where can I get more?" and has continued this treatment for the last 12 years.

In 2005, encouraged by her former instructor, she completed an intensive one-year program to become certified in the modality herself. She remains in awe of the work, saying that "it's such a simple thing; it seems wondrous that it can do so much good."

Developed by Fritz Smith, O.D., M.D., Zero Balancing focuses on the body's bony structure's relationship with the individual's energy. Bone is the densest of the body's tissues, and while the energy stored within is most closely connected with one's essence, it is also the hardest to access, as it is farther away from the conscious self than that of the softer tissues.

Using individual finger pressure on specific bony points, the practitioner creates supportive fulcrums around which the energy of the structure or joint can circle and reorganize, bringing the body's attention to the area and allowing it to address and balance the energy blockage. The subsequent release can be quite profound,



both physically and emotionally, leaving the client feeling realigned, and as though a weight has been lifted from his or her body.

Lisa offers a treatment in which ZB is integrated with massage, as well as a fully-clothed stand-alone treatment focused solely on ZB. She sets a "frame" with her client, in which she asks what they feel would be an ideal outcome from the treatment because, as she says, "there is no reason to set limits of any kind."

Those looking for a return to a long-forgotten state of grace are well advised to seek out the space Lisa is holding for you, conveniently located across from the Tenleytown Metro. 202-244-9588.

*Shaw Hubbard is a recently-licensed massage therapist in Washington, DC. Her interests include core synchronism, writing about bodywork and volunteering for CAUSE at Walter Reed Army Medical Center.*



### Chapter Leadership Retreat

*Sitting L to right: Sue Hagedorn, Pat Stocks, Robbin Phelps, Hattiejane Darra-cott*

*Standing L to R: Jennifer Muth, Stan Harris, Laura Casperson, Randy Calabray, Robin Younginer*

## Yahoo Groups: AMTADC



**P M T I**  
**Potomac Massage  
 Training Institute**

## Celebrating More Than 31 Years of Excellence In Massage Therapy

**Potomac Massage Training Institute**, a national leader in massage therapy education since 1976, prepares massage therapists for a lifetime of service by providing quality training in our Professional Training Program. PMTI continues to support its alumni and all professional massage therapists by sponsoring workshops presented by national leaders in the field. We also support the community through introductory classes and CPR/First Aid training.

### Continuing Education

Touch of Massage (community)

July 13

CPR / First Aid (community)

July 20

Introduction to Trager

July 20 6 CE hrs

Infant Massage Instructor Certification

August 7-10 30 CE hrs

Touch of Massage (community)

August 10

Hospital / Oncology Massage

August 15—20 48 CE hrs

Ethics & Jurisprudence in MD: The Times They Are  
 A'Changing and

Bugs, Bugs and More Bugs: Communicable Disease  
 Education

August 17 6 CE hrs

Reiki II

October 11-12 12 CE hrs

Hot Stone Massage

October 18—19 16 CE hrs

NMT Lower Extremities

November 7—9, 2008 20 CE hrs

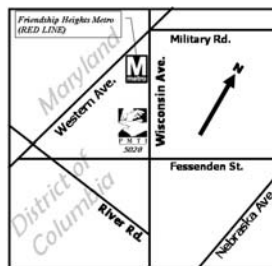
### Heart of Touch

Teaches basic massage techniques to share with family or friends. Taught by experienced PMTI instructors.

*Tuesdays, Sept 23—Oct 28*

or

*November 14—16*



### Massage Clinics

**Student Clinic**

(\$37/hour, Swedish)

**Graduate Clinic**

(\$55/hour)

**Professional Clinic**

(\$80/hour; \$120/90 minutes)

**Call 202/686-7046 x 101**



## The Power of Paint: I Feel Good!

By Denise Malueg, Decorative Finisher

(insert James Brown YEEOOOW here)

The claim: paint that will make you *feel good!* Clay paint. I read that silica in clay paint neutralizes the electro-magnetic waves created by outlets and electric wiring in a room. So like lightning in a storm that adds more negative ions to the atmosphere, you'll feel giddy. From paint. Hmmm.

Maybe it is enough for you that clay paint absorbs odors and reduces static. But it mostly garners attention for its non-toxic characteristics. This makes it the choice for people who are chemically sensitive, as well as children and elderly folks. Clay paint is made from... you guessed it... clay – earth-based minerals, suspended in water-based or soy resin binders. You can find recipes to mix your own, on the internet. (What can you NOT find on the internet these days?) Or, you can pick up a bucket or little sample pod at boutique stores around town (or of course, order directly online!).

I recently tested two brands of clay paint: BioShield and Green Planet Paints (GPP). They differed noticeably from each other, and I suspect the few others on the market will also have their own unique qualities.

One brand required a matte base coat, while the other did not specify. Depending on the substrate, the product may absorb into the wall and not stretch as far as the guidelines promise of 350 sq. ft/gal.

Straight from the container, some colors were like toothpaste, while others were like cake batter. Don't be afraid to add water for your preferred consistency. Clay paints are most commonly rolled or brushed onto walls. I used a brush and trowel. I like the sheerness of BioShield and it dried very matte; almost gritty. The GPP felt softer to touch, like an eggshell finish. All of the colors dried much lighter than when applied.

One set of materials cautioned against applying more than two layers to maintain the breathability. But from my test, the curry color of GPP would need at least three layers. The other colors, light and dark, definitely need two layers for even coverage, and with that, the coverage is mottled – not a bad thing when you're going for an adobe-style look.

Clay is absorbent. That's a good thing and not such a good thing. When in contact with water (backsplashes, for instance) all those soapy and oily drops will stain. Each brand offers sealers to use as a topcoat, but I don't know what this does to the breathability and the silica's neutralizing actions. Perhaps the slick feeling of GPP means that it has a stabilizer in it, to allow light washing and resistance to stains.

Nicks are easy enough to correct, though, with a simple sanding and repainting – heck, I suppose you could do that for a pen mark as well. They all claim to be colorfast – but I'll put one of my sample boards in a window to test that against one I'll keep in a closet (and I'll let you know).

Since this is a "green" product made of earth, the colors are what you would expect – golds, rusts, earthy greens. GPP is introducing a new line of bright colors in the fall of 2008, to include blues and brighter yellows.

With more interest in clay paints, there will be more reason for manufacturers to respond to customers' requirements. If you paint your studio, I'd love to hear your thoughts on the experience and your feelings in the room in the months that follow.

So please, go clay paint your walls, and *feel good!* (nana-nana-nana-na...)

Area sources:

- Bungalow Homewares, 1901A Mount Vernon Ave, Alexandria VA, 703-299-8899;
- Eco Green Living Ctr, 1469 Church St. NW, Washington, D.C., 202-234-7110;
- Amicus Green Building Ctr, 4080A Howard Ave, Kensington, MD, 301-571-8590

## Job Opportunity: Downtown DC Fill Out Your Schedule With Our Clients

Eye Street Massage is an unpretentious 11-year-old group practice in downtown DC. We are looking at important changes in the coming year and would like to invite a few more MTs to join us on the journey. You need a DC license and a willingness to work as an independent contractor.

We have flexible schedules (Monday—Saturday; Sundays an option), gentle operating principles, a relaxed (yet professional) environment and a lot of support for good therapists. Everything you need to do your work is provided.

You can build your own client base while helping us meet the needs of ours. We pay by a split; you can earn a higher split for bringing in your own clients (but still retain them as your own)!

The majority of our therapists are DC AMTA members. If you'd like to join them, call Pam Moyer, owner, 202-463-0987. [www.eyestreet-massage.com](http://www.eyestreet-massage.com).

We would also welcome the chance to **share some space with an acupuncturist, yoga instructor, etc.** If you are or know someone who would like to share space, please give us a call!

### Job Opportunities

Positions are available for Licensed Massage Therapists in the following locations:

Ft. Washington and Gaithersburg Maryland; Washington, DC and Tysons Corner, Virginia. These are great opportunities for talented, energetic therapists.

Our company, Washington Wellness, LLC was founded in 1980 by a massage therapist and has become one of the premier companies in this area to hire and work with massage professionals. We currently contract with over 50 therapists to work in 10 locations. Many therapists have worked with us for over 15 years. We look forward to working with you soon.

Check out our web site at [www.MassageInDC.com](http://www.MassageInDC.com) Send an e-mail to [MassageInDC@rcn.com](mailto:MassageInDC@rcn.com)

# Phoenix in September!

AMTA 2008 National Convention

September 18—20, 2008

## Get Smarter!

## Go Shopping!

- Oakworks
- Custom Craftworks
- Scrip / Massage Warehouse
- Soothing Touch
- Earthlite / Stronglite
- Biotone
- Gemini Sun Records
- Massage Envy
- Cross Country Education
- Massage Magazine
- Ashiatsu Bar Therapy
- Nayada Institute of Thai Massage
- Curties-Overzet Publishers
- Pine Island Publishers
- It Works Marketing
- Mother Earth Designs
- Shambhala Healing Tools
- Day-Break Geriatric Institute
- LMT Success Group
- Soundings of the Planet
- Massage Today
- Upledger Institute

## Meet People!

- Opening Reception
- First-Timer Luncheon
- Teachers Network Luncheon
- Dinner Dance

### Keynote Speaker

Judith Aston



- Orthopedic Massage
- Stone Massage
- Knee Injury Treatment and Assessment
- Integral Anatomy
- Working with Trauma and Dissociation
- Working with the Legal System
- NMT for the Back
- The Art of Non-Judgmental Touch
- Assessing Progress in Your Clients
- Common Injuries of the Shoulder & Elbow
- Implications of Presence
- Taxes & Recordkeeping
- Acupressure's Potent Points
- Healthcare Trends
- Teaching the Modern Student
- Thai Shiatsu
- Holistic Ethics
- Ethics & Communication
- Chi Nei Tsang 101: Taoist Abdominal Massage
- Managing Adult Student Behavior
- The Power of Music

*and more!*

## Register At

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

*and many many more!*

## House of Delegates Report: 2008 Convention Recommendations and Positions



By Kelly Bowers,  
2008 Chapter Delegate

Before every AMTA convention, the House of Delegates meets. The HOD is made up of representatives from every chapter. At the HOD meeting, we vote on resolutions and positions.

- **Resolutions** represent changes the HOD wants to make to the way the AMTA is run. The Board of Directors will decide whether to implement the resolutions or not.
- **Positions** are the official statements of the AMTA on various topics. Most of these will seem screamingly obvious to you but until now, we have not had official organizational statements. We have to start somewhere.

The following is a summary of the resolutions and positions that I will be voting on at the HOD meeting on September 18. My vote represents our chapter. If you have thoughts about these resolutions and positions, please let me know. (massage@bowershours.com, 202-744-1878)

To see all the details of these resolutions and positions, go to [www.amtamassage.org](http://www.amtamassage.org).

### Positions

It is the position of The American Massage Therapy Association (AMTA) that massage

therapy can be a valuable component of a wellness program.

It is the position of the American Massage Therapy Association that massage therapy can be an integral part of health care.

It is the position of the American Massage Therapy Association (AMTA) that newborns (especially pre-term infants) may benefit from massage therapy.

It is the position of the American Massage Therapy Association (AMTA) that massage has been shown to aid in postoperative pain relief.

### Resolutions

#### #1: Board of Director meeting agendas be made available to chapter delegates

That the Board of Directors provide a summary of agenda items for BOD meetings to chapter delegates and grant delegates an opportunity to openly address concerns and issues arising from the agenda at every open meeting of the National Board of Directors.

Submitted by Indiana.

*The issue appears to be that chapters want more opportunity to participate in and have a voice in BOD deliberations.*

#### # 2: Drop the term limits for chapter delegates

Drop the 2 consecutive elected years term limits for chapter delegates; a member can serve their chapter as a delegate for as long as the chapter is willing to elect them.

Submitted by Indiana.

*Two years ago the BOD enacted a 2-year term limit. Most delegates spend their first year in the HOD just coming up to speed. Term limits impede the development of contacts, leadership, and working knowledge.*

*On the other hand, once in office, the reality is that an incumbent delegate can be hard to unseat. (Just like in Congress)*

#### #3: Change the bylaws to eliminate term limits for delegates.

See resolution #2 above. This one is virtually the same.

Submitted by Connecticut.

#### #4: Modify professional membership requirements

AMTA membership requirements does not include a state-issued professional license (or certificate or registration). Yet the national organization is committed to *proactively* seeking licensing (or its equivalent) in every state (and non-governmental jurisdiction, like DC). The new bylaw would read: For any jurisdiction in which the member practices massage, the member must hold a valid license, registration or certification issued by that state, territory, District of Columbia or municipal government, if such credential is required to practice massage in that jurisdiction.

Submitted by Illinois.

#### #5: Allow chapters to hire PACs to help get legislative changes in a state.

Allow Political Action Committees (PAC's) by professional management services (subject to national AMTA review and chapter oversight) to support appropriate legislative action.

Submitted by California.

*Gaining legislative support requires professional skills in presenting the appropriate case for legislators, and in many states most professional associations and non-profits have PAC's. Donations received by lawmakers from independent PAC's will not be identified with the AMTA, but will allow individual AMTA chapters the same access to legislators available to other groups of individuals with common interests.*

*There is no anticipated financial impact to AMTA. This would be a change the AMTA's policy manual, not its bylaws.*

### Tech Talk for the Non-Techie

By Elizabeth Mettler, Mettler Solutions

*Elizabeth is in the middle of selling her house and moving and thus was unable to provide us a column for this issue. She will be back in the next issue.*



# Your Newsletter

## Newsletter Editor

Kelly Bowers

202-744-1878

massage@bowershours.com

## 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.

## Newsletter Deadlines

September 26 for October 2008 issue



# ANATOMY TRAINS®

**Body Reading 101**  
(Best Western Leesburg)  
**September 5—7**  
21 CEUs

Learn to see and understand postural patterns in the body using the Anatomy Trains visual assessment protocol. During this course you will:

Develop and practice a simple but effective vocabulary for describing skeletal relationships – tilts, shifts, bends and rotations, Use the Anatomy Trains as a map for seeing the global as well as local soft-tissue patterns that create skeletal geometry, Develop coherent session strategies based on what we see/feel, Acquire the hands on skills to evaluate, communicate and correct negative postural holding patterns, and Bring a whole new perspective to your practice and career.

**\$435 (if paid in full by 7/18)**

**\$495 (after 7/18)**

*Hotel discounts for workshop attendees available till 7/18.*

Register at: [www.moiraramsey.com/seminars](http://www.moiraramsey.com/seminars)  
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*“ Give your clients the deepest level of relaxation and the freedom of movement.”*

### Basic Thai Massage (40 CEH)

Sept 18-20, 26-27

\$699

### Thai Herbal Massage (16 CEH)

Oct. 10-11

\$299

### Holistic Thai Face Therapy (24 CEH)

Nov. 6-8

\$450

### Intermediate Thai Massage (40 CEH)

January 15–17, 23–24 2009

\$699

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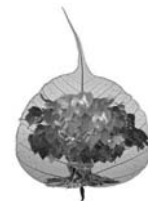
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## DC Legislation: A Call To Arms

Did you know that DC government has been denying Home Occupations Permits (HOPs) to licensed massage therapists? We need these to be able to work legally out of our homes!

Would you like to take action toward reversing this current trend?

Did you know that some of our lawmakers don't understand why massage therapist licensing is important?

The DC Chapter is seeking action-oriented volunteers to help shape our (massage therapists') message to the DC Government.

We are convening a committee to draft talking points and other resources for therapists as well as letters to government officials to educate them about the health-professional and beneficial nature of massage therapy.

We will also be planning a "Legislative Day" to bring chair massage to City Hall offices to let our city administrators/council members learn "first hand" what massage is about and why massage licensing is important for public health and safety.

If you are interested in being a part this group or if you have potentially helpful connections/knowledge of DC government, please contact:

Laura Casperson,

Legislative Action Chair of AMTA DC Chapter

[Casperson.laura@gmail.com](mailto:Casperson.laura@gmail.com)

(brief messages) 202-344-5753



## Volunteer Needed (1 hour per month)

The chapter pays for most of the expenses of producing this newsletter through paid advertising. Your newsletter editor, Kelly Bowers, needs some help working with the advertisers: sending reminder notes to existing advertisers and sending letters to potential advertisers.



The work can all be done by e-mail and phone from your home or office. The contact letters are form letters you simply update with the advertisers info. Our newsletter editor identifies the advertisers to contact. It requires about 3 hours every quarter.

Want to volunteer from the comfort of your own desk? E-mail or call Kelly Bowers to help. [massage@bowershours.com](mailto:massage@bowershours.com). 202-744-1878.



## Get Smart

We are happy to welcome Stan Harris as our new Education Chair. He will be arranging for training for all our chapter meetings.

## CEUs: Who Needs What

Organization <i>Due Date</i>	CPR	1st Aid	HIV/ Diseases	Ethics	Remaining CEUs	Total CEUs	Web site/ phone #
DC <i>Jan 31 odd numbered years</i>	yes	yes	no	3 hrs	9 hours <i>6 in -classroom</i>	12 hours	dchealth.dc.gov 202.442.4774
AMTA <i>every 4 years</i>	no	no	no	no	48 hrs	48 hours	amtamassage.org 847.864.0123
NCBTMB <i>every 4 years</i>	no	no	no	6 hrs	42 hrs	48 hours <i>(and 200 hours work experience)</i>	ncbtmb.com 800.296.0664
Virginia	no	no	no	no	none	none	dhp.state.va.us/nursing 804.662.9909
Maryland <i>Nov. 1 even numbered years</i>	yes	no	yes 3 hrs	3 hrs	18	24 hours	mdmassage.org 410.764.4738

CPR and First Aid **do not** count toward CEU requirements in DC. CPR **does not** count toward CEU requirements in MD.

## Your Chapter Leadership

Jennifer Muth 202-302-5661 Jennifer@rnrmassage.com	<b>President</b>	Annie Roberts 202-483-7299 abmurf828@yahoo.com	<b>Treasurer</b>	Laura Casperson casperson.laura@gmail.com (brief messages) 202-344-5753	<b>Legislative Action</b>
Pat Stocks 202-547-7104	<b>1st Vice-President</b>	Sue Hagedorn 202-744-0600 susan.hagedorn@verizon.net	<b>Secretary</b>	Robbin Phelps 202-288-9017 Robbin_mp@hotmail.com	<b>Librarian</b>
Robbin Phelps 202-288-9017 Robbin_mp@hotmail.com	<b>2nd Vice-President</b>	Stan Harris 202-746-1479 bodytech@verizon.net	<b>Education</b>	Hattiejane Darracott 703-820-1022 handsonestudio@cox.net	<b>MERT</b>
Robin Younginer 202-365-1500 ykumasaja@starpower.net	<b>Membership</b>	ErinLynne Desel eldesel@hotmail.com 202.271.4655	<b>Community Outreach</b>	Randy Calabray 202-424-5983	<b>Massage Therapy Awareness Week Sport Committee</b>

# sense

**A M T A D C** \* July 2008

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