



AMTA Pennsylvania Chapter Annual Meeting Members Weekend

By Camille Baughman



Bodywork Therapist taught by Dr. Suzanne Nixon.

OK, OK, enough, I'm there. But wait. There is more. On Saturday evening after a day of training, relax on the patio to music performed by our very own AMTA President Nancy Porambo and friend Patrick McGeehan with stand-up bass player, Jillian Miller while sipping an adult beverage. Dinner is served compliments of the chapter and there will be drawings for numerous items related to our field. In addition to all that, we will have vendors on the patio all day offering numerous wares

from massage supplies to jewelry. Registration starts at 8:00 AM on Saturday July 16. Don't miss this one folks. Where else can you connect with your peers, challenge your mind, renew and relax your body and re-connect your to your spirit. See you there!!!

NEWS FLASH!

Pennsylvania AMTA member feels like she has been caught in a time wrinkle. Can it be a year already? Where does the time go? It seems like it was yesterday when I spent that beautiful, relaxing and inspiring members weekend the PA AMTA held at Felicita resort near

Harrisburg. I'm ready!! It has been a busy year, stressful, joyfilled, and certainly full of possibilities. I can't wait for my down time at Felicita. Think about it. An incredibly beautiful resort with golfing, a spa, swimming pool, good food, comfortable, clean rooms with a patio or balcony overlooking the gardens, and not just any gardens, Italian gardens that transport you to Italy. It truly is a timeless environment. On top of all that, you get a top notch nationally known speaker and educator teaching us about a topic that is powerful and important to professionals in the body work field. Insults to the Body/Mind/Spirit, Surviving Sexual Abuse - Specialized Training for the

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The Balanced Body

The Balanced Body is published by the Pennsylvania Chapter of the American Massage Therapy Association and distributed as benefit of membership. The Newsletter is published three times per year in **February, June and September.**

ADVERTISING RATES

Classified

Up to 20 words: \$12

Over 20 words: \$.30/word

Business card: member/non-member \$40

1/4 page ad: member/non-member \$90

1/2 page ad: member/non-member \$135

Full page: member/non-member \$220

Please send 2 paper copies of ads with your check. If possible, send ads by email. PDFs must be high resolution.

ARTICLES, LETTERS TO THE EDITOR, PHOTOS AND OTHER

CONTRIBUTIONS: Articles, letters and similar submissions should be limited to 1100 words (approximately 1.5 pages), and be free of tabs, indents and other formatting. If possible, submissions should be sent by email, floppy disks or CD. If attached to email, files should be in MS Word, or can be copied onto the actual email. Your address and phone number must be included. **Photos should be high contrast 35 mm prints or 300 dpi digital.**

NEXT DEADLINE: Friday, August 26, 2005. Please note submissions of articles and advertisements will not be accepted after the deadline date. Please submit any contributions for the next newsletter to:

Fe S. Tubio
4023 Watters Lane • Gibsonia, PA 15044
Questions? Call (724) 449-9275 or E-mail to: tubio@thesafety.net

The PA Chapter reserves the right to edit material where appropriate for space and clarification, and to accept or reject materials including advertising. We assume no responsibility for errors and omissions. The beliefs and opinions contained in this publication do not necessarily reflect those of the staff, officers or of the AMTA-PA Chapter. This newsletter follows the advertising and editorial guidelines of the Massage Therapy Journal.

AMTA-PA BALANCED BODY STAFF

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President's Message

by Nancy M. Porambo

I have exciting news! As I write this letter, we have gained 57 co-sponsors for our massage therapy legislation that indicates that the legislature supports licensure. Although a few more co-sponsors are needed, I expect that by the time you are reading this newsletter, the bill will have been introduced. Be sure to check the Chapter website to find out how to download a copy of the bill.

This has been a long road and tremendous effort has been invested by a lot of dedicated massage therapists and bodyworkers. I can only express my sincere gratitude to those who have helped to bring this bill as far as it has come. I've had the pleasure of working with many of you at our Chapter sponsored Rotunda Chair Massage Program. I was also touched by the overwhelming turnout at the Capitol recently while making contacts with legislators to support our bill. I also appreciate all those who forwarded signature lists from their clients in support of our licensure efforts and those who made the effort to contact their legislators to ask for co-sponsorship of the bill.

As a point of interest, many years ago, a bill was introduced through the efforts of Mary Jo Meyers, owner of the Pennsylvania School of Muscle Therapy in Oaks. Mary Jo had a positive vision for our profession. The bill passed the House and Senate overwhelmingly, but,

unfortunately, the bill was vetoed by the then Governor, Milton Shapp. Fortunately, we have a promise from Governor Rendell that if our bill makes it through the House and Senate and to his desk, he will sign it! The current legislative effort has taken 13 years. Thirty-four states are currently licensed and it is time for Pennsylvania to join them.

On another note, I hope to meet all of you as we host our 2nd annual "Members Weekend" to be held at the Felicita Resort on Saturday, July 16th. The Felicita Resort features a golf course, Italian gardens, a spa, pool and spectacular accommodations! Last year, we had a favorable turnout for our first year and we are hoping to build upon that success and increase attendance for this year's event. Please consider attending this event for outstanding education and networking with your colleagues and don't forget our Annual Meeting on Sunday with elections! As our profession continues to strengthen, this is an ideal opportunity to foster ongoing relationships with the bodyworking community. Please consider this a personal invite to come and join us!



MERT UPDATES NOTICE TO ALL MERT RESPONDERS

The PA Chapter is reorganizing MERT for our state. Please forward your name to Nina Kottkamp, 3rd Vice President of AMTA PA CHAPTER, at nspecsoul@aol.com, with the following information:

Name, Address, Phone Number, E-mail address, County of Residence, and whether you were MERT trained.

We are excited about the reorganization of this Team and will contact you in the very near future.

Legislative Update - AMTA PA Licensing Bill May 2005

by Gale Humfrey, WOLF BLOCK GOVERNMENT RELATION

State Representative Keith McCall (D-Carbon) has agreed to introduce legislation to license massage therapists under a new State Board of Professional Massage Therapists. As you may remember, our last bill, HB 2078, would have licensed us under the Nursing Board.

Due to the support of the Governor's office and the wishes of the Department of State, we now have the ability to push for legislation that provides for our own Board. This really is the best scenario to protect our independence of practice and ensure appropriate governance within the profession.

Currently, Representative McCall is circulating a co-sponsorship memo to ever

member of the state House of Representatives to ask them to support and co-sponsor his massage therapy licensure bill. For your information, it is standard practice for legislators to circulate co-sponsorship memos to gain support for their legislation. If legislators choose to co-sponsor legislation, their name will appear on the final bill. The more legislators that sign onto the bill, the better.

Therefore, we are asking everyone to please contact their State Representative and ask them to sign onto the McCall massage therapists licensure bill.

We need every AMTA member to contact their State Representative to ask them to

please support our licensure efforts. The headway we made this past Legislative Session exceeds all work we have done to date.

Please join your fellow massage therapists in our efforts to make licensure of massage therapy in Pennsylvania a reality. We can do it if we work together.

Ask your clients, friends, family and neighbors to also join us in our fight by contacting their state Representative as well.



Government Relation Committee Update

by Scott Dugan

Exciting things are happening! As of May 15th the massage licensing bill has 57 co-sponsors. Now that we have reached more than 50 co-sponsors, the bill will get a number and be introduced by Rep. McCall.

Once the bill is introduced, it is sent to the house professional licensure committee. This is the time we need to write letters and call our state representatives and ask that the bill be taken out of committee and voted on. We need your help! This needs to be a state wide effort. The more letters and phone calls the representatives receive, the more likely our bill will come out of committee.

Once the bill is introduced, you may get the bill number from the AMTA-PA website. There will also be a form letter which you can mail to your state representative. To find out who your state representative is, go to: www.amtapa.org and follow the link to "Government Relation" choose "Who is my legislator" and follow the instructions in that page.

by Nina Kottcamp

The last two weeks has been a flurry of activities on Capitol Hill. Committee members have been knocking on Representative doors explaining the need for licensure in PA. Phones have been ringing in Representative McCall's office as co-sponsors

"Now is the time for everyone who has a vested interest in licensing to roll up their sleeves and assist in the process."

sign on to the bill waiting to be introduced. The Representatives will not be in Harrisburg again until June 6th; however we can continue to visit them in their respective districts.

Now is the time for everyone who has a vested interest in licensing to roll up their sleeves and assist in the process. Once the bill is introduced, we will need to ask all of our representatives to push the bill through the process as committed. "As committed" means (no amendments or changes). This will be just another step in a journey of many, as the bill must not only pass through the House, but the Senate as well. So you may ask, how can I help? E-mail your desire to help to Nina Kottcamp at Nspecsoul@aol.com and or Scott Dugan at Mgchnds1@aol.com, please include your phone number so we may call you to discuss how you can help. We can also use massage therapists to help with the volunteer seated massage once a month in the Rotunda. Don't just wait for this process to happen, get involved today! Telling folks that you support licensing isn't enough. This is a bill for the therapist's by the therapist's. This licensing process will take more than just a few voices, but many. Contact us today to help.

We are Working Hard for You!

Massage Therapy for People with Cancer: Fear and Healing

by Tracy Walton



A cancer diagnosis is one of the most frightening to hear; it ushers in a health crisis that is tough, consuming, and possibly incurable. Cancer treatment is strong medicine; it includes some of the

most harrowing treatments for a human body to integrate. People who have lived with cancer know the toll it can take on their bodies, their minds and spirits, their families, and their level of function.

Against this backdrop, skilled, comforting touch can be profoundly corrective and healing. Touch offers an antidote to the frequent trials of medical procedures, a chance to connect, through one's body, with another person, and welcome relief from challenges such as pain, anxiety and depression. A massage therapist surrounds a client with acceptance and care, offers non-painful touch and eases an injured body image.

Unfortunately in the past, people with cancer have met fear and uncertainty from the massage therapy profession. For years, the contraindication against massage, expressed as concern about promoting cancer spread, has continued without supporting evidence or medical corroboration. This has robbed many potential clients and massage therapists of the chance to work together. But the contraindication has taken other serious tolls on the profession, preventing more meaningful discourse on safe practice for people with cancer.

I believe skilled touch is possible at every stage of the cancer experience—from diagnosis through survivorship, during treatment and at end of life. Against the old myth about massage spreading cancer, massage therapists, clients, and medical providers have still managed to move the work forward. I am grateful to those who have paved this way. Several books have been published on this topic.

Three major trade journals: *Massage Therapy Journal*, *Massage Magazine*, and *Massage and Bodywork* have featured special sections on massage and cancer in the past several years. The literature and training opportunities continue to grow.

This work is getting attention in the medical community, as well. Last November I had the honor of joining other presenters at the first annual conference of the Society of Integrative Oncology, at a special session on massage therapy. We discussed current practice and research on the topic, which is growing as we speak. More and more physicians, nurses, and hospitals are asking how massage can help their patients manage symptoms and side-effects of treatments.

“I believe skilled touch is possible at every stage of the cancer experience—from diagnosis through survivorship, during treatment and at end of life”

Because of this interest and demand for our services, and because the contraindication to massage was so restrictive for many years, it is tempting to rush forward in its wake and begin to work. But many therapists tell me that they needed more clinical thinking, interviewing and contraindications in their basic massage training. I know from massage school teaching that long contraindication lists are not sufficient for massage therapists to work well with medically complex clients. Instead, we need to work as a profession to develop the information-gathering, reasoning, communication and

planning skills required to practice safely. These steps need to be straightforward and manageable, and include the following vi*:

Through the intake interview, determine whether, how and where cancer currently manifests in the client's body, and how this intersects with massage contraindications. For example, if there are bone metastases leading to risk of fracture, we avoid pressure or joint movement in those areas.

Through the intake interview, identify current and past cancer treatments the client has undergone, any side-effects or complications that resulted and how those should be accommodated in the massage session. For example, if a client in chemotherapy has low platelets, we touch with gentle pressure so we don't cause bruising or bleeding;

To learn more about 1 and 2 above, look in the literature, including articles and appropriate texts on massage and cancer. Also, we use patient education literature (such as pamphlets or booklets about chemotherapy or radiation) to determine how to adapt massage therapy. For example, a booklet about radiation therapy might suggest that not just the radiation field, but the markings used to line up equipment should not be rubbed.

Generate a list of the possible elements of the massage to adjust, such as pressure, positioning, body areas to be massaged, duration of session, etc.;

Check with the client's medical staff (with written permission from the client) for input on the list of proposed contraindications;

Update information as the client's health or treatment change.

These steps are simplified, and do not capture what's needed from every client's cancer history. Some steps need to be expanded and others will be shortened or even eliminated for some clients. But the steps describe a framework for us to rest on as we see medically complex clients. When we have managed information

Fear and Healing (Continued on page 11)

ROTUNDA CHAIR MASSAGE PROJECT UPDATE

by Andrea Collier

Since April of 2003 AMTA-PA has hosted the Rotunda Chair Massage Project each month on the third Wednesday from 10:00 AM - 2:00 PM offering free chair massage to the state capitol employees.

This has provided several benefits to the licensing effort and awareness of the benefits of massage, the opportunity to speak with and inform many legislators and their staff people, to educate them for the need of massage licensing, the need for educational standards for massage practice in the state, and the need for trustworthy and safe massage.

Presently we are at a very exciting but precarious place for our current bill and we can't slack off now in providing this wonderful

service that has really opened the doors at the Capitol. Many of our regulars have commented that once we get our bill passed that we will forget them. They have appreciated our service and look forward to a "Massage Day" each month.

The Board of Directors alternate months in supervising and inviting volunteers to accompany them to the "Massage Day" workings each third Wednesday of the month.

We offer our faithful colleagues a T-shirt and hour based rewards for their time of service. For every 12 hours of service there is a redeemable \$50 certificate toward the fees for continuing education that is offered at the various state meetings.

To offer your services please contact one of the following supervisors:

Andrea Collier.....724-545-1339
hillfarm@alltel.net.....June, July, August
Vicki Hicks.....570-629-7372
vtc_2@msn.com.....Sept, Oct, Nov

Camille Baughman.....717-243-7328
camillebaughman@msn.com.. Dec, Jan, Feb

Scott Dugan.....610-948-1488
mghnds1@aol.comMar, Apr, May

Pennsylvania Hosted National Senior Olympic Games June 2-18, 2005

by Andrea Collier

Such excitement in the Pittsburgh area of PA with all the thousands of Senior Citizens who have competed and achieved the status of representing their state in the National Senior Games. Not only was it exciting for them but for Massage Therapists in PA, too.

AMTA-PA formed the largest sports massage team in the history of Pennsylvania. Sports Massage Committee, Chair David Sanctis, also UPMC Massage Therapist and Coordinator for UPMC sporting events, scheduled over 40 people to provide sport massage for the athletes during the games, June 3-18, at three venue sites. The Peterson Event Center at the University of Pittsburgh was the "headquarters" and major site for all athletes needs, The other sites were the Carnegie Mellon University Track and Pittsburgh City Park-Schenley Park for tennis.

"Great fun and what an honor to serve in such a spectacular event", commented Andrea Collier, supervising 2nd Vice President, "What a super team and to be a part of, this is just spectacular! We worked on all kinds of people in various states of

physical health, from the amazingly fit to some who competed even with various chronic conditions, which gave us a real challenge. "

On April 30th, David Sanctis and Mike Walters, members of the Olympic Massage Team ran a very important orientation for the team to acquaint them with various situations that could arise in events such as this, especially due to the age and conditions some of the athletes may have. Special thanks to John O'Neil who did CPR recertification.

Great big "Thank You" goes out to the following schools who sponsored Sports, Geriatric, CPR, and Firsts Aid courses to prepare the therapist to qualify for this event: Career Development & Employment in Stroudsburg, Pennsylvania School of Muscle Therapy in Oaks, and Pittsburgh School of Massage in Penn Hills.

We would like to mention and thank all the wonderful sports committee members: David Sanctis, Chair, Janie Schuliger, Joe Lavine, Doug Himes, Ellen Dreja, Mike Walters, Retta Flagg, and Andrea Collier.

Massage therapists from all over Pa volunteered their time and services to the seniors but received even greater rewards as they worked a unique schedule beginning as early as 7:30am at the tennis courts and going as late as 6:00pm at the Peterson.

The very valuable "drivers" helped the team get to their various assigned sites from the meeting place at UPMC Sports Medicine Center on the Southside of Pittsburgh and from site to site, to cover all the times needed.

Along with the committee, team members were Toni Vaughn, Gay Tobia, Dean Seminatore, Edward Dinnen, Sarah Sturm, Rebecca Cordell, Elizabeth Munson, Bill Hunter, John O'Neill, Janet Pazsey, Gina Mercurio, Laura Hetherington, Hilliard Boulevard, Fe Tubio, Michelle Kierski, Debra Armstrong, Nancy Bellizia, Patricia Luebbe, Mark Lutz, Martin Brennan, Debra Rothenberg, Allan Davis, and Diane Tempest.

"If we can handle an immense event such as this, we can do almost any other event we would be invited to work because this is a *Senior Olympics Continued on page 12*

Member Profile: Jan Dreher

by Kiersten Stebner

Jan Dreher is no stranger to stressful jobs. She worked in the financial world (for Mellon Bank) for 27 years before she became a massage therapist.



“I was frustrated by the long hours and everyone I worked with was just miserable (about their jobs.)” When Jan received her first massage, she walked out relaxed and thought, “It must be nice to have a job where people like what you do and look forward to seeing you.”

Jan found a weekend program at the Pittsburgh School for Massage Therapy, which was geared towards massage for family and friends. She said, “I thought I should check it out to see whether I was comfortable interacting with people that way, giving massage. I had so much fun! It was an eclectic group of people from teenagers to seniors.” She found it to be such a wonderful experience that three months later she made her decision to change careers. “I thought, if I don’t do this now I’ll always wonder whether I should have tried it.”

When asked how her family reacted to her decision to change careers, Jan said, “My

parents probably thought I’d gone off the deep end. But I was really concerned how my teenage sons would feel. They were very supportive, and they love getting massage!”

Jan then attended the Pittsburgh School of Massage Therapy from October 2001 to October 2002. She has attended most of the continuing education provided by the PA Chapter of the AMTA. Jan also took a Michael Young Muscle Release Technique seminar, as well as a Pregnancy Massage course with Annie Hansen, a Pittsburgh School of Massage Therapy instructor. Jan found a job opening posted on the Pittsburgh School of Massage Therapy job opportunity bulletin board, which just happened to be with Veronica Haberkost. “I had just finished the basic program and debated whether or not to apply, but thought what do I have to lose? I interviewed on a Thursday and by Saturday, she offered me the position.”

Jan said her favorite thing about giving massage is “The sense that I’m giving a part of myself to my clients, and they’re appreciative of that. I can put them into a different place (mentally and physically). People come to me with specific issues and I can help them. No to mention, the work environment is a wonderful change, dim lights, and soft music, as opposed to telephones and people talking and shouting all day. I also enjoy setting my own schedule. But, the biggest change is having control

over my work schedule. I spend less time traveling to and from the office. I also don’t bring work home with me as much. There’s also less stress, unless I don’t have enough work flowing in.”

The massage modalities Jan practices are Swedish, Neuromuscular Therapy, Pregnancy, Hot Stone, Muscle Release Technique, Chair, and Sports massage. The newest addition to her repertoire is Hawaiian Lomi Lomi massage. Jan says that Swedish and Neuromuscular are the two she most frequently uses.

Jan is currently serving her second term as Secretary of the Western Unit of AMTA and her third year as Awards Chair for the Pennsylvania Chapter. “I’ve enjoyed getting to know new members and meet some really nice people as a result of my positions with AMTA,” says Jan. She attributes Veronica Haberkost as getting her involved in her positions with AMTA. “Veronica was resigning as Award’s Chair, and encouraged me to take over.”

Jan currently works with Veronica at In the Moment Massage, as well as a local salon, and does massage out of her home.

She was born and raised in Pittsburgh PA, and resides with her husband in a log cabin house they built themselves in Marshall Township, 20 miles north of the city of Pittsburgh. She has three sons who are 23, 21, and 16 years old.

2005 AMTA PA MEETINGS AND WORKSHOPS

July 15, 2005	Harrisburg, PA	PUBLIC SPEAKING WORKSHOP
July 16-17, 2005	Harrisburg, PA	Chapter Annual Meeting with Elections Workshop : INSULT TO BODY MIND AND SPIRIT Body Workers Working With Survivors of Sexual Abuse Presenter: Dr. Suzanne Nixon
Nov. 12-13, 2005	Philadelphia, PA	Chapter Meeting Workshop: ORTHO-BIONOMY SELF HELP Presenter: Dr. Alan Saxon

For details of these events you can access www.amtapa.org

2005 ANNUAL NATIONAL AMTA CONVENTION

Sept. 21-24, 2005 Albuquerque, NM

For details you can access www.amtamassage.org



**CHECK OUT THE
NEW CHAPTER
WEBSITE
www.amtapa.org**

Our Members are All That and More!

by Helen M. Traglia

The AMTA is a member driven organization. Our elected officers at both the state and national level listen to what you, the member, is saying. Meeting your professional needs is what this association is all about, our raison d'être.

Our chapter has started to pay closer attention to how our members are dispersed across our state so that we can better meet your needs. The membership of our chapter is strong and it continues to grow! From April 2004 to April 2005 we have about 11% growth statewide. The area with greatest growth in the last few months has been the Lehigh Valley Unit up about 26%! Close behind is the Northeast Unit with about 23% growth, the Western Unit is at 17% and the Philadelphia Unit has about 11%.

Please help us welcome our new members who have joined the PA Chapter since January 2005.

New Professional Members

Jessah Barnard	Weatherly
Tasha Bootie	Manheim
Donna K. Bowen	Schuylkill Haven
Lauren Brooker	Exton
Kiahni Brown	Bethlehem
Kathleen Carrigan	Amity
Chuxin Chen	Philadelphia
Anna Covell	Utica
Vicki Forbes	Chambersburg
Robin M. Frink	Philadelphia
Meeagan Gamble	Broomall
Kelly L. Givens	Bainbridge
Sandra D. Hall	Connellsville
Amy K. Hallman	Allentown
Francine M. Hampton	Philadelphia
Anita Marie Laubach	Emmaus
Collin Lonergan	Pottsville
Joyce Maverick	East Stroudsburg
Lisa M. Mischello	Moscow
Valeria Morris	Connellsville
David Nemeroff	Fogelsville
Kathleen Pascoe	Pittsburgh
Scott Pellington	Allentown
Leslie Pennell	Bridgeport
Eric E. Phleger	State College
April Prather	East Texas
Allison F. Prettyman	Downingtown
Andrew Pruessner	Collegeville
Brigitte Hope Reimschuessel	Felton
Mary Ann Siedlecki	Bethlehem
Kristen Sloyer	Reading
William Stewart	Fayette City
Sherri Sturgis	Downingtown
Dorothy Summers	Philadelphia
Catherine Toohey	Easton
Gail Tosh	Hellertown
Elizabeth Upton	Perkasie
Jennifer Walsh	Pittsburgh
Celena Zavala	Middlebury Center

New School Member

The Cittone Institute Philadelphia

New Student Members

Lois Amrhein	Pittsburgh
Ruth S. Armbruster	Reading
Rachel Arnold	Conshohocken
George Bachmann	Stroudsburg
Brendon Barnhart	Honesdale
Betsy Bartholomew	West Chester
Roberta J. Beckett	Philadelphia
Tamyra Best	Philadelphia
Alisha M. Blouch	Millersville
Holly Lynne Botti	Irwin
Ann-Marie Brown	Williamsport
Jessica Beth Buckwalter	Ephrata
Goldina M. Budner	Lucernemines

Lisa Burke	Quakertown
Annette Cantone	Quakertown
Elizabeth Carboni	Feasterville Trevose
Lei Sha Chan	Philadelphia
Damien Lee Chuba	Butler
Jeffrey L. Comfort	Washington
Becky Coots	Pottstown
Helen Czar	Easton
Julie Davis	Collegeville
Nils Dubin	Allentown
Jennifer Dudding	Easton
Janis A. Eck	Smock
Kimberly N. Elders	Greentown
Nicole Elias	Monaca
Crystal Evans	Newfoundland
Janet L. Eveland	Shamokin
Jack A. Figaretti Jr.	Pittsburgh
Michele Fleeger	Slippery Rock
Tom Franzak	Bethel Park
Samuel Fridman	Pittsburgh
Denean Gable	Mount Bethel
Georgette Gable	Mount Bethel
Jennifer E. Gerhart	Broomall
Nicole Gerlach	Tannersville
Tina Gise	York
Margaret H. Gordon	Philadelphia
April Guilherme	Pocono Lake
Charlene M. Gunter	State College
Kelly Hallman	Allentown
Pamela D. Heidig	New Holland
Amber Herlt	Hughesville
Laura M. Hetherington	Erie
Sarah Hewitt	Boyetown
Sylvia C. Holland	Erie
Myranda Hyden	Meadville
Alexandra Jarvis	West Chester
Kristal D. Johnson	Philadelphia
Bonnie Jean Kapus	Wildwood
Patricia E. Kautz	Phoenixville
Caroline S. Keeler	Norristown
Melissa S. Knight	Stroudsburg
Ashley Kramer	Erie
Masako Kuragano	Lancaster
Amy Lee Kusnierczyk	Collegeville
Lisa M. Lawrence	Erie
Summer D. Leary	West Chester
Paul Lewis	Pittsburgh
Julie Lindner	Tobyhanna
Nancy Lovecchio	Effort
Patricia A. Luebbe	Mc Kees Rocks
Weston Lyon	Sewickley
Julia A. Mackey	Whitehall
Doratheia Macon	Philadelphia
Kelli Maneval	Mc Clure
Stacey Mangiaruga	Quakertown
Paul Manley	Downingtown
Janice A. March	Reading
Patricia Marquis	Verona

Susan Michelle Marvin	Laurys Station
Keli Mauger	Pottstown
Stephanie McArdle	Pittsburgh
James D. McCloskey	Homer City
Tiffany McClure	Coatesville
Karen McConnell	Honesdale
Shannone Ann McDonough	Long Pond
Kathy McKlindon	West Chester
Lisa McKnight	Hawley
Patrick McNamara	Pittsburgh
Holly Migliore	Tobyhanna
Kimberly D. Mintze	Philadelphia
Diane Mitchell	Lititz
Jennifer Mollo	Allentown
Sarah E. Morgan	Oakmont
Brenda Morrison-Bowser	Harrisburg
Jessica Mugno	Tannersville
Cathy Murdock	Langhorne
Betty J. Newhouse	Germansville
Taneisha M. Oliver	Braddock
Andrew J. Pahach	New Florence
Jennifer Rose Panza	Pittsburgh
Jennifer Panzer	Red Hill
Angelea Pitts	Philadelphia
Rob Reese	Allentown
Sherry L. Reynolds	Ingomar
Lisa Richardson	Warminster
Lisa A. Rimel	North Apollo
Charise J. Rogosky	Temple
Michelle R. Rosado	Tobyhanna
Allisyn Marie Russell	Perryopolis
Maryann Russell	Perryopolis
June Ryan	Plymouth Meeting
Ashley Sandt	East Stroudsburg
Naheem Saunders	Philadelphia
April Schoeneman	Oakdale
Meagan A. Shay	Fairless Hills
Amira Shell	Philadelphia
Angela Nicole Simpson	New Oxford
Brenda J. Slatt	Ephrata
Carrie H. Smith	Royersford
Rashidah K. Smith	Philadelphia
Jeanene Southard	Havertown
Carol Swetlin	Coatesville
Latashia R. Sykes	Philadelphia
Rachel Ulmer	Clifton Heights
Barbara E. Ulsh	Denver
Tina Unger	Stroudsburg
Sarah Marie Violi	Allison Park
Linda J. Walker	Norristown
Kathleen Webster	Philadelphia
Michele Welgoss	Havertown
Karen Whitley	Philadelphia
Dianna Wierzbowski	York
Danielle Zaworski	Selinsgrove
Wendy Zuckowsky	West Chester

The Pennsylvania Chapter of The American Massage Therapy Association presents:

INSULTS TO THE BODY/MIND/SPIRIT

Surviving Sexual Abuse ~ Specialized Training

for the Bodywork Therapist

Speaker: Suzanne Nixon,
EdD, LPC, LMFT, RMT
Costs: Members \$165
Non Members \$190
9 Contact Hours
NCBTMB Provider

SATURDAY AND SUNDAY JULY 16-17, 2005

AT

FELICITA RESORT, HARRISBURG, PA

Sexual abuse is a deeply invasive assault. It is an offense that violates an individual's most intimate self. It is not uncommon for the event to effect the body/mind long term. Effects include body numbness, negative and distorted body image, consistent body sensitivity, chronic tension and/or pain, general feelings of fear and anxiety with being touched and feelings of disconnecting with the body. At times the individual is very aware of these thoughts and feelings and at times quite aware.

The therapeutic nature of massage therapy and other bodywork modalities helps clients get "in touch with their bodies". For the client who has experienced sexual abuse they "may get in touch with, may express or may experience" aspects of the past traumatic event. It is the responsibility of the trained bodyworker to respond to the client with appropriate care and professional skill. This is a 9 hour training, presented in 2 parts on Saturday and Sunday.

Dr. Suzanne Nixon, a respected holistic psychotherapist and somatic body worker has been in private practice since 1981. She also is a licensed professional counselor, licensed marriage and family therapist and state board certified massage therapist. Over the past 25 years she

has studied extensively in education, counseling, energy medicine, meditation, healing and bodywork therapies and now creatively blends her learning providing state of the art therapeutic care for her clients. Throughout her career, she was known as Suzanne Torrenzano, and has recently taken on her new last name of Nixon.

An educator at heart, she presents regularly at regional, national and international conferences on psychology, health, bodywork and ethics. She has published over fifteen articles for health,

massage and bodywork publications. Read more about her company, Mind Body Therapy & Healing, Inc., a NCBTMB Category "A" provider, at www.mindbodytherapy.org.



REGISTRATION

You can register by visiting the Chapter's website, www.amtapa.org or you can use the form below. Directions and details of the event including accommodations are listed below and also available in our website.

NAME _____ AMTA # _____

ADDRESS _____

TOWN _____ STATE _____ ZIP CODE _____

E-MAIL ADDRESS _____

PHONE # HOME _____ WORK _____

INDICATE IF YOU WILL ATTEND THE SUNDAY ANNUAL MEETING YES() NO ()

Please make checks payable to the AMTA PA CHAPTER and mail to Fe Tubio, 4023 Watters Lane, Gibsonia, PA 15044. Money and Reservations must be in by July 2, 2005. Any questions or concerns, Please call Gina Washlaski, PA Chapter Education Chairperson 412-237-3644 or 724-258-0661 or e-mail gjnowashlaski@verizon.net

LOGGING INFORMATION

Felicita Resort-Harrisburg, PA @1-888-321-3713-mention AMTA when making reservations.

Felicita means “**great happenings**”. The resort is a 650 acre golf and spa resort in the Blue Mountains. There are gardens, golf, spa, swimming, hiking, basketball, volleyball and a physical fitness center surrounded by 20 square miles of game lands and a Big Tree National Preserve. The Inn at Felicita has 57 rooms. Nestled in the woods among flowing trees and shrubs, the lodges at Felicita are spacious with earthy, natural California mission style furnishings. Step through sliding glass doors in each room onto a private balcony overlooking the golf course and Blue Mountains beyond. The Resort itself is a garden filled with flowering trees, shrubs and ground covers. At every lodge, dining facility, the spa, pool, golf course— everywhere here are plants in bloom. “*Felicita is not just a resort. It’s a garden retreat that excites the eye and calms the soul*”.

DIRECTIONS:

On I-81 take Exit 67B (Lewistown), proceed to second Exit (Fishing Creek Valley Rd Rte 443). At the stop sign at the top of the exit ramp, turn right and Felicita is located 3.8 miles east on Fishing Creek Valley Road. Look for large Felicita directional sign on right.

From Turnpike traveling west from Philadelphia, take exit 247 Harrisburg East onto I-283 North to I-83.

North toward Allentown, then onto I-81 South toward Carlisle to Exit 67B Lewistown and proceed as noted above.

From Lancaster follow 283 West and take the last exit before the turnpike. Follow I-83 North (middle ramp) to I-81 South to Exit 67B (Lewistown) and proceed as noted above.

From Turnpike traveling East from Pittsburgh exit turnpike at Carlisle exit 226 proceed to exit 67B (Lewistown) and proceed as noted above.

From State College follow Rte 322-E through the Borough of Dauphin to Front Street Exit. Take the first left onto Fishing Creek Valley Rd Rte 443 and go approx. 4 miles to Felicita.

From Carlisle Area follow I-81 North to exit 67B Lewiston and proceed as noted above.

From Harrisburg proceed West on Second Street to Division Street, then left one block to Front Street and proceed about 4 miles North on Front Street, past Route 39 intersection; and through Fort Hunter area; turn right onto Route 443 and go approx. 4 miles to Felicita.

ADDITIONAL HOTELS:

Days Inn I-81 at exit 66, just north to 3919 North Front St. To make reservations call (717) 233-3100.

Super 8 Motel North I-81, exit 66, 0.8 miles north to 4125 North Front Street. To make reservations call (717) 233-5891.

AMTA PA CONFERENCE ITINERARY, JULY 16 & 17, 2005

SATURDAY, JULY 16, 2005

- 8-9am** Registration
- 9am-12pm** Education/Workshop
- 12pm-1:30pm** Lunch Buffet included in the registration fee for participants
- 1:30-4:30pm** Education/Workshop
- 5:15-6:15pm** Social/Cash Bar/Music/Vendors
- 6:15-7:30pm** Pasta Dinner/Salad and Dessert for AMTA Members

Guests and Non-AMTA members will be charged a separate fee. Vendors will be available on Saturday. They include:

Uniquely Yours – Unique hand made Jewellery

Got Your Back – Massage supply company,

Alternative CreationsDay Spa – massage supplies and Oncology aids,

SARCC - Sexual Assault Resources and Counseling Center in Lebanon County

SUNDAY, JULY 17, 2005

- 9am-12pm** Brunch(free) , Annual Meeting with Elections and Awards
- 12:30-3:30pm** Education/Workshop

AMTA PA Board of Directors

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FINANCE

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AMTA-PA

IS ALWAYS WORKING FOR YOU!

AMTA NATIONAL TOLL FREE:

1-877-905-2700

Ralph Stephen's Seminar Update - A Special Promotion to Members

"Huge Success"

Ralph's seminar, The Complete Low Back Series, was held at Career Development and Employment School located in Stroudsburg, PA on May 14 and May 15, 2005.

"The seminar was a huge success!" reported by Vicki Hicks, Eastern District Rep of AMTA PA Chapter. "There were 34 attendees from all over Eastern PA. Everyone commented on how thorough and informative Ralph's seminar was. The group was very focused and worked very hard all weekend."

Vicki indicated further, that all the Eastern units were represented during the discussions and networking sessions, answered questions and gave the members information about upcoming events and meetings in their local units.

The following unit officers were present: Karen Stork, Vice Chair of Eastern Unit, Joanne Mengel, Chair of Lehigh Valley Unit, and Roy Evans, Vice Chair of NEPA Unit. GOOD JOB EVERYBODY! Well DONE!

Fear and Healing (Continued from page 4)

well, and designed a safe session for a client, we can put our concerns to rest. And when we lay our concerns to rest, we make more room for our intuition, creativity and heart. This is massage as it should be.

We have begun to publicly challenge the myth about massage spreading cancer and debunk it. As a profession, we are beginning to discuss the need for standard clinical decision-making steps needed to work with people with cancer. We are nailing down some concrete information and guidelines. We are on our way. This is a promising time for the profession, and for the clients who so richly deserve this work.

Tracy Walton, LMT, MS consults to hospitals and massage schools and teaches "Caring for Clients with Cancer," courses offered nationally for massage therapists. Back home, she works with the Beth Israel-Deaconess Medical Center in Boston, researching the role of massage therapy with patients with metastatic cancer. Tracy is the 2003 AMTA Teacher of the Year, and is currently working on a textbook, Medical Conditions in Massage Therapy. She holds a master's degree in Biology. She has provided massage in the hospital, spa and private practice settings. She can be reached through her website, www.tracywalton.com.

HOME HEALTH REMEDIES

YOUR BODY IS DESIGNED

to handle brief periods of stress from time to time. **But too much stress isn't good for the body and soul.**

Stress can cause your endocrine system to pump out high levels of certain hormones that weaken immunity, damage the heart and blood levels, and make you susceptible to colds and other illnesses.

Fortunately, even when you can't change a stressful situation, you have some control over the way you deal with it.



Dose with De-Stressors

- **Get more Vitamin C.** Research proved that people who took 1,000 mg of C had milder increases in blood pressure and brought the stress hormone levels back to normal more quickly than those who didn't take it.
- **Chamomile tea** has been praised for healing properties and praised by herbalists and naturopathic doctors as a wonderful remedy for stress. Drink one cup three times a day.
- **Nerve-soothing soak:** You can add chamomile, along with other calming herbs such as lavender and valerian, to bathwater for a nerve-soothing soak.

Inspiration Corner

With Courage

Dive deep

Into the tissues of your body

And with quiet strength sense

and be in the home

of your hearts song.

Softly and gently, listen,

Listen to the music of your soul.

Feel the vibrations, the movement

of your notes.

See the colors and images that

Unfold in the landscape of your

Internal world.

Touch the truth of who you are

and

Harken to your own wisdom.

Feel the sacredness of you.

Rising with this embodied

Knowingness,

Claim the path of your

Heart and spirit

and

Live

The radiance of your life

Suzanne Nixon

Unit News

LEHIGH VALLEY UNIT

The meeting was held on May 25, 2005 at Lehigh Valley College, Center Valley, PA. Speaker Ellen Mooney of Turning Point enlightened the group on the goals and purpose of Turning Point, an organization dedicated in helping abused women and children.

The goal of the unit is to provide Turning Point residents and staff with monthly chair massages and few have volunteered, but more interested individuals are needed with compassionate touch. Please contact Joan Mengel by phone or email saying "I will be there."

Lehigh Valley is also currently working on their theme "Taking Care of Caregivers" which is a very worthwhile project. Brenda Page, Vice Chair, has been busy contacting nursing homes and hospice centers throughout the area. A few centers have responded, but more volunteers are needed. The unit will include a "wellness day", once a year at any given center, and possibly an "employee appreciation day". The unit team is asking your help to join them in helping others.

NEPA UNIT

The unit held a spring meeting on June 5, 2005 at CDE Massage Therapy School, Stroudsburg, PA.

Speaker Michael Stone introduced the "Benefits and How to Use the Body Blade" an exercise tool beneficial for massage therapists in strengthening their bones.

The business of massage therapy, marketing, price, value of service and integrating Body blade into the life of the clients were also discussed.

Sue Scarborough taught about Quigong — Movement of Energy, including: How to center yourself before a massage and How to recognize and block bad energy.

WESTERN UNIT

The Western Unit's spring meeting was held on April 23rd at Career Training Academy in Monroeville, PA.

The Unit election of officers were held for two year term and the following officers were elected: David Carroll, Unit Chair; Jack Smith, Vice-Chair; and Jan Dreher, Unit Secretary.

The workshop portion was conducted by Robin Coldren, ND. She lectured on vitamins, whole foods, and nutritional reflex techniques protocol.

The fall meeting is scheduled in October, 2005. Time and education have not been finalized, so please watch your newsletter and remember to visit the web-site. If you have any suggestions for the education portion or any questions please contact Dave Carroll at deacon@kiski.net or call 724-727-3142

SOUTH CENTRAL UNIT

Spring meeting was held on Saturday, May 21, 2005 at Pennsylvania Myotherapy Institute, New Oxford, PA.

The workshop, Body Decompression for the Client and Repetitive Use, taught by Peter Juergensen, is an alternative to deep tissue. It is decompression techniques combines traction, compression, stretching and pressure point for a unique style of coaxing the body to release.

Drawing from his martial arts background, Peter teaches hand and thumb injury prevention techniques for the massage therapist. New Officers elected: Kim Stahl, Unit Chair; Ron Stahl, Unit Vice-Chair; and Peggy Williams, Unit Secretary.

PHILADELPHIA UNIT

PUPCA held its spring meeting on April 17 at the Massage Arts Center of Philadelphia in Center City. The meeting was well attended with spirited conversation during the networking lunch.

New officers were elected to start the fourth year of PUPCA. The slate now includes:

Deanne Shreve, Chair
Karen Stork, Vice-chair
Sally Murphy, Secretary

Thank you to outgoing officers Bobbi Kisebach and Zoe Beckerman.

There was some discussion on state licensing and an interesting discussion on City of Philadelphia L & I (licensing and inspection). Last year's Fall Retreat was appreciated and the members hope to see it repeated next fall.

The meeting was followed with a 2 hour education, "Introduction to Shiatsu" conducted by Deb Overholt, Dipl. ABT, Certified Instructor through AOBTA.

Senior Olympics Continued from page 5

team that really clicks and works well together" commented a team member. "Of course we would love to other members too to have even more fun with," chimed in another.

There is another event already to be manned as soon as the Senior Games end.

The Rails to Trails group in PA hosts its annual Green Sojourn this July 17-22. It is a bike tour that will begin in Erie at Presque Isle and end in Pittsburgh. Each evening the biking trpue will camp overnight at various locations and we have been invited to provide sports massage for the bikers. July 17 in Clymer, NY which we have asked the New York Sports Massage Team - Titusville on 18th-Franklin on the 19th- Foxburg on the 20th and Kittanning on the 21st. The Sports Massage Committee is taking registrations on line again for this event too. If you are interested please go online at www.amtapa.org.

National Massage Therapy Awareness Week®

October 23rd – 29th, 2005

with the theme

"Massage: A Key to a Healthier You."