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with Nina Wendt Date TBA

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with Anita Benedictis Date TBA

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with Anita Benedictis Date TBA

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President's Message

Hi All,

Spring arrived and went right into Summer. A lot has been happening since our last issue. The 2015 Mid-Atlantic Conference was an amazing conference. Our legislative agenda was modified to ensure that any legislation we put before the General Assembly accurately reflects what we want as Maryland massage therapists. You can find out about what was and was not before the 2015 General Assembly along with what is planned for 2016 in future issues and on our website.

In January there was a mandatory meeting for all chapter presidents held by the AMTA National Board of Directors and the national office. For the last year or so, there has apparently been an "us-versus-them" feeling between the chapters and National. So the National Board of Directors extended an "olive branch" to the state chapters, having realized that the communication between the National Board of Directors and State Chapters needs to be improved. To that end, the AMTA website is being upgraded in order to make communication between National and the chapters easier. The new website will be more user-friendly and will facilitate communication between National and all AMTA members.

Our 2015 Massage Therapy Legislative Day in Annapolis was a great success and I thank all who came out to support this annual event. Colleen Renehan (our Law and Legislation Chair) did an exceptional job organizing and running the event. It is always appreciated by our legislators who have a hectic and stressful three months during the annual legislative session. We appreciate the work they do for us as

Meeting with Election of Officers
Instructor: Margie Schaeffer
Topic TBA
Saturday October 17, 2015
Location & Details TBA

SAVE THE DATE

2016 Mid-Atlantic Conference
April 28-May 1, 2016
Holiday Inn Oceanfront
Ocean City, Maryland

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citizens and often as massage therapists. Look for the 2016 event to be announced in early 2016--I hope you will volunteer for this worthwhile event.

I urge everyone to get involved in the Maryland Chapter--it can be as simple as calling in to board meetings, attending the 2016 Law and Legislative Day or coming to other AMTA-sponsored events. We plan to hold more social events similar to our November Open House, and of course, there is our Fall Education event which is where we hold our Annual Business Meeting and Election of Officers.

We have planned an extensive calendar of Continuing Education workshops throughout this year. This will help you get started on your CE credits for the 2016 license and registration renewals.

I look forward to seeing you at these events.

**Warm regards,
Ruth W. Stolof
AMTA-MD Chapter President**

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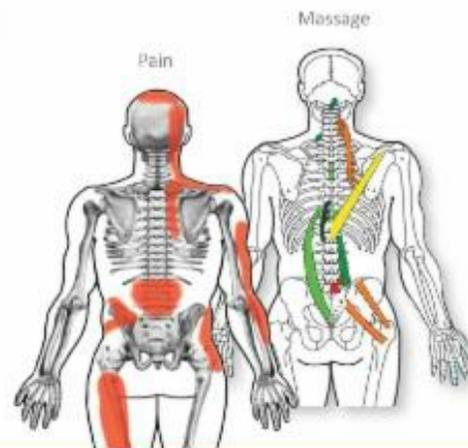
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Deep Tissue: What It Is and Is Not

by Colleen Renehan, LMT

"Deep tissue" is a term that is often overused, as well as misused, in the world of massage therapy. My goal here to clarify exactly what deep tissue techniques are and explain how they are best used.

Clients often come to me requesting deep tissue work. In their minds, deep tissue refers to using heavy pressure

when doing a massage; almost all of them expect a heavy-handed full body Swedish massage. I have overheard massage instructors telling their students that in order to provide deep tissue massage all they have to do is press harder. One student told me that she'd been told to get a stool to stand on if necessary in order to provide more leverage. However, deep tissue is not about pressure, it is about finesse.

To understand the process of deep tissue massage, we must first understand the nature of fascia. Fascia is the thin sheath of fibrous tissue that encases all muscle fibers. It is tensile in nature, which means it can be stretched without breaking. Fascia provides pathways for nerves and blood vessels. When fascia is tight, it restricts the blood flow and, potentially, nerves as well. Without proper lymph and blood flow, cellular waste (toxins) accumulates in the muscle, creating pain. Fascia also provides protection for the muscles. When it experiences fast/deep penetrating pressure, it tightens to prevent or minimize injury to the muscle.

Fascia is thixotropic in nature; it can change states. It responds best to long, slow, gentle tension. This gentle work warms the tissue and allows it to soften and relax. As the fascia begins to relax, the muscle that it encases is allowed to expand and elongate to assume its normal resting state. As fascia is designed to protect the muscles from deep-penetrating pressure, fast or aggressive work on the fascia can actually cause it to tighten, producing more restrictions. One analogy I have used to assist in this visualization is cooking with cornstarch. Anyone who has placed cornstarch in a bowl, added water and begun to stir briskly can tell you it just doesn't work. It creates a non-Newtonian solution. The cornstarch molecules tighten into "concrete" when pressure is applied. Slow, gentle stirring, however, quickly results in a homogenous suspension. Fascia responds similarly.

Who can benefit from deep tissue massage? Almost everyone. Muscles tighten for a number of reasons including dehydration, shortage of particular minerals (potassium, magnesium, calcium) and energy sources (ATP)*, overuse, and injury. When addressing tight muscles these issues must be taken into account.

Prolonged pathological hypertonus of muscles causes fascia to become tense. This in turn creates compression of muscle fibers, nerve tissue and blood vessels. This causes pain. We see this every day in a population addicted to computer and cellphone use.

A healthy body with chronic tension resulting from overuse can benefit greatly from the correct deep tissue techniques. Clients with Fibromyalgia respond phenomenally to properly applied deep tissue work. Deep tissue techniques can also be safely used, with the proper training, to treat muscle tension in prenatal clients. A dehydrated athlete low on electrolytes does NOT need deep tissue massage, in fact it can be very damaging to overtaxed, under-nourished muscles.

So, what is Deep Tissue Massage? Deep tissue massage is the gentle, systematic penetration of muscle tissue. It is not dissimilar to peeling away layers of an onion. Beginning with deep extended effleurage to warm and soften the fascia, a therapist will be able to feel the superficial layers of muscle "let go".** As the superficial layers relax, the therapist's hands will be able to sink ever deeper, feeling the adhesions and muscle contractions that lie below. Gradual, unhurried work can result in eradication of these issues without causing pain or discomfort for the client after the session is terminated.

I hear you saying, "So what about the elbows?" Elbows work great on trigger points. They can be gently used to sculpt muscles after they have been properly prepared for the deeper work, but digging in with elbows and thumbs before properly preparing the muscles is damaging and is very likely to cause pain for the client after the session. Trading one pain for another is hardly productive and totally unnecessary.

My point here is, that many of you are working way too hard to accomplish something that is really quite easily done, if done properly. And yes, I understand that a great number of clients come to you demanding "deep tissue work". But in talking to clients who have come to me with this request, when questioned, the majority of them are there to feel better. They are requesting deep tissue work because they are under the impression that an elbow is the only thing that is going to fix their issues. What is really sad is when clients come to me for their massage indicating that they know it's going to hurt but they're willing to deal with it because they're in such pain to begin with. When I tell them that is definitely not the case and that I can eradicate most issues without any discomfort whatsoever, they are not only totally amazed but immensely grateful.

*ATP (adenosine triphosphate) is a major energy source for muscular contraction. It is considered by biologists to be the energy currency of life.

** Judith Delany, one of our Neuromuscular gurus, has labeled effleurage as the single most effective tool in the Neuromuscular toolbox!



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Trigger Points San Diego Pain Summit

William (Bill) Haynes, LMT

I usually try to devote my space here to challenge therapists to think up to the next level of treatment, which usually conjures up the concept of learning a new skill and adding another "tool to the toolbox." I have, over the last year, understood that what I am doing (the tools I am using) is working as well as or better than most other treatments that my clients/patients are getting elsewhere. So I wanted to take the next step myself.

The light finally came on for me about a year ago when I realized that I was working on nerves more than muscle. OK, some of you are now saying, "how dense can he be, of course we are calming the nerves." Well, it takes me awhile.

Several years ago, through the website of James Waslaski, I was able to connect a couple of patients of mine with a San Diego massage therapist who also studied with James. I was pleasantly surprised to find that this therapist, Rajam Roose, was running a conference called the San Diego Pain Summit which I attended in February. Her idea was to bring together manual therapists from all disciplines to hear some of the latest research on how the body processes pain.

Attendees came from eight countries with 13 professions represented. In addition to me, there were five or so attendees from Maryland: Marlene Mayman, LMT, from Frederick, and several members from Morrison Chiropractic in Clarksville.

My impression is that the conference was initially made known to the massage therapy community through resources such as Facebook. Once Rajam announced Dr. Lorimer Moseley as the keynote speaker, the physical therapy community flocked to sign up. Dr. Moseley is from Australia and is a leading researcher in the study of the brain and the mind in creating the sensation of pain. He is the author of a popular book titled Explain Pain.

Before I left, I agreed to write about what I learned for this column. However, I took so much away from this conference that I can't distill it into a few paragraphs. Let me give you what were, for me, the significant highlights.

The upcoming model for understanding pain is called "Biopsychosocial" as opposed to "Biomedical." Biopsychosocial understands that the brain interprets stimulus from the body and determines whether it is a threat. If it is a threat, the brain potentially produces a response. That response can be pain, movement, or both pain and movement. If the stimulus neurons in the body or the brain continue to be stimulated, they will get more sensitized. Now, if those brain neurons are stimulated in response to something that is no longer physical, such as a memory or a similar perceived threat, we can react without conscious involvement and the brain produces that pain response even though there is no threat. If we can convince a patient's brain that the stimulus is not a threat, we can reduce the brain's reaction to it.

This may be a gross understatement of the mechanics involved, and my apologies to anyone who feels I've misspoken. Here is my second take-away: I understand that we are not, as massage therapists, able to do counseling (heaven help any clients that I would counsel). I do now better understand, within my scope of practice, that if I can "back down the stimulus" by un-impinging the nerve or softening the area around the nerve to make it healthier, the patient will be able to move a little more freely, and the brain will begin to understand that movement should not be painful.

Folks, there were no less than ten excellent speakers at the San Diego Pain Summit. I have not done any of them justice here, but a third highlight for me was this: if massage therapists, physical therapists, chiropractors, acupuncturists, personal trainers, orthopedists ... 13 professions in health, fitness, and education ... can all come together in one setting with mutual respect for each other's role in healthcare, our patients can only benefit. I plan to attend next year and would love to have you follow me to San Diego, where I apparently missed a Maryland snowstorm and definitely found an open outdoor hot tub with a poolside bar in February.

The Massage Coach

An Enlightened Approach to Your Business Card

by Cary Bayer

In this column, I want to tell you about an enlightened way to use your business card. I'm not going to tell you what words or design to use. Copywriters and graphic designers are far more capable with words and design than I am. What I am going to tell you is something that designers and copywriters don't know about: namely, how to use this card in a powerful way that raises your chances of getting new clients.

Let's look at a typical place that you give out this little piece of ID: namely at a party or business networking event. You've given it out so often in the past and nothing ever came of it. Why do you think that has been the case, not just for you, but for most massage therapists? My answer is simple: It's because of an incorrect use of the business card by most LMTs. So let's look now at what a correct and enlightened use of the card would be.

Take a close look at your party scenario. Imagine you're talking to some guy munching at the guacamole dip. You've talked about being a massage therapist, and he expresses interest in having tension and pain

released from his neck, so you automatically give him your card. In the past, nothing much has happened in such scenarios because the person you were talking to knew how to contact you, but you had no way of getting in touch with him. You discovered the vulnerability of being reactive. Now I'll show you how to be proactive.

Instead of reflexively pulling your card out, invoke a different cultural tradition than the one you're familiar with. Change the adage--"When in Rome, do as the Romans do."--to "When in America, do as the Japanese do." They trade business cards. A Japanese businessman expects to receive a card from whomever he's giving his to. So, now say to the guy at the guac dip, "As for cards, I love the civilized Japanese tradition: I give you my card and you give me yours."

Then say, "Think about if you'd like to get relief from that pain in your (insert here whatever his pain is, he's no doubt told you and probably even showed you), and if I haven't heard from you in a week or so, I can make your life easier and give you a call. Would you like that?"

Instead of being disempowered, you can be an empowered massage therapist and call him. I'm not saying he'll be your client if you call. But if you don't, he probably won't.

AMTA keynote speaker Cary Bayer is a business coach for massage therapists. His website is www.carybayer.com. His email address is: SuccessAerobics@aol.com.

Hey Massage Therapists

Have you been in business for a few years? Or, are you just starting out on this great journey? In either case, have I got a great deal for you!

As a therapist for 18 years, I have accumulated a LOT of massage tools, books, and other "stuff" that I used at one point but do so no longer. It occurred to me as I downsized my office that there may be other therapists who might like to have what I no longer need. And, that there were probably other therapists who would like to do the same thing or need to obtain tools and other materials real cheap or FREE. Some of you may have taken advantage of the small table at the 2014 & 2015 Mid-Atlantic Conferences that started this process.

At the Fall Chapter Meeting, I plan to have a bigger space to accommodate more "stuff" (good stuff, that is). And of course, will continue it at the 2016 Mid-Atlantic Conference

So, start checking your inventory to see what needs to go. It would be helpful if you could contact me about what you would like to bring, especially if it's bigger than would fit on a table. Items can be sold, bartered, or given away, but must be marked clearly. Profits will benefit the Jeff Young Scholarship Fund, unless otherwise noted. And if you

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don't know who Jeff Young was, corner a long-time member and ask!

My contact info is: Linda Harrison

linda.prolyn48@gmail.com

Welcome New Members

October 2014

Fatima Abdur-Rahman, Silver Spring; Celia Babb, Baltimore; Angela Banks-Smith, Mitchellville; Tatyana Beasley, Rosedale; Iesha L. Butler, Middle River; LaTashia Byrd, Baltimore; Myra Camper, Rosedale; Kristi Clark, Stevensville; M. Lynne Cooper, Silver Spring; Jennifer Dennis, Brooklyn Park; Stephen Fasick, Baltimore; Robert Flores, Silver Spring; Mackenzie Hawkins, Glen Burnie; Marcia James, Glenn Dale; Franceya Johnson, Baltimore; Dimeca Johnson, Baltimore; Kristin Lang, Orchard Beach; Catherine Lenhart, Frederick; TySheanna Long, Baltimore; Christine McLaughlin, Brunswick; Megan Mitchell, Annapolis; Nicole Myers, Essex; Briana Alicia Antionette Neal, Essex; Sherry Nelson, Baltimore; Cheyanne Oller, Glen Burnie; Willie Price, Baltimore; Emily Saunders, Baltimore; Michelle Schwartz, Brooklyn Park; Ashley Lorise Shuler, Upper Marlboro; Samiria Simmons, Baltimore; Christa Sperry, Gaithersburg; Camille Suttles, Millersville; Denise Swartz, Hampstead; Michelle Taylor, Woodstock; James Ward, Rosedale; Helanah Warren, Takoma Park; Karla Williams, Essex; Hazel Mary Williams, Baltimore.

October 2014 Transfers

Angela Ferri, Potomac; Kristen M. Helm, Reisterstown; Marcia James, Glenn Dale; Nichole Jefferson, Greenbelt; Vali Klein, Columbia; Kristine Leuvelink Goddard, Piney Point; Rose Kathie Martial, Upper Marlboro; Todd Sikes, Knoxville.

November 2014

Claire Austin, St Michaels; Pamela Carr, Baltimore; Rose Mbu, Silver Spring; Megan Plummer, Street; Michael Yurovsky, Baltimore.

December 2014

Jose Alcoba, Germantown; Michelle Baracz, Frederick; Timothy E. Bodnar, Frederick; Julianne Brown, Frederick; Olivia Brown Andrew, Capitol Heights; Jessie Charles, Severn; Luis Cruz, Montgomery Village; Esther Elvinsdotter, Smithsburg; Ronald Fisher, Hagerstown; Kamal Gabry, Bethesda; Yelin "Mimi" Ge, Germantown; Cecilia Grijalva, Elkridge; Apiffany L. Hardy, Jefferson; Celia Limerick, Frederick; Daniel Lolatchy, Rockville; Stella Mantakos, Baltimore; Michelle Matlick, Frederick; Christy Critchfield Powers, Walkersville; John Reece, Frederick; Kathy Robey, Westminster; Aysema Shade, Marriottsville; Kelli Suffecool, Elkridge; Erika Carrallo, Temprow Boyds; Felicia L. Tenny, Columbia; Suzette Washington, Baltimore; Terra Williams, Frederick.

December 2014 Transfers

Fong Chow, Rockville.

January 2015

Ashley Costley, Brooklyn Park; Chaka Cross, Columbia; Tai'Nesha Ellis, Baltimore; Elita M. Everett, Laurel; Alexa Garrett, Annapolis; Destiny Goodwin, Baltimore; Nathaniel Gross, Baltimore; David Harper, Baltimore; Frazell Harrison, Dundalk; Mingmei Huang, Silver Spring; Shanikqa Jones, Laura Kalman, Baltimore; Paul Kimball, Chevy Chase; Karen Kittell, Port Deposit; Johnesha Knight, Severn;

Danika Lauren Kostelec, Eldersburg; Shana Lewis, Baltimore; David Madon, Owings Mills; Julie Manning, New Market; Zandra Mathis, Windsor Mill; Phyllis McAllister, Oxon Hill; Donna Mitchell, Pasadena; Simha Mizkahi-Felbman, Silver Springs; Melinda Moger, Middletown; Dionne Newby, Baltimore; Dwight Newman, Gwynn Oaks; Cierra C. Palmer, Edgewood; Brandon Pennix, Candallstown; Deborah A. Peters, Baltimore; Desmond Richards, Annapolis; Lakisha Robinson, Elkridge; Nikita Robinson, Baltimore; Kathleen Saylor, Chester; Rebecca Shade-Miller, Capitol Heights; Stephanie Silkworth, Baltimore; Richelle Octaria Smith, Baltimore; Nichole Ashley Spears, Clarksville; Carmella Stiebing, Baltimore; Amanda Stoots, Dundalk; Latasha E. Thompson, Catonsville; James Till,

Hyattsville; Brandi Watson, Brooklyn; Arlisha Witcher, Hagerstown. January 2015 Transfers
Ana Stephanie Ayala, Silver Spring; Victoria Hux, Bethesda.

February 2015

William S. Barnes II, Baltimore; Ashton Beezer, Baltimore; Gregory Boyce, Baltimore; Andrea Calmon, Stevensville; Colleen Cameron, Huntingtown; Erin Clark, Cumberland; N'Dia Day, Randallstown; Stephen Downes, Glen Burnie; Lennel Flack, Temple Hills; Brittany Foote-Patterson, Baltimore; Tarlana Foreman, Laurel; Cheyenne W. Foster, New Windsor; Chaunta Frazier, Pikesville; Tiffany Fryer, Dundalk; Naomi Furman, Baltimore; Victoria A. Gray, Frederick; Lauren Gruss, Pasadena; Takia Hall, Baltimore; Reginald Harrison, Baltimore; Mellai P. Holley, Randallstown; Maya Hollomon, Beltsville; Casey Inocencio, Baltimore; Foday Jarra, Bowie; Victoria Johnson, Sykesville; Jessica Johnson, Westminster; Amber Leigh Madore, Columbia; Marcus Allen Midgette, Essex; Amanuel Moges, Silver Spring; Evelyn Molina, Beltsville; Jocelyn Yuehe Molina, Beltsville; Latasha Moore, Windsor Mill; Ross H. Pastel, Rockville; Nickole Payne-Johnson, Cockeysville; Antoine Robertson, Baltimore; Shakera Robertson, Owings Mills; Liann Seiter, Rockville; Mendel R. Shipmon, Capitol Heights; Eric Stachura, Baltimore; Timothy Stansfield, Mount Airy; Amanda Tamarro, Cooksville; Petra Tehanova, Bowie; T'Keyah Thomas, Owings Mills; Jamie Toney, Edgewood; Gabrielle Watson, Baltimore; Asaru Wiggins, Baltimore; Lawrence Verline Wilder Jr., Baltimore.

February 2015 Transfers

Buddy Barr Jr., Columbia; N'Dia Day, Randallstown; Sabrina Lopez, Glen Burnie.

March 2015

Josephine Gartrell, Linthicum Heights; Rene Lewis, Rising Sun; Kathleen Nichol, Annapolis; Brenda Pond, New Windsor; Kurt Saberg, Middle River; Diane Wamaling, Mount Airy.

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Washington, DC Aug 6-9, 2015

CranioSacral Therapy 2 (CS2)
Baltimore, MD Sep 17-20, 2015

CST and the Immune Response: Palpating and Treating the Abdomen (CSIRAB)
Washington, DC Dec 3-6, 2015

SER Technique: Mastering the Inner Physician (SERTIP)
New York, NY May 7-10, 2015

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