



American Massage Therapy Association, VA Chapter
c/o Judy Harris
2402 Nordok Place
Alexandria, VA. 22306

*Catch the
Excitement!*



Join us for AMTA Virginia Chapter's
2008 *Healing Connections* Fall Conference at the
Emmett Street Holiday Inn in Charlottesville, October 26!

Three great course offerings:



Suzanne Nixon,
EdD, LPC, CMT
presenting:

*A Holistic Approach
to Ethical Practice*

6 CEUs - ethics



Eka Kapiotis,
CMT, NCTMB
presenting:

Reiki I

7 CEUs



Jonathan Tripodi,
BA, BS, NCTMB
presenting:

*The Science of
Body Memory*

7 CEUs

Join us for one of these outstanding courses, plus our AMTA-VA Annual Chapter Meeting
with complimentary buffet lunch!



Healing Connections

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Healing Connections

2008 FALL CONFERENCE

A Holistic Approach to Ethical Practice

6 ethics CEUs – NCBTMB approved
Suzanne Nixon, EdD, LPC, CMT

DESCRIPTION:

This holistic approach to ethical practice is grounded in the philosophies of mindfulness and somatics: the conscious act of paying attention to the present moment in a body-centered way. Participants will have the opportunity to deepen their own awareness and understanding of ethics. Guidelines for practicing mindfully and ethically will be presented, as well as an integrated model for examining and resolving ethical issues in the field of massage therapy and bodywork. Participants will have the opportunity to discuss and work with ethical dilemmas they have encountered

LEARNING OBJECTIVES:

- Define mindfulness
- Describe methods of “paying attention to the present moment”
- Define somatics
- Define professional ethics
- Distinguish Code of Ethics/Standards of Practice
- Describe basic guidelines for working ethically in the field of massage therapy
- Describe three common ethical issues in the field of massage therapy
- Describe the importance of an ethical model in examining and processing ethical dilemmas
- Describe basic components of the holistic model for working with ethical issues
- Describe the importance of “Knowing the Self” and “Self-Caring” when practicing massage therapy

Dr. Suzanne Nixon is a licensed professional counselor, licensed marriage & family therapist and state certified massage therapist, who has maintained a private practice in counseling, psychotherapy and mind/body therapies since 1981. She is well known in the Washington metropolitan area for her expertise in mind/body approaches to health and wellness, and synthesizing complementary



and alternative modalities with traditional psychological and counseling theory in the delivery and treatment of care.

An educator at heart and by training, she has been teaching and lecturing at educational institutions for nearly 30 years. Dr. Nixon has taught as an adjunct professor at Virginia Polytechnic

Institute and State University, conducted continuing education courses for massage therapists and bodyworkers, consulted for renowned health spas and resorts, and has been invited to speak at dozens of professional conferences throughout the country. Her company, MindBody Therapy and Healing, Inc., is a NCBTMB continuing education provider for massage therapists and bodyworkers.

Dr. Nixon’s writings on ethics, somatics, health and healing, and sexual abuse recovery appear in the *AMTA Massage Therapy Journal*, *Massage & Bodywork Magazine*, *Natural Health Magazine*, *Virginia in Touch*, *Washington Women* and other related professional journals and newsletters.

www.mindbodytherapy.org

Annual AMTA VA Chapter Meeting

Open to all

Our annual meeting will be conducted at lunch. A complimentary lunch buffet will be served. All are welcome; you don’t need to take a class to attend. Please do reserve a place (if you are NOT registering for a class) so we can get an accurate count for lunch. Contact Judy Harris, Chapter Administrator, at judyamta@verizon.net or 703.966.3639.

On the agenda are Chapter elections, awards and discussion of current Chapter projects and goals affecting our profession, time for networking and fun! Door prizes include four copies of *Clinical Massage Therapy: Understanding, Assessing and Treating Over 70 Conditions*, by Fiona Rattray & Linda Ludwig.

Reiki I

7 CEUs- 2 qualify for ethics – NCBTMB approved
Eka Kapiotis, CMT, NCTMB

DESCRIPTION:

Sometimes, helping clients seems like a lot of work. Why work so hard, when there is a simple, effective technique that relaxes, energizes and heals your client and yourself at the same time!

Reiki (pronounced ray-KEY) is a simple, but profound technique that can save your hands, save you time and be effective when clients are experiencing their most difficult times. Reiki is excellent for those who are under stress, mentally, emotionally or physically. Reiki is done in many hospitals throughout the United States because of its safety and effectiveness.

Learning Reiki can change your life. By clearing your energy field, it empowers you with more energy and vitality, increases your intuition, and improves your focus and clarity.

In this training you will receive Reiki I, learn a protocol for giving Reiki to yourself, and others. We will discuss healthy boundaries in energy healing, and develop a boundary enhancing protocol that you can adapt for all your massage therapy sessions.

Reiki can be done anytime, any place, without any special equipment or client positioning. It is done through clothing and can be done through medical equipment, splints or casts.

Please bring a table, one for every two students, and a flat sheet. All students bring a blanket and a bed pillow.

Eka Kapiotis is a massage and cranio-sacral therapist with more than 25 years experience in the field. A 1985 Potomac Massage Training Institute graduate, she immersed herself in a range of energy related systems including Cranio-Sacral Therapy, Reiki, Lymph Drainage Therapy and dolphin-assisted therapy. She currently serves as the Massage Therapy Coordinator at Warren Memorial Hospital, teaches Reiki and massage therapy continuing education through Valley Health and maintains a private practice. Her work focuses on assisting people to achieve deep relaxation, restore balance and discover their own abilities to heal and be healed.

www.blueskieswellness.com



The Science of Body Memory

7 CEUs – NCBTMB approved
Jonathan Tripodi, BA, BS, NCTMB

DESCRIPTION:

The brain was once thought to be the source of intelligence and communication in the body. Science has now discovered that every cell is like a mini brain capable of receiving and transmitting a complex integration of thought, emotion and sensation which forms human experience. When you perceive an experience as overwhelming or stressful, the intelligence of every cell participates in storing these thoughts, emotions and sensations till a later date when you are able to fully experience it. The storing of past experience in the body is commonly referred to as body memory.

Morning Presentation: *Learn the Body Memory Model.*

The Body Memory Model is a synthesis of the latest research and scientific discoveries that describe how the body stores stress from past experiences in the form of energy and how this stored energy creates chronic patterns of tension, misalignment and pain.

Afternoon Presentation: *Demonstrations of Body Memory Recall (BMR).*

BMR is a unique combination of Myofascial Release, Cranial Sacral Therapy, Visceral Manipulation, and Energywork integrated into one refined approach. Jonathan will ask for volunteers to demonstrate how to evaluate and treat body memory to resolve chronic tension, forward head & shoulder posture, pain and headaches.

Students who would like to volunteer in a demonstration of hands-on technique should bring shorts and a tank top, sports bra or bathing suit top. Six volunteers are needed.

Jonathan Tripodi is a pioneer in the field of mind-body therapy and the founder of the Body Memory Recall (BMR) approach. For 15 years, he has explored Body Memory and its relationship to pain, stress, illness and behavior. His BMR approach of therapeutic bodywork releases patterns of muscle tension, fascial restriction and stored energy in the body that have accumulated from past experiences.

Jonathan received his B.A. degree in Movement and Sports Science from Purdue University and his B.S. in Physical Therapy from the University of Evansville. He is currently a nationally certified massage therapist practicing at Global Healing Therapies in Virginia Beach, Virginia, and teaches BMR nationwide.

www.globalhealingtherapies.com





Register
online at
www.amtava.org
to pay by credit card
or check

Mail-in Registration Form

Name _____ AMTA member? yes no

Street _____ AMTA member #: _____

City _____ State _____ Zip _____

Day phone _____ eve phone _____ Email address _____

Emergency contact: Name _____ Phone _____ Relationship _____

Each class provides NCBTMB-approved CEUs. Register now to reserve your place—class sizes are limited.
Save \$30 by registering early—by September 1. Final deadline to register: October 6.

CLASSES (circle one)	Register by September 1	Register by October 6
<i>A Holistic Approach to Ethical Practice</i>	\$145	\$175
<i>Reiki I</i>	\$145	\$175
<i>The Science of Body Memory</i>	\$145	\$175

Please make checks **payable to AMTA VA Chapter** and send to: Judy Harris
2402 Nordok Place
Alexandria, VA 22306

All classes start at 9:00 am Sunday. Please plan to arrive by 8:15 to check in. *A Holistic Approach to Ethical Practice* ends at 5:00 pm. *Reiki I* and *The Science of Body Memory* both end at 6:00 pm.

A complimentary luncheon buffet will be provided by the Chapter from 12-2:00, during which time the Virginia Chapter Annual Meeting will be held.

If you wish to attend the Chapter Meeting and ARE NOT taking a class, please inform our Chapter Administer Judy Harris at judyamta@verizon.net so we may reserve a place for you. All are welcome and encouraged to attend!

The Conference is being held at the Holiday Inn, 1901 Emmet Street, Charlottesville, VA 22901, on Route 29 just north of the 250 bypass.

Regarding hotel accommodations: The Chapter has reserved a block of rooms for attendees wishing to stay over Saturday night. Special rates apply to Friday and Sunday nights also. Healing Connections price is \$99, single or double. To reserve a room, call the hotel directly at 434.977.7700. Rooms will be held at this special rate until **October 4**. Please mention this Conference to receive this reduced rate. Cancellations must be received 48 hours prior to arrival to avoid penalty.

Chapter class cancellation policy: Cancellations received by October 6 in writing to Judy Harris, 2402 Nordok Place, Alexandria, VA. 22306 will be refunded in full less a \$20 administrative fee. Cancellations received after October 6 will receive credit for future Chapter sponsored classes.

Questions? Please contact Judy Harris at 703. 966.3639 or judyamta@verizon.net