



Healing Connections

**2009 Summer Conference
Sunday, August 23, in Charlottesville**

The Mystery of Pain

Presented by Douglas Nelson / 3 CEUs

The Mystery of Pain is a deep exploration into understanding the process of the pain experience. Easily taken for granted, the more you understand pain, the more fascinating it becomes. To understand the pain experience, a review of neural anatomy is in order, hopefully the most fun and meaningful neuroanatomy you have ever had! From "issues in the tissues" to "pains in the brain," this class will explore how pain is perceived, transmitted, and changed by multiple influences. The goal of this seminar is to have an immediate impact on your understanding and effectiveness with clients who hurt.

At the conclusion of this course, participants will:

- * Be able to name the four processes of pain
- * Be able to describe the differences between chronic and acute pain
- * Be able to explain how memory, movement, and pain are linked
- * Be able to explain the role of peripheral and central sensitization in pain
- * Be able to list two ways C Fiber transmission affects our treatment approach

PNMT Headache Seminar

Presented by Douglas Nelson / 3 CEUs

The PNMT Headache Seminar is an exploration into the multiple causes of headaches. In order to effectively treat headaches, the therapist must have a deep understanding of the headache phenomena itself. Understanding the physiology of headaches makes choosing a treatment approach more meaningful and relevant. The deeper the understanding, the more effective headache treatment can be.

In this course, participants will:

- Learn client interview and screening techniques to gather information and help spot warning signs that should be referred to a physician.
- Differentiate the characteristics of various types of headaches including migraine, cluster, cervicogenic, tension-type headaches, and trigger point referral headaches.
- Practice a variety of hands-on techniques beneficial for trigger point and cervicogenic headaches.
- Be able to list common referral patterns for muscles involved in headaches

Students should bring massage tables and dress in comfortable clothing.



Douglas Nelson, NCBTMB, CNMT, has been a massage therapist since 1977. First and foremost, Doug is a clinician who still sees over 1,200 client visits annually. He is also president of BodyWork Associates, a massage therapy clinic in Champaign, IL. Established in 1982, the clinic has four locations and a staff of 20 therapists.

Doug is also the founder of NMT MidWest, which began teaching Precision Neuromuscular Therapy seminars in 1977 and now conducts 80 seminars annually. He has also been a neuromuscular consultant to professional and collegiate sports teams as well as conducting in-services for major companies and hospitals. NMT MidWest, Inc. also conducts and publishes clinical research studies on various topics pertaining to neuromuscular treatment protocols.

Annual AMTA VA Chapter Meeting

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 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.

Our Chapter Meeting is a time to catch up with colleagues and find out about current issues affecting our profession. On the agenda are chapter elections, awards and discussion about Chapter projects and goals, time for networking, door prizes, fun and delicious food!

Kinesio-Massage

Presented by Glenn Hakey / 7 CEUs

Kinesio-Massage is much more than another modality or application technique for pain. It is an applied science. It provides a therapist the means for effective analysis, assessment and application in addressing common and complicated pain conditions in an easy to understand format. The application content uses specific orthopedic massage modalities that are tailored for the particular somatotype and pain condition.

Kinesio-Massage views the body as a neuro-muscular-skeletal system and factors in the feedback of all three during the assessment. By understanding the bio-feedback, coupled with the particular body-type (ecto, meso or endomorph) and their particular strengths and behaviors, one can tailor a treatment plan that specifically addresses the clients needs. The goal is to determine the most effective and efficient protocol that is tailored to the client's orthopedic pain condition. Orthopedic massage modalities will be demonstrated and taught. The results are outstanding.

At the conclusion of this course, participants will:

- Be able to discern the primary somatotype
- Be able to determine the pathology of the condition
- Understand how each somatotype works structurally, muscularly, neurologically and emotionally
- Understand how each somatotype responds to adversity
- Devise a practical plan to address the condition and give advice to prevent a recurrence

Students should bring massage tables and dress in comfortable clothing.



Since 1997, **Glenn Hakey** CMT, NCTMB and CEO of "Peak Performance LLC" has dedicated himself to solving common and complicated pain conditions safely and effectively. With a solid background in functional anatomy, physiology and dance kinesiology, his research has led to uncovering truths about how different body types (somatotyping) respond to different

types of adversity. His gift of interest in investigative techniques and a keen analytical mind led him to develop the means to understand the pathology involved in orthopedic and sports injuries and the modalities most effective for each body type.

The Ethics of Relationships

Presented by Jean E. Middleswarth / 6 CEUs

Professional codes of ethics address the practitioner's relationship with the public, with clients, with colleagues and other healthcare professionals, and with one's self. Using the Code of Ethics of the NCBTMB, Standard V of the NCBTMB Standards of Practice, and the Code of Ethics and Standards of Practice of the American Massage Therapy Association, participants will explore the practical application of ethical roles and boundaries within their current practice.

At the conclusion of this course, participants will:

- Be able to state at least two things the Codes of Ethics say about the practitioner's relationship with the public and with colleagues, and the ethical boundaries that are to be placed around these relationships.
- Be able to state at least two things the Code of Ethics says about the ethical boundaries necessary in the client/therapist relationship.
- Be able to state at least two things the Code of Ethics says about how the practitioner should attend to personal and professional growth.



Jean E. Middleswarth, MSW, LMBT, is trained and experienced as a psychotherapist and massage therapist. She is a national presenter of workshops about professional ethics for massage and bodywork therapists, as well as workshops about personal and professional growth. Jean has served the American Massage Therapy Association at the state and national

level. She has served on the Ethics, Standards and Grievance Committee of the National Certification Board for Therapeutic Massage and Bodywork. She is actively involved in massage therapy education as Clinical Coordinator for the Therapeutic Massage Program at Forsyth Technical Community College, Winston-Salem, NC. Jean is an appointed member of the N.C. Board of Massage and Bodywork Therapy.

Catch the
Excitement!





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Sunday, August 23, 2009
Charlottesville, Virginia

Register
online at
www.regonline.com/amtava
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, REGISTER EARLY—by July 12. Final deadline to register: August 9.

Classes

(circle one 6- or 7-hour or one or two 3-hour)

Ethics of Relationships (6) 9am-5pm
 Kinesio-Massage (7) 9am-6pm
 Mystery of Pain (3) 9am-noon
 Headache Seminar (3) 2pm-5pm

	Register early (by July 12)		Register by final deadline (Aug. 9)	
	AMTA member	non-member	AMTA member	non-member
Ethics of Relationships (6) 9am-5pm	\$145	\$160	\$175	\$190
Kinesio-Massage (7) 9am-6pm	\$145	\$160	\$175	\$190
Mystery of Pain (3) 9am-noon	\$80	\$95	\$95	\$105
Headache Seminar (3) 2pm-5pm	\$80	\$95	\$95	\$105

Register for both 3-hour classes—same rate as 6-hour class

Please send this form with your check (made payable to AMTA VA Chapter) to: Judy Harris
2402 Nordok Place
Alexandria, VA 22306

General Information

All classes start at 9:00 am Sunday (except Headache Seminar, which starts at 2 pm). Please arrive by 8:15 to check in.

A complimentary lunch buffet will be provided by the Chapter from noon to 2:00, during the Virginia AMTA Annual Chapter Meeting. **If you wish to attend the Chapter Meeting and ARE NOT taking a class, please inform Judy Harris so we may reserve a place for you.** Contact her at judyamta@verizon.net or 703-966-3639. 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.

Hotel accommodations: The Chapter has reserved a block of rooms for attendees wishing to stay overnight. Special rates apply to Friday, Saturday, and Sunday nights at \$99, single or double. To reserve a room, contact the hotel directly at 800-242-5973. Rooms will be held until all are taken—book early! Please mention this Conference to receive the special rate. Cancellations must be received 48 hours in advance to avoid charges.

Cancellation policy: Cancellations received by **August 9** in writing to Judy Harris, 2402 Nordok Place, Alexandria, VA 22306, will be refunded in full less a \$25 administrative fee. Cancellations received after this date will be given credit for future Virginia Chapter classes.

Questions? Please contact Judy Harris at 703-966-3639 or judyamta@verizon.net.