



Keeping in Touch

The Official Newsletter of the
Vermont Chapter of the AMTA

October

2008

President's Message

Welcome to Fall Vermont Members! I have just returned from National Convention in Phoenix Arizona. What a lovely state. I was thrilled to see my very first Saguaro Cactus. Do you know it takes 100 years before it gets it's first arm? My mom likes to remind me of that every time I tell her about them.



But, I was happy to come home and see the start of our most beautiful season. We are all lucky to live in a place where we can experience all the seasons. We are also lucky to be able to travel to other places in our country to see the beauty we have here.

The reason that I talk about our luck? Well, while I was flying to Phoenix, I had a lay over in another city. I was waiting in the terminal with several young members of our countries military. One young man sat down across from me and was approached by another gentlemen. They started chatting. The soldier told him of his times in other parts of the world and the freedoms they didn't have

and how he has learned to appreciate our homeland. The older gentleman told him of his time away and how he learned to appreciate our country as well, but how he was never welcomed home. After the older man left, I said to the young soldier that I appreciated what he was doing for us so that I could continue to travel

and to do my job. He had a tear in his eye as he thanked me, he wished that we would all realize how lucky we are.

I have to say, that I will never take for granted what I have here in Vermont, we are free to do our chosen job as massage therapists and when we don't want to do it, we have the freedom to stop. In some countries, you are not able to choose what you want to do as a profession, you are told what to do.

Have a great fall, and I hope to see you at our annual meeting in November,

– Jennifer Smith

Important Dates

VT AMTA Training & Meeting

November 7-9

James Waslaskie presenting Orthopedic Massage

See Insert for details

AMTA-VT Chapter Board of Directors

President

Jennifer Smith
P. O. Box 466
Bomoseen, VT 05732
(802) 265-7049
mswiz.smith@comcast.net

1st Vice President-Gov Relations

Chris Widlund
545 Stebbins Rd.
Jeffersonville, VT 05464
(802) 654-7600 x6
clwidlund@verizon.net

2nd Vice President

open position

3rd Vice President-Membership

open position

Secretary

Karen Rarick
1014 West Rd.
West Rutland, VT 05777
(802) 235-2355
krcalme@aol.com

Historian

Deborah Bethel
P. O. Box 466
Bomoseen, VT 05732
(802) 265-4800

Education

George Glass
P.O. Box 2722
Manchester Center, VT 05255
(802) 362-3344
glashand@sover.net

Treasurer

Graham Rae
157 Valentine Ave
Derby Line, VT 05830
(941) 350-8370
grhamassage@gmail.com

Immediate Past President/ 2008 HOD/National Awards Com'tee

Kathleen Fleury
P. O. Box 1281
Rutland VT 05701
(802) 775-8080
vt4seasons@netzero.com

Video Librarian

Bria Singer
59 Starlake Ln.
Norwich, VT 05055
(802) 649-2109
briasingermassage@gmail.com

Chair -- PR Com'tee

Lindsay Crossman
32 Belmont Ave.
Brattleboro, VT 05301
(802) 257-0571
brattemt@gmail.com

Sports Massage Chair

open position

Photographer

Rich Royer
P.O. Box 851
Barton, VT 05822
(802) 525-0084
royer@bratonvt.net

Mission

The Mission of the Vermont Chapter of the American Massage Therapy Association is to advance the profession of massage therapy by educating the community on the benefits of massage and providing continuing education to members while maintaining a professional approach balancing body, mind, and spirit.

Goals

1. To establish massage therapy as integral to the restoration and maintenance of good health and complimentary to other therapeutic processes.
2. To enhance the professional development and personal growth of members.
3. To increase public awareness of the massage therapy profession.
4. To increase access to quality massage.
5. To be an influential member of the health care community.
6. To be a leader and resource for issues in the field of massage therapy including definitions, practice and educational standards, legislation, and regulation.
7. To enhance and promote the balance of body, mind, and spirit.
8. To continue the chapter's growth, development, organizational effectiveness, and visibility.

VT Chapter AMTA Website
www.amta-vermont.org

VT Chapter AMTA Webmaster

Roland Smith
(802) 265-7049
topwiz.smith@comcast.net



Keeping In Touch

Deadlines

January 1, 2009

April 1, 2009

July 1, 2008

Keeping in Touch is published quarterly by the Vermont Chapter of the AMTA. To place an ad or to post an event to our calendar please contact the Newsletter Editor:

Judith Suarez
250 W Stage Coach Rd
Putney, VT 05346
(802) 258-6511
handart@sover.net

Keeping In Touch

Advertising Rates

Classified Ad (per 25 words)	\$ 10
Business Card	\$ 15
Quarter Page	\$ 35
Half Page	\$ 55
Full page	\$ 100
Insert	\$ 100*

* Advertiser must provide 200 non-folded copies of insert.

If your copy is not camera-ready, you will be charged an additional \$12 for design and set-up.

Presenting EFT at the New England Regional Conference

By Pat Schmitter

In the following article, I have included some information about my experience with EFT and my thoughts about presenting EFT at NERC.

The Emotional Freedom Techniques, also known as EFT or “energy-tapping”, are an important part of my life. Because I believe so strongly in the power of EFT to promote healing by “tapping away” negative emotions, I want to teach the world to “tap” and have been teaching the techniques to individuals and small groups of people for the last seven years.

In 2005 Lindsay Crossman and I attended an Emotional Freedom Techniques workshop in Stamford, CT led by EFT founder, Gary Craig. [This workshop is comprised of 2 three-hour sessions.] Since that time we have discussed possible options for teaching the techniques to other massage therapists. Therefore I was pleased when Lindsay called to ask if I would present a workshop at NERC.

Then she explained that it would be a two-and-a-half-hour workshop presented twice to a group of 20-25 participants each time. That was outside my comfort zone! I felt apprehension because of the length of the workshop, the number of participants and the fact that I would be presenting to massage therapy colleagues. What an opportunity for me to practice what I preached and “tap away” my fears as I prepared for my presentation.

Despite the considerable amount of “tapping” I had done prior to the first session on Friday, I was nervous. I did my best and felt that the participants were receptive to me and to EFT. One down – yea!

The second EFT workshop on Sunday was the last one before the closing of the conference. The room was warm, there was noise from the exhibitors in the hall, and the energy in the room was low. (Perhaps everyone was tired from the late night dancing on Saturday night.) I had been an elementary school teacher and knew something about discipline in the classroom, but I felt challenged by the behavior of some of the participants. Although I did my best, I did not have the same positive feeling at the end of that workshop.

When I received the evaluations some time later, I read many positive comments, but there were also a few negative ones. Gulp! Another “tappable” issue!! When I was able to reread the evaluations without the emotional intensity, I learned things that will be helpful for me in doing future presentations.

It had been some time since I last attended a conference. It was great to see old friends and to meet new ones. I was favorably impressed by the conference and was proud to be part of the Vermont AMTA Chapter. I am grateful to have had the opportunity to be there as a presenter and enjoyed being a participant as well.

Pat Schmitter is a massage therapist, as well as an EFT practitioner and instructor.
She practices in Middlebury Vermont.
You can contact her at patschmitter@verizon.net.

2009 AMTA New England Regional Conference



Framingham, MA
March 12-15, 2009

**James
Waslaski**

**Whitney
Lowe**

**Dianne
Pol seno**



Message Therapy:
Working Hand in Hand for Health

- 15 CEU hours, Including Ethics
- Exhibit Area open to general public
- 6 meals included, 1 low price
- Regional, National and International Presenters
- Hosted by AMTA Connecticut Chapter
- Members Register early for \$359!
- More info at:

www.amta-nerc.org

Questions? Not Online? Call Michael between 8AM-6PM
at 207-495-4056 for more information. Or Email any-
time at newenglandconference@roadrunner.com



Finding the Volunteer in Me

by Alissa Haines

Reprinted from the

AMTA Massachusetts Chapter Newsletter – *Kneaded Knowledge*, Fall 2008

This past year was my first time serving on the New England Regional Conference Planning Committee. For those of you who are not familiar with the process, here is the Cliff Note version: Each of the 6 New England AMTA chapters has 2 representatives and 1 alternate on the committee, and the states take turns hosting (chairing) the committee. I would not have accepted the position, but for not wanting to let a friend and mentor down. Frankly, I was petrified of this responsibility. Not so much of the time commitment, but of having to sit in a meeting, formulate an opinion and then express it in front of people with decades of experience and knowledge. I had visions of utter humiliation, embarrassing myself and more importantly, my state chapter.

Here's what actually happened: I got to spend time with the most diligent, kind and generous group of people I have ever been privileged to meet. I was greeted with warmth and a spirit of welcoming I have never before experienced. My ideas were acknowledged, appreciated, and often accepted. When my ideas were less than stellar or fruitless, I was thanked for my contribution.

No, it was not always rosy. Navigating the mood and feelings of more than a dozen colleagues in the attempt to ultimately accomplish something is a delicate art. I've much to learn about staying graceful when faced with challenges and changes in a fast-paced environment. My diplomacy skills have improved, and I'm working on humility.

It was such a thrill to be part of something bigger than myself. I am so proud of the success of the 2008 New England Regional Conference. Its victory is my victory. It is OUR victory when an event to bring us together and establish our presence in this ever-changing field of health and wellness is so tremendously successful.

We serve in a profession that often finds us alone with clients, not connecting with other bodyworkers for weeks and months at a time. I am truly honored to contribute to an event that brings us together. I feel truly blessed to have found the volunteer in me, and the place where she can shine.

Allissa Haines has been a member of the AMTA since joining as a student in January 2005. She is Nationally Certified and is licensed in Plainville MA where she has a private practice. Prior to attending Massage Therapy School at Bancroft School of Massage Therapy Allissa attended Westfield State College where she received her BA in Science & liberal studies. Allissa graduated from Bancroft in March 2005 & has since received her certification in pre & post natal massage, she also has a special interest in how massage can aid people dealing with anxiety and depression issues. This is Allissa's second year volunteering with the MA chapter. She is Chair of the Education Committee & is a rep to New England Regional Conference for the second year. Email Allissa at education@massamta.org

The Body Memory Phenomenon

By Jonathan A. Tripodi

Why do clients continue to experience the same symptoms and tensions in their body, year after year despite good massage care? Are we missing something? It has been discovered that recurrent tensions, pain and alignment problems commonly treated by massage therapist are caused by the accumulation of stress from past experiences that is stored in the body – a phenomenon referred to as *body memory*.

The Evolution of Body Memory

Historically, the brain was considered the source of intelligence and memory in the body. Now, pioneers in biophysics and cellular biology have discovered that every cell is like a mini-brain - capable of receiving, storing and transmitting thoughts, emotions and sensations which form human experiences.

Protective States

Not all body memory creates symptoms; rather, symptoms are created by body memory which a person is still actively, often unconsciously protecting them self from. Studies indicate that most animals come out of protective states immediately after a stressful event is over. However, human beings often remain in protective states much longer, even years later. Body memory develops in response to injuries, pain, stress, trauma, loss or separation, abuse, illness and surgery.

Affects of Body Memory

The affects of long term body memory is body armor – a palpable and visible protective posturing of the body. Years of experiences yet unresolved and suppressed create hardened tensions that pull the head forward, elevated shoulders, round the upper back, protrude the abdomen, unbalance the hips and rotate the arms and legs out of their ideal alignment. Body armor is evident in people of all ages.



Signs & Symptoms

Anywhere in the body that is tense, tender, painful or hard is a likely indicator of body memory, especially if it has been that way for a long time. The most common symptoms of body memory are movement problems, spasm, pain, fatigue, mal-alignment of the spine and joints, headaches, stress, phobias and recurrent emotional challenges. Fatigue is a primary symptom because it takes energy to suppress body memory, especially emotion. Michael Ryce, Ph.D., author of “Why is This Happening to Me Again,” believes that as much as 90% of our personal energy is used to suppress body memory.

The question isn't if we have body memory, but how much and to what degree is this stored stress affecting the way we look, move, think & feel. As a therapist specializing in body memory transformation, I have learned that body memory is a natural byproduct of life and should be released regularly to maintain health, movement and vitality.

Treating Body Memory

As a massage therapist, your touch can bring soften body armor and release accumulated body memory. Below are methods to increase your effectiveness.

1. Educate yourself and your clients about the freeze response and body memory.
2. Awaken your client to the freeze response in their body by providing gentle, sustained touch (3-5 minutes or longer) to areas of the body that are hard or tense. Encourage them to feel into these areas as you treat them and gradually with each breath allow them to soften and release.
3. Provide techniques from light to deep that release the full spectrum of connective tissue restrictions.
4. Receive training that will enable you to confidently support the release of body memory including stored emotion.

5. Receive body memory treatment yourself. Direct experience will give you a deeper appreciation of this natural transformational process.

Be aware that body memory cannot be forced to release, only supported. The presence of body memory indicates that a person is protecting them self from an experience, feeling or awareness. Underlying this protection is fear. Even with the best intentions, force causes the body to protect even more.

Most massage clients have never heard of body memory let alone been treated for it. Instead, their body has accumulated these stresses for years. Treating body memory is becoming increasingly needed and is vast becoming the wave of the future for massage therapy. Learn more at www.bodymemory.com

Wanted

**Vermont Chapter AMTA
Needs *YOU***

Open Positions:

1st VP

2nd VP

**Membership Chair; PR Chair
Newsletter Editor**

Contact Jennifer Smith
mswiz.smith@comcast.net

Vermont AMTA Newsletter

Judith Suarez, Editor
250 West Stage Coach Road
Putney, VT 05346

Learn Body Memory Recall

Training * Internship * Certification

with Global Healing Seminars



Global Healing Seminars is approved by the National Certification Board for Therapeutic Massage and Bodywork as a continuing education and approved provider. #158499-00

Oct 29 - Nov 1	Sedona, AZ	The Sedona Journey Retreat	28 contact hrs
November 7-9	Virginia Beach, VA	BMR 1: Intro to Body Memory Recall	21 contact hrs
November 15-16	Virginia Beach, VA	Where Soul Meets Body: Adrenal Recovery	12 contact hrs
Jan 30 - Feb 1	Sarasota, FL	BMR 1: Intro to Body Memory Recall	21 contact hrs
February 7-8	Richmond, VA	The Energy of Intimacy	12 contact hrs
Feb 27 - March 1	Richmond, VA	BMR 1: Intro to Body Memory Recall	21 contact hrs
April 22-25	Sedona, AZ	The Sedona Journey Retreat	28 contact hrs
May 15-17	Omaha, NE	BMR 1: Intro to Body Memory Recall	21 contact hrs

The most comprehensive, formal education for the treatment of body memory.

For more information, or to register:

www.BodyMemory.com

757.491.2033



"You don't just learn techniques from Jonathan, you experience the depth of what he is teaching." *Jana Seaver, LMT*

"Janine Lex has a wonderful ability to synthesize information and demonstrated a great mix of confidence, humor, current research and compassion." *Viki Lorraine, Assistant Professor, Eastern Virginia Medical School*